



# Chalice Circle Packet

April 2021

## *Compassion*



*"Colorful Hearts" by  
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Unity Church-Unitarian, St. Paul, Minnesota

[Unityunitarian.org](http://Unityunitarian.org)

# Compassion

A friend was camping in the wilderness with an avid outdoorsperson, when one night as they sat by their campfire, they heard branches snapping and a large animal approaching from the wooded darkness behind them. As my friend prepared to flee, his companion rose and also ran – but straight into the woods, not away, moving directly and swiftly toward the unknown.

I think of this story when considering how differently each of us reacts not only to signs of danger but also to suffering, which can be a form of danger: some of us running or looking away, and others stepping in closer to compassionately assist or comfort, to witness or companion.

Moving away from suffering is an understandable response – to seek our own comfort or safety or both. But moving toward it, hearts not calloused but made tender by compassion, is the most basic requirement for relieving suffering. Being willing to suffer with one another – which is the definition of compassion – is the first step toward easing our own suffering and that of others. It is also key to our survival and our thriving.

Anthropologist Margaret Mead once noted that the first sign of civilization in any culture is neither a tool nor technology. Rather, she said, it is found in evidence of a healed femur. The longest bone in the human body takes a very long time to heal. She pointed out that an animal with a broken leg cannot survive, being incapable of escaping danger or finding food and water. So the discovery of a healed thigh bone in the remains of any early people means that someone stayed with the one who was injured, helping them and caring for them long enough for their recovery to be complete.

Compassion is the ability and willingness to move toward and stay with those who are suffering. People we know, we don't know, other beings or even the earth. It raises some difficult questions, such as whose suffering am I willing to share and for how long? But as Lao Tzu insisted, it is closer to home and more straightforward than that. He named it as one of his teachings' three treasures: simplicity, patience, and compassion.

*Simple in actions and in thoughts,  
You return to the source of being.  
Patient with both friends and enemies,  
You accord with the way things are.  
Compassionate toward yourself,  
You reconcile all beings in the world.<sup>1</sup>*

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<sup>1</sup> Tao Te Ching, #67, trans. Stephen Mitchell, NY: HarperCollins, 1988.

Is it possible to be compassionate toward yourself? Is it possible to be compassionate toward anyone or anything else if you're not? Some say compassion begins in the tenderness that develops in our own injuries, and how we care for and carry them. In her poem, "[Jerusalem](#),"<sup>2</sup>

Naomi Shihab Nye tells a story about her father as a boy being struck in the head by a rock. The injury created a place where his hair would not grow. Then she observes of all of us, "Each carries a tender spot: something our lives forgot to give us." And that tender spot, the poet suggests, can become a place "where hate won't grow." Call it kindness. Call it benevolence. Call it care. Call it compassion.

In this time of so many injuries and so much suffering, can we make of these tender spots in our own hearts and lives places where hate won't grow? Where fear does not harden us? Where worry and anxiety won't take hold? Can we move compassionately toward our own suffering and that of others, understanding how intertwined all suffering is? Is it possible that cultivating compassion for ourselves will create more compassion for others? And that letting ourselves be moved by compassion for others might be the best path we have for healing our own wounds?

Drawing near to suffering with our hearts open is not easy. But when we move closer, the tenderness that grows is a softening to rival the earth in spring. Fertile ground for compassion. A new season in which healing can take root. A fire to warm the heart and hands as we open both to ourselves and others. It is more than our human civilization that depends on this. The deep suffering of our earth and all beings on it awaits this awakening of the human heart. Are we willing to compassionately move closer to the suffering of the earth, to stay with it, to care for its recovery and participate in healing injuries we have caused?

*By Karen Hering on behalf of this month's theme team: Ahmed Anzaldúa, Drew Danielson, Janne Eller-Isaacs, Rob Eller-Isaacs, Ray Hommeyer, KP Hong, Ruth MacKenzie, and Laura Park.*

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<sup>2</sup> Naomi Shihab Nye, "Jerusalem," *Red Suitcase*, Rochester, NY: BOA Editions, Ltd., 1994.  
<https://www.poetryfoundation.org/poems/54296/jerusalem-56d2347ab7a20>

# Spiritual Practices

## *Option A*

### *Waiting on Yourself*

We usually attend to others—what they're feeling, saying, and doing. It's rare that we wait on ourselves with equal care and consideration. Let's try that now. This exercise takes only 5 minutes.

