
Compassion

December 2023



Unity Church-Unitarian Spiritual Practice Packet



Compassion

*If you cannot speak like angels,
if you cannot speak before thousands,
you can give from deep within you.
You can change the world, with your love.*
—Love Will Guide Us, by Sally Rogers

When Shakyamuni sat himself down underneath a Bodhi tree to discover the root of suffering, he likely did not anticipate that single insight would develop into a world-wide religion. Nor did he anticipate that December 8 would be a day celebrating that insight. In the United States, Buddha's Enlightenment Day is not given much attention, getting lost in the Christian celebrations of Advent, Christmas Eve and Christmas, and other celebrations such as Hanukkah and Solstice. Yet, it was Buddha's insight, that all life is suffering and that compassion arises as a desire to want others to be free from suffering—is one of the most important themes for December—the beginning of the “holiday season.”

From a Buddhist perspective, compassion has more than one meaning. *Metta* expresses the desire to extend friendliness and goodwill to all people. *Karuna* is also a form of compassion and kindness, but it is much more challenging to put into action. *Karuna* is engaging with another's suffering. *Karuna* is having the insight to withstand the zone of immense human suffering. It is having the wisdom of those who rise above heartbreak, yet not get caught up in despair.

This month of December is a complicated time of year. It's a time when we may desire to be more generous, giving to causes that we don't pay as much attention to throughout the year. We may see this as a month to practice compassion for all beings—including ourselves! At the same time, many of us may also feel less “comfort and joy” as we contemplate the enormous suffering in our world right now. The horrors we are witnessing in Israel and Palestine, the ongoing invasion of Ukraine, the political chaos and anarchy of Haiti, and over 100 million refugees fleeing from poverty and violence around the world. How to feel compassion for people we don't know and may never meet? Is there a difference between empathy, sympathy and compassion?

The Buddha understood the well of suffering as the first Noble Truth. Imagine then, suffering as a person who has fallen into the bottom of a deep well. Sympathy is like standing above the well and feeling sorrow for the person who has fallen into it. Empathy is sympathy but takes it one step further. Empathy would be like rappelling down the well and sitting with the person, providing comfort and care. Compassion is both feeling sympathy and empathy but also points to the way out of the well. It says: “Let's practice this together, until we both are free.” It is becoming what Henri Nouwen called “a wounded healer.” Nouwen acknowledges that our healed wounds can also help others heal. Buddhism takes this dictum one step further, to feel compassion and to practice in a way that can redeem pain, because there can be no *karuna* without acknowledging another's suffering.

There is an oft-quoted saying, “Be Kind, Everyone You Meet is Fighting a Hard Battle.” Although the authorship is unknown, the sentiment is a good one for us to remember, especially when the light grows

less, the cold begins, and our ability to feel karuna for our fellow human beings grows thin. This month, have compassion for yourself, for what you need and—have compassion for the person next to you—whether in the store or the pew. Practice breathing in suffering, breathing out love. It is in this way which we can—as the hymn goes—“change the world, with our love.”

With Rev. Andrea La Sonde Anastos, Lara Cowtan, Tom Duke, Drew Danielson, KP Hong, Nelson Moroukian, Kathleen Rolenz

Spiritual Practices

Option A

Taking and Sending

Pema Chödrön teaches “taking and sending,” an ancient Buddhist practice to awaken compassion. In this tonglen practice, we visualize taking in the pain of others with every in-breath and sending out whatever will benefit them on the out-breath. In the process, we begin to feel love for both ourselves and others; we begin to take care of ourselves and others.

Tonglen can be done for those who are ill, those who are dying or have died, or those who are in pain of any kind. It can be done as a formal meditation practice or right on the spot at any time.

1. Rest your mind for a second or two in a state of openness, stillness, spaciousness, clarity.
2. Work with texture. Breathe in feelings of heat, darkness, and heaviness—a sense of claustrophobia—and breathe out feelings of coolness, brightness, and light—a sense of freshness. Breathe in completely, taking in negative energy through all the pores of your body. When you breathe out, radiate positive energy completely, through all the pores of your body.
3. Focus on any painful situation that’s real to you. Traditionally you begin by doing tonglen for someone you care about and wish to help. You can also do the practice for the pain you are feeling yourself, and simultaneously for all those who feel the same kind of suffering.
4. Finally, make the taking in and sending out bigger. Extend it out to all those who are in the same situation. You can do tonglen for people you consider to be your enemies—those who hurt you or hurt others, thinking of them as having the same confusion and stuckness as your friend or yourself. Breathe in their pain and send them relief.

