

compassion

investing whatever is necessary to heal the hurts of others

get involved

Compassion: n 1. suffering with another; hence, sympathy 2. sorrow for the misfortunes or miseries of another with a desire to help; 3. pity; commiseration.

True compassion requires a person to bear the burdens of others with them. Kind words and generous gifts can be meaningful ways to show compassion, but they are effective only as one enters into and shares in the sufferings of a hurting friend.

Compassion is an awareness of another's pain that activates one's own sensitivities and stirs a heartfelt desire to invest in the sufferer to help heal the hurt.

Compassion is not just an occasion-

al deed; it is a quality of one's daily character.

Nobel laureate Albert Schweitzer said it is not simply a nice thing to show compassion; it is a human duty. "We cannot abdicate our conscience to an organization, nor to a government," he urged.

Consider the potential needs around you. Take the time to learn a new skill such as first aid, CPR, or construction and get involved. Use a current hobby to invest in others and get involved - not simply for personal gratification. You might save a life or make one better, and you will definitely make a difference.

be a good listener



Good listening is important to exercising compassion. A good listener gives a person a chance to explain herself thoroughly without jumping to conclusions. Even while listening, questions to clarify can ensure that one is understanding what is being communicated. A good listener takes the time to hear what someone else is thinking and feeling.

A good listener strives to genuinely understand the situation through the perspective of the one speaking, rather than trying to impose his own perspective.



"He who feels no compassion will become insane."

-Hasidic saying

"Compassion brings us to a stop, and for a moment we rise above ourselves."

-Mason Cooley

"Give until it hurts."

-Mother Teresa

compassion vs. indifference

compassion is:

- stopping to help
- listening when others want to talk
- giving of my resources to help those in need
- looking for lasting solutions
- comforting others without regard to race, gender, faith, age, or nationality

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Topeka City of Character March 2008

From the executive director

Message from the executive director

In March, Safe Streets and Topeka City of Character teamed up to present character awards to Melody Congdon, Roger Ozias, Ken Mahner and Michael Starr, a group of people who exhibited compassion in a very tangible way.

Melody and her makeover teams of several Topekans too numerous to mention, come into an existing home and redecorate and refresh the interior with

paint, furniture, and furnishings to make it a very special place for those in need.

Always providing those special touches that make a house a home, the team works hard to identify interests of the families and decorate with those interests in mind. What a great demonstration of compassion

Cindy Patton

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Good character is the key to success!