Choose a quiet place, sit comfortably, close your eyes, and notice what it feels like to be in your body. Just be with the physical sensations in your body as they come and go, without choosing to pay attention to any particular one. If it's a pleasant one, feel it and let it go. If it's an unpleasant one, also feel it and let it go. Perhaps you feel warmth in your hands, pressure on the seat, tingling in the forehead? Notice those sensations as a mother would gaze at a newborn baby, wondering what it's feeling. Just notice whatever arises, one sensation after another. Take your time.

After 5 minutes, gently open your eyes.<sup>3</sup>

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<sup>3</sup> Christopher K. Germer, PhD, *The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thought and Emotions* (New York, NY, The Guilford Press, 2009), 35.

## ***Option B***

### ***Loving Kindness Meditation***

This is a meditation in which you cultivate unconditional friendliness with yourself and then expand it outward toward all beings. For some us self-compassion comes easily, but for the majority of us loving kindness towards ourselves feels awkward and self indulgent. We have so many ideas of how we should be, how we should feel, what we should do. This practice helps us to develop a friendship with ourselves, however we may be, whatever state we are in, and find compassion for ourselves and expand that lovingness and compassion to others.

Find a time to sit for 20 minutes for the purpose of giving loving attention to your heart/spirit. Sit comfortably, as upright as you are able, and relaxed. Close your eyes and bring attention to your heart region. You might even want to begin by placing your hand on your heart and taking three easy breaths. Picture breathing from your open heart. Bring your hands to your lap in a comfortable placement.

- Form a picture of yourself sitting down. Note your posture. Sense your sit bones. Feel the sensations of your body as you sit.
- Bring to your mind/heart that all living beings want to live with ease and happiness. Connect with this deep wish that is all around you and within you: “Just as all beings wish to be happy and free from suffering, may I be happy and free from suffering.” Let your heart be warmed by your connection with this loving intention within you and within all beings. Sense this loving connection.
- Keeping the image of yourself sitting in the chair and feeling good will in your heart, repeat the following phrases silently, taking a breath in with the first phrase and a breath out with the second phrase. Then repeat for the second couplet.
  - May I be safe.*
  - May I be happy.*
  - May I be healthy.*
  - May I live with ease.*
- Let each phrase mean what it says. If it feels necessary to your circumstance, repeat one phrase a few times for clarity and deepening: *May I be safe...safe...safe. Experience the meaning.*
- Take your time. Keep the image of yourself in your mind’s eye, enjoying your loving heart and the connection you have with all beings in want of loving kindness. If the words become meaningless, revisualize yourself in the chair and offer the phrases to

yourself again. You want to repeat the opening statement of faith: ““Just as all beings wish to be happy and free from suffering, may I be happy and free from suffering.”

- Widen the circle of unconditional friendship to a loved one. Picture them in your minds eye, sitting beside you, or their house. Picture their face, their body relaxed and open to blessing. Repeat the following phrases silently, taking a breath in with the first phrase and a breath out with the second phrase. Then repeat for the second couplet.

*May you be safe.*

*May you be happy.*

*May you be healthy.*

*May you live with ease.*

Picture your loved one receiving this blessing, your hearts connecting and shining forth.

- Widen the circle further to people you know but with whom you are not necessarily close. Repeat the same phrases, picturing your hearts connecting and shining forth. (If you feel up to it and want to extend the meditation even further, picture someone with whom you struggle or have difficulty. Picture them, knowing they are longing for ease and happiness in their lives, like all living beings, like you. Repeat the phrases.)
- Now widen the circle to include all beings, as you say:
  - May we be safe.*
  - May we be happy.*
  - May we be healthy.*
  - May we live with ease.*
- *Let this practice be easy. Don't try too hard on yourself, or judge how you are doing. This practice is not about "doing it correctly." Distractions will arise and when they do, simply say, "Oh, so this is how it is," and return to the phrases.*
- Enjoy the love, compassion and friendliness you have offered yourself and others.
- Now, gently open your eyes.<sup>4</sup>

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<sup>4</sup> Expanded from the Loving Kindness meditation found in Christopher K. Germer's, *The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thought and Emotions*, 135.

## ***Option C***

### ***Prayers of Compassion***

Find a quiet place that you will use over the course of the month as a place that you will pray. This place can be as simple as a comfortable chair, or a window that looks over a comforting scene: a playground, a tree, the beauty of bricks laid in a pattern of symmetry. Or take the time to build an altar before which you can position yourself and pray.

Each day, or several times a week, take time to pray in this place. Place your hands in your lap, palms upturned in receiving or palms facing down in grounding, or palms together at your heart center, in a traditional shape of prayer. Close your eyes if that feels comfortable. Bring your body, your heart, your mind to this one place, the same moment. Breathe in and out with attention and ease.