As you do the practice, your compassion naturally expands over time, and so does your realization that things are not as solid as you thought. As you do this practice, gradually at your own pace, you will be surprised to find yourself more and more able to be there for others, even in what used to seem like impossible situations.

Option B

How Would You Treat a Friend?

Self-compassion researcher Kristin Neff offers this practice in giving ourselves the same kindness and care we'd give to a good friend.

Please take out a sheet of paper and answer the following questions:

First, think about times when a close friend feels really bad about him or herself or is really struggling in some way. How would you respond to your friend in this situation (especially when you're at your best)? Please write down what you typically do, what you say, and note the tone in which you typically talk to your friends.

Now think about times when you feel bad about yourself or are struggling. How do you typically respond to yourself in these situations? Please write down what you typically do, what you say, and note the tone in which you talk to yourself.

Did you notice a difference? If so, ask yourself why. What factors or fears come into play that lead you to treat yourself and others so differently?

Please write down how you think things might change if you responded to yourself in the same way you typically respond to a close friend when you're suffering.

Why not try treating yourself like a good friend and see what happens?

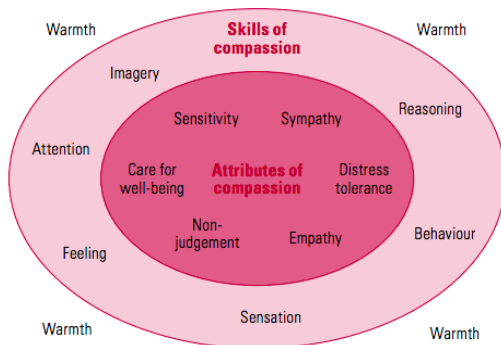
Questions to Ponder

Read through the questions below and notice which ones 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.

Questions

1. When difficulty arises, are you compassionate to yourself? What makes self-compassion challenging for you?
2. What has helped you cultivate compassion?
3. When has it been hard for you to be compassionate? When is it easy?
4. When have you been meaningfully accompanied in suffering? What was that experience like for you? When has compassion been absent for you?
5. Who has modeled or taught you compassion?
6. Is compassion part of your understanding of the sacred or holy? How?
7. What have you learned about compassion from animals?
8. How is compassion related to your justice work?
9. How can you direct your compassion when you are torn between home and other places that your passions have taken you to?
10. What is your capacity for compassion?
11. How do you prioritize compassion in your life?
12. How can you help people to receive and give compassion when they have not had an experience of love in their lives?
13. How do you deal with fear and transform it into compassion and love?

What is your question? Your question may not be listed above. As always, if the above questions don't name what life is asking of you now, spend the month listening to your heart to hear what your question is.



Attributes of Compassion, by Wikimedia Commons user U3190523

Inspiration

Recommended Resources

For Personal Exploration & Reflection

Here you will find a variety of resources to help you take a deeper dive into the worship theme. These offer you several ways to engage with the theme that invite you to consider it thoughtfully, to inspire thinking, and open you to new insights. They are optional. As you browse the packet, consider trying out several that hold meaning for you and, possibly, one or two that may feel challenging.

Word Definitions

Compassion—noun

Sympathetic consciousness of others' distress together with a desire to alleviate it

Middle English, from Anglo-French or Late Latin; Anglo-French, from Late Latin *compassion-*, *compassio*, from *compati* to sympathize, from Latin *com-* + *pati* to bear, suffer

Merriam-Webster

Wise Words

“Show me a religion that doesn’t care about compassion. Show me a religion that doesn’t care about stewardship of the environment. Show me a religion that doesn’t care about hospitality. ... Pluralism is the wish of the creator. It is the greatest opportunity for humanity.”

—Eboo Patel, *PBS Religion