Choose one of the prayers listed below, or create a prayer for this day.

#### **Warrior–Spirit Prayer of Awakening - Rev. angel Kyodo williams**

May all beings be granted with the strength, determination and  
Wisdom to extinguish anger and reject violence as a way.

May all suffering cease and may I seek, find and fully realize the  
Love and compassion that already lives with me and allow  
Them to inspire and permeate my every action.

May I exercise the precious gift of choice and the  
Power to change the makes me uniquely human and is the  
Only true path to liberation.

May I swiftly reach complete, effortless freedom so that my  
Fearless, unhindered action be of benefit to all.

May I lead the life of a warrior.

**Prayer for Living in Tension - Rev. Joseph Cherry**

If we have any hope of transforming the world and changing ourselves,

We must be  
bold enough to step into our discomfort,  
brave enough to be clumsy there,  
loving enough to forgive ourselves and others.

May we, as a people of faith, be granted the strength to be  
so bold, so brave, and so loving.

- Joseph Cherry

**Prayer for Compassion - Elizabeth Tarbox**

Spirit of Life, I give thanks for the opportunities to love that present themselves in the turmoil of life.

Where the light catches the tears in another's eyes, where hands are held and there are moments without words, let us be present then, and alive to the possibility of changing. Let us seek to make another's well-being the object of our concern. Let us seek to be present to another's pain, to bathe another's wounds, hear another's sadness, celebrate another's success, and allow the other's story to change our own.

Let us stand in the morning on damp grass, hear the syllables of bird song, and fill up on sweet air that rolls over oceans and continents. Let us look up at the stars and the planets that fill the night sky with majesty. Let us witness the first fresh buds of spring amid the brown sticks of winter. And for all this, let us be grateful.

Let us not defend ourselves against the discomfort of unruly emotion, nor seek to close down our hearts for fear a new love will come to shake our foundations. Let us instead be open to discovering a new way of seeing an old problem, or appreciating the perfection of a seashell, or the possibility of friendship. For in giving ourselves to what we do not understand, we receive life's blessings, and in taking care of another, we are cared for.



## ***Option D***

### ***Tonglen Meditation***

Take the time to read through the entire meditation before beginning this practice.

#### **Naming:**

Take out your journal, or just a piece of paper. Write down what you're feeling right now, what suffering you are holding. Name exactly how you feel, what you are experiencing at this moment. Don't try to talk yourself out of your anger if you're feeling angry, or make excuses for your jealousies if you're feeling jealous, or deny your heartache, or your boredom, or feeling overwhelmed by work, or doing something well. Whatever it is, take a moment to figure out what you're feeling, and write it down.

#### **Getting Ready**

Now, find a comfortable spot.

- Sit up straight but relaxed in your chair or cushion.
- Place your hands on your thighs with your palms down to ground yourself, or facing up in a gesture of receiving.
- Close your eyes, if that feels comfortable, or soften your gaze. If you have a chalice, try lighting it and gazing softly at the flame.

#### **Working with Breath**

Now, work with the texture of your breath. Really sense the air coming into your body, and leaving your body. Feel the air move past your nostrils and fill your chest. Then feel your breath as you exhale, as your belly moves in ever so slightly as your breath leaves your body. Begin to imagine your whole body breathing. Breathe in completely, through all the pores of your body, and breathe out, radiate out, through all the pores of your body.

#### **Practice**

Bring to mind what you wrote down. Whatever your personal situation may be, breathe it in. If you are feeling inadequate, breathe in inadequacy. If you are feeling worried, breathe in worry. If you are feeling anger, breathe in anger.

As you breathe out, breathe out relief. Breathe out confidence, and compassion, adequacy and relief. Do this for several breath cycles. Breathe in what you're feeling and breathe out compassion for yourself, confidence, and relief.

Now, widen the circle of your concern. Breathe in the feeling of your suffering and bring to mind all those who are in your family or social circles who might be feeling that same feeling, that same discomfort or fear or whatever you are trapped within. So if you're feeling worried, think about others who might be feeling worried, in all kinds of different circumstances. Now, breathe out relief. Breathe out confidence, and compassion, and relief for all. Hold your friends and family who are suffering in your heart for several breath cycles, breathing in that suffering and breathing out compassion and relief.

Now, widen the circle even further, breathe in your feeling and bring to mind all those who might be feeling that same way, people or communities you don't know personally but might be holding a similar kind of suffering. The circumstance that caused the suffering may be different than your own, but the emotional response is similar. So if you're feeling worry, think about others who might be feeling worry in all kinds of different circumstances. Breathe in the suffering and breathe out relief. Breathe out confidence, and compassion, adequacy and relief for all.

Sit in this compassionate exchange for a while.

Gently release your concentration. Blink your eyes open, if they were closed.

### **Reflection**

Now, observe any shifts in your mood, in how your body feels, in how you're thinking. Open your journal and write what you're feeling now.<sup>5</sup>

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<sup>5</sup> This practice was included in last month's Chalice Packet on "Suffering." Just as this spiritual practice is a way of working with our suffering and the suffering of others, it is also a practice for building and nurturing compassion.

## ***Questions to Ponder***

Read through the questions below and notice which one(s) resonate with you. One or more of the questions might seem particularly compelling – or some might stir resistance in you. Either of these reactions might make the question fruitful to consider. Choose just one and take time to consider it, over several days if possible. Write it down on a piece of paper you carry in your pocket. Or take a picture of that paper with your phone. Or record it in your journal – and spend some time, each day if you can, reflecting on it in writing or otherwise, noticing where it leads you and what you learn from it and your response to it.

1. How do you think about compassion?
2. Think about a time in your life when compassion made a difference. What happened?
3. Does context matter when thinking about compassion?
4. What practices or situations encourage compassion to grow in your heart?
5. What habits or situations get in the way of compassion?
6. How does justice work and compassion relate in your life and the people around you?
7. How does your conception of the divine or the holy relate to the meaning and embodiment of compassion?
8. What people around you or ancestors embodied compassion in their lives? How did they (or do they still) live with compassion?
9. Do you think we are born with compassion? How does that influence your understanding and experience of compassion?
10. Is compassion only a human experience?
11. Look at Pema Chödrön's list of "near enemies" of compassion found in the Wise Words section. Name a time when you've experienced compassion's near enemies (*pity, overwhelm, idiot compassion*).
12. How might you lean more fully into compassion for yourself and others, today?

# Resources

## Recommended Resources for Personal Exploration & Reflection

The following resources are not required reading. They will not be analyzed in our circles. Instead they are here to companion you on your journey this month, get your thinking started and open you to new ways of thinking about what it means to develop a spiritual practice of curiosity.

### Word Definitions & Roots

#### Compassion

A feeling of sorrow or deep tenderness for one who is suffering or experiencing misfortune—*com* (meaning “with”) *passion* (meaning “suffering”), literally “a suffering with another.”

#### Word Origin

Latin *compassio* is an ecclesiastical loan-translation of Greek *sympatheia*. Sometimes in Middle English it meant a literal sharing of affliction or suffering with another.

#### Wise Words

Study the path of others to make your way easier and more abundant. Lean toward the whispers of your own heart, discover the universal truth, and follow its dictates. Know that the truth always leads to love and the perpetuation of peace. Its products are never bitterness and strife. Clothe yourself in the work of love, in the revolutionary work of nonviolent resistance against evil. Anchor the eternity of love in your own soul and embed this planet with

goodness. Release the need to hate, to harbor division, and the enticement of revenge. Release all bitterness. Hold only love, only peace in your heart, knowing that the battle of good to overcome evil is already won. Choose confrontation wisely, but when it is your time don’t be afraid to stand up, speak up, and speak out against injustice. And if you follow your truth down the road to peace and the affirmation of love, if you shine like a beacon for all to see, then the poetry of all the great dreamers and philosophers is yours to manifest in a nation, a world community, and a Beloved Community that is finally at peace with itself.

~John Lewis

Compassion is the best response to the suffering of humanity—a compassion that acts to end it. This is the truest definition too, of real revolution. As it should be of real religion.

~Alice Walker

There are three near enemies of compassion: *pity*, *overwhelm*, and *idiot*

*compassion*. Pity or professional warmth is easily mistaken for true compassion. When we identify ourselves as the helper, it means we see others as helpless. Instead of feeling the pain of the other person, we set ourselves apart...With true compassion these up-down identities are stripped away. *Overwhelm* is a sense of helplessness. We feel that there is so much suffering—whatever we do is to no avail. We've become discouraged. There are two ways I've found effective in working with overwhelm. One is to train with a less challenging subject, to find a situation we feel that we can handle...The second way of training with overwhelm is to keep our attention on the other person. This one takes more courage...keeping our heart open to the pain...

The third near enemy of compassion is *idiot compassion*. This is when we avoid conflict and protect our good image by being kind when we should say a definite "no." Compassion doesn't imply only trying to be good. When we find ourselves in aggressive relationship, we need to set clear boundaries. The kindest things we can do for everyone concerned is to know when to say "enough."<sup>6</sup>

~Pema Chödrön

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<sup>6</sup> Pema Chödrön, *The Places That Scare You: A Guide to Fearlessness in Difficult Times*

## **Poetry**

### ***Love After Love***

The time will come  
 When, with elation,  
 You will greet yourself arriving  
 At your own door, in your own mirror,  
 And each will smile at the other's welcome,  
 And say, sit here, Eat.  
 You will love again the stranger who was yourself.  
 Give wine. Give bread. Give back your heart  
 To itself, to the stranger who has loved you  
 All your life, whom you ignored  
 For another, who knows you by heart.  
 Take down the love letters from the  
     bookshelf,  
 The photographs, the desperate notes,  
 Peel your image from the mirror.  
 Sit. Feast on your life.  
 ~Derek Walcott

### ***With That Moon Language***

Admit something: Everyone you see, you  
 say to them, "Love me."

Of course you do not do this out loud,  
 otherwise someone would call the cops.

Still, though, think about this, this great pull  
 in us to connect.

Why not become the one who lives with a  
 full moon in each eye that is always saying,  
 with that sweet moon language, what every  
 other eye in this world is dying to hear?

~Hafiz

(*Boston, Massachusetts, Shambhala Publications, Inc., 2001*), 77-79.

**Wild Geese**

You do not have to be good.  
 You do not have to walk on your knees for a  
 hundred miles through the desert,  
 repenting.  
 You only have to let the soft animal of your  
 body love what it loves.

Tell me about despair, yours, and I will tell  
 you mine.

Meanwhile the world goes on.  
 Meanwhile the sun and the clear pebbles of  
 the rain are moving across the landscapes,  
 over the prairies and the deep trees, the  
 mountains and the rivers.  
 Meanwhile the wild geese, high in the clear  
 blue air, are heading home again.

Whoever you are, no matter how lonely,  
 the world offers itself to your imagination,  
 calls to you like the wild geese, harsh and  
 exciting-- over and over announcing your  
 place in the family of things.

~Mary Oliver

**Spell to Be Said Against Hatred**

Until each breath refuses *they, those, them*.  
 Until the *Dramatis Personae* of the book's  
 first page says, "Each one is you."  
 Until hope bows to its hopelessness only as  
 one self bows to another.  
 Until cruelty bends to its work and sees  
 suddenly: *I*.  
 Until anger and insult know themselves  
 burnable legs of a useless table.  
 Until the unsurprised unbidden knees find  
 themselves bending.  
 Until fear bows to its object as a bird's  
 shadow bows to its bird.

Until the ache of the solitude inside the  
 hands, the ribs, the ankles.  
 Until the sound the mouse makes inside the  
 mouth of the cat.  
 Until the inaudible acids bathing the coral.  
 Until what feels no one's weighing is no  
 longer weightless.  
 Until what feels no one's earning is no  
 longer taken.  
 Until grief, pity, confusion, laughter, longing  
 know themselves mirrors.  
 Until by *we* we mean *I, them, you, the*  
 muskrat, the tiger, the hunger.  
 Until by *I* we mean as a dog barks, sounding  
 and vanishing and sounding and  
 vanishing completely.  
 Until by *until* we mean *I, we, you, them, the*  
 muskrat, the tiger, the hunger, the  
 lonely barking of the dog before it is  
 answered.

~ Jane Hirshfield

**Accepting This**

Yes, it is true. I confess,  
 I have thought great thoughts,  
 and sung great songs--all of it  
 rehearsal for the majesty  
 of being held.

The dream is awakened  
 when thinking I love you  
 and life begins  
 when saying I love you  
 and joy moves like blood  
 when embracing others with love.

My efforts now turn  
 from trying to outrun suffering  
 to accepting love wherever  
 I can find it.

Stripped of causes and plans  
 and things to strive for,  
 I have discovered everything

I could need or ask for  
 is right here--  
 in flawed abundance.  
 We cannot eliminate hunger,  
 but we can feed each other.  
 We cannot eliminate loneliness,  
 but we can hold each other.  
 We cannot eliminate pain,  
 but we can live a life  
 of compassion.  
 Ultimately,  
 we are small living things  
 awakened in the stream,  
 not gods who carve out rivers.  
 Like human fish,  
 we're asked to experience  
 meaning in the life that moves  
 through the gill of our heart.  
 There is nothing to do  
 and nowhere to go.  
 Accepting this,  
 we can do everything  
 and go anywhere.  
 ~Mark Nepo

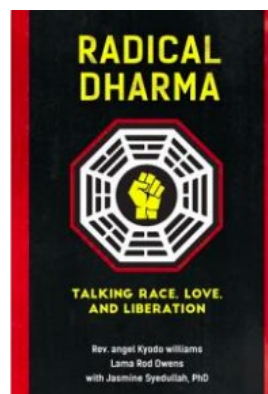
## Music

For a playlist inspired by the opening reflection on this month's theme and prepared by a Unity member, visit this Spotify link. (Note: you may have to register for a free Spotify account to listen to more than 30 seconds of each song.)

<https://open.spotify.com/playlist/35IG4w5Z6BEIk57VnMDkt?si=JBfQfcimTuG-4FqI7BD51Q&nd=1>

## Books

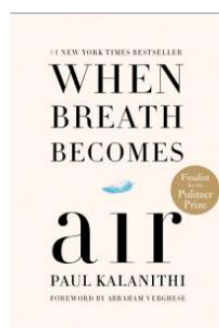
### Radical Dharma: Talking Race, Love, and Liberation



By Rev. angel Kyodo williams, Lama Rod Owens, Jasmine Syedullah, Ph.D.  
 Igniting a long-overdue dialogue about how the legacy of racial injustice and white supremacy plays out in society at large and Buddhist communities in

particular, this urgent call to action outlines a new dharma that takes into account the ways that racism and privilege prevent our collective awakening. The authors traveled around the country to spark an open conversation that brings together the Black prophetic tradition and the wisdom of the Dharma. Bridging the world of spirit and activism, they urge a compassionate response to the systemic, state-sanctioned violence and oppression that has persisted against black people since the slave era.

### When Breath Becomes Air

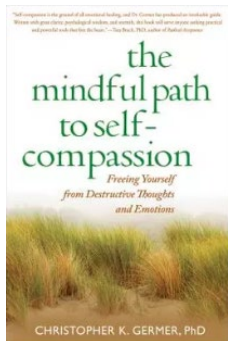


by Paul Kalanithi

What makes life worth living in the face of death? What do you do when the future, no longer a ladder toward your goals in life, flattens out into a perpetual present? Kalanithi talks about his journey with terminal cancer and the

power of compassion.

## ***The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions***



by Christopher K Germer, PhD  
A practical book illuminates the nature of self-compassion and offers easy-to-follow, scientifically grounded steps for incorporating it into daily life.

## ***Videos and Podcasts***

### **[A Conversation on Compassion with Lama Rod Owens](#)**

Lama Rod Owens is known for his deep wisdom and willingness to have conversations about things that we're scared to talk about: race, gender, sexuality, identity, and his ability to hold these conversations with love. In this conversation, we get clear about the difference between diversity and inclusivity, what it means to create inclusive spaces of practice, the responsibility we have now as 'ancestors-in-training', and much more. Lama Rod is co-author of the book 'Radical Dharma: Talking Race, Love and Liberation'.  
<https://compassioncenter.arizona.edu/podcast/lama-rod-owens>

### **[A Conversation on Compassion with Omid Safi](#)**

In this conversation, we are talking about LOVE. Love in its many forms, and in particular, through the lens of the beauty of Islamic Mysticism, and the words of Rumi, Hafez, and the Q'uran. Omid Safi is Professor of Islamic Studies at Duke University specializing in contemporary Islamic thought and spirituality.  
<https://compassioncenter.arizona.edu/podcast/omid-safi>

### **[Brené Brown: The secret to having compassion](#)**

The popular researcher, Brené Brown, explains what compassionate people have in common — and why it wasn't what she expected.  
<https://www.youtube.com/watch?v=rCvhOqThYJ4>

## ***Articles and Online Sources***

### **[Center for Compassion Studies](#)**

A center for the study of compassion at the University of Arizona, established to encourage investigation of the impact of compassion and contemplative practices on individual, group and environmental well-being, as well as to promote the availability of education and training in the cultivation of compassion, with a podcast library, classes and resources.



## Movies



### Waves

What happens to a family when a loved one commits an unalterable and tragic act? The waves of the title are ripples through a black family, showing what led up to a tragedy and

what next steps can look like in the wake of it, tragic and redemptive, horrific and healing.

<https://www.imdb.com/title/tt8652728/>

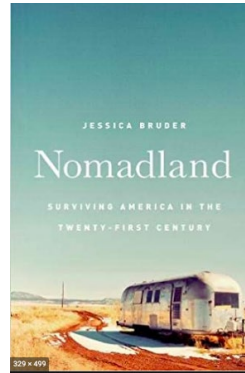


### A Beautiful Day in the Neighborhood

In 1998 Lloyd Vogel was an Esquire journalist known for his cynical writing style. Vogel is assigned the task of writing a 400 word article on Fred

Rogers. He is determined to find hypocrisy in Fred's kindness and friendly demeanor, he is greeted with compassion and unflinching questions of heart and is forever changed.

<https://www.hulu.com/movie/a-beautiful-d>



### Nomadland

What happens when your husband dies, your town's main industry shuts down, and most everyone has moved away? You have no money, and your community has left. In this moving film,

Fern sets out in her camper van to find solace in her home on wheels, the wandering and welcoming communities of RV campers and the touching and meaningful ways in which people show up for one another with compassion and loving kindness.

<https://www.imdb.com/title/tt9770150/>

## Playlist

### Run (I'm a Natural Disaster) -- Gnarls Barkley

Gnarls Barkley is an American soul duo, composed of singer-songwriter CeeLo Green and producer Danger Mouse. They released their debut studio album, *St. Elsewhere*, in 2006. It contained their hit single "Crazy", which peaked at number two on the US Hot 100 and topped the UK Singles Chart. It was nominated at the 2007 Grammy Awards for Record of the Year, and was platinum certified for shipping over 1,000,000 records. *St. Elsewhere* also received a nomination for Album of the Year. *The Odd Couple*, their second studio album, was scheduled for release in April 2008, but due to a leak of the album over the internet, they decided to release it early. The album in its entirety received good reviews, but it did not have as much commercial success as their first album.

### Fumbling Towards Ecstasy -- Sarah McLachlan

Sarah Ann McLachlan OC OBC (born January 28, 1968) is a Canadian singer-songwriter known for her emotional ballads and mezzo-soprano vocal range. As of 2015 she had sold over 40 million albums worldwide. McLachlan's best-selling album to date is *Surfacing*, for which she won two Grammy Awards (out of four nominations) and four Juno Awards. In addition to her personal artistic efforts, she founded the Lilith Fair tour, which showcased female musicians on an unprecedented scale. The Lilith Fair concert tours took place from 1997 to 1999, and resumed in the summer of 2010.

### Further In -- Greg Brown

Greg Brown (born Gregory Dane Brown July 2, 1949) is an American folk musician from Iowa.

### Hard Times Blues -- Eric Clapton

Eric Patrick Clapton, CBE (born 30 March 1945) is an English rock and blues guitarist, singer, and songwriter. He is the only three-time inductee to the Rock and Roll Hall of Fame: once as a solo artist and separately as a member of the Yardbirds and of Cream. Clapton has been referred to as one of the most important and influential guitarists of all time. Clapton ranked second in *Rolling Stone's* list of the "100 Greatest Guitarists of All Time" and fourth in Gibson's "Top 50 Guitarists of All Time". He was also named number five in *Time* magazine's list of "The 10 Best Electric Guitar Players" in 2009.

### If You Want Me to Stay -- Sly and the Family Stone

Sly and the Family Stone was an American band from San Francisco. Active from 1966 to 1983, it was pivotal in the development of funk, soul, rock, and psychedelic music. Its core line-up was led by singer-songwriter, record producer, and multi-instrumentalist Sly Stone, and included Stone's brother and singer/guitarist Freddie Stone, sister and singer/keyboardist Rose Stone, trumpeter Cynthia Robinson, drummer Greg Errico, saxophonist Jerry Martini, and bassist Larry Graham. It was the first major American rock group to have a racially integrated, male and female lineup.

Pack Up Your Sorrows -- Loudon Wainwright III and Iris DeMent

Loudon Snowden Wainwright III (born September 5, 1946) is an American songwriter, folk singer, humorist, and actor. His sister is Sloan Wainwright. He is the father of musicians Rufus Wainwright, Martha Wainwright, and Lucy Wainwright Roche, and is the former husband of the late folk singer Kate McGarrigle.

Iris Luella DeMent (born January 5, 1961) is an American two-time Grammy-nominated singer and songwriter. DeMent's musical style includes elements of folk, country and gospel.

Simple Lines -- Ashley Bathgate, cello; Bill Ryan composer

American cellist Ashley Bathgate has been described as an “eloquent new music interpreter” (New York Times) and “a glorious cellist” (The Washington Post) who combines “bittersweet lyricism along with ferocious chops” (New York Magazine). Her “impish ferocity”, “rich tone” and “imaginative phrasing” (New York Times) have made her one of the most sought after performers of her time. The desire to create a dynamic energy exchange with her audience and build upon the ensuing chemistry is a pillar of Bathgate's philosophy as a performer. Dynamism drives her to venture into previously uncharted areas of ground-breaking sounds and techniques, breaking the mold of a cello's traditionally perceived voice. Collaborators and fans alike describe her vitality as nothing short of remarkable and magical for all who are involved.

Bill Ryan -- For the past twenty-five years Bill Ryan has been a tireless advocate of contemporary music. Through his work as a composer, conductor, producer and educator, he has engaged audiences throughout the country with the music of our time. He has won the American Composers Forum Champion of New Music Award, the Michigan Governor's Award in Arts Education, the Distinguished Contribution to a Discipline Award at Grand Valley State University, and was a finalist for the Michigan Distinguished Professor of the Year award.

### You Can't Hurry Love -- The Supremes

The Supremes were an American female singing group and a premier act of Motown Records during the 1960s. Founded as The Primettes in Detroit, Michigan, in 1959, the Supremes were the most commercially successful of Motown's acts and are, to date, America's most successful vocal group with 12 number one singles on the *Billboard* Hot 100. Most of these hits were written and produced by Motown's main songwriting and production team, Holland–Dozier–Holland. At their peak in the mid-1960s, the Supremes rivaled the Beatles in worldwide popularity, and it is said that their breakthrough made it possible for future African American R&B and soul musicians to find mainstream success.

### Brother's Keeper -- India.Arie

India Arie Simpson (born October 3, 1975), also known as India.Arie (sometimes styled as india.arie), is an American singer and songwriter. She has sold over 3.3 million records in the US and 10 million worldwide. She has won four Grammy Awards from her 23 nominations, including Best R&B Album.

### I'll Stand by You -- The Pretenders

The Pretenders are a British–American rock band formed in March 1978. The original band consisted of founder and main songwriter Chrissie Hynde (lead vocals, rhythm guitar), James Honeyman-Scott (lead guitar, backing vocals, keyboards), Pete Farndon (bass guitar, backing vocals), and Martin Chambers (drums, backing vocals, percussion). Following the deaths of Honeyman-Scott and Farndon in 1982 and 1983, the band experienced numerous personnel changes; Hynde has been the band's only consistent member.

### Try a Little Tenderness -- Otis Redding

Otis Ray Redding Jr. (September 9, 1941 – December 10, 1967) was an American singer and songwriter. He is considered one of the greatest singers in the history of American popular music and a seminal artist in soul music and rhythm and blues. Redding's style of singing gained inspiration from the gospel music that preceded the genre. His singing style influenced many other soul artists of the 1960s.

### A Smooth One -- Erroll Garner

Erroll Louis Garner (June 15, 1921 – January 2, 1977) was an American jazz pianist and composer known for his swing playing and ballads. His best-known composition,

the ballad "Misty", has become a jazz standard. Scott Yanow of Allmusic calls him "one of the most distinctive of all pianists" and a "brilliant virtuoso." He received a star on the Hollywood Walk of Fame at 6363 Hollywood Blvd. His live album, *Concert by the Sea*, first released in 1955, sold over a million copies by 1958 and Scott Yanow's opinion is: "this is the album that made such a strong impression that Garner was considered immortal from then on."

#### Heart of Mine -- Blake Mills and Danielle Haim

Blake Mills (born September 21, 1986) is an American songwriter, guitarist, producer, and composer based in California.

Danielle Haim (from HAIM): Haim (/ˈhaɪ.ɪm/ *HY-im*, meaning "life" in Hebrew<sup>[a]</sup>, stylized in all caps) is an American pop rock band from Los Angeles. The band consists of three sisters: Este Haim (bass guitar and vocals), Danielle Haim (lead vocals, guitar, and drums), and Alana Haim (guitars, keyboards, and vocals). In addition to their primary instruments, each member is proficient in several others. The group's pop sound on their studio work stands in contrast to the more rock-based music of their live shows.

#### Where Do Broken Hearts Go? -- Whitney Houston

Whitney Elizabeth Houston (August 9, 1963 – February 11, 2012) was an American singer and actress. She is one of the best-selling recording artists of all time, with sales of over 200 million records worldwide. Houston released seven studio albums and two soundtrack albums, all of which have been certified diamond, multi-platinum, platinum, or gold by the Recording Industry Association of America (RIAA). Her crossover appeal on the popular music charts as well as her prominence on MTV influenced several African-American female artists.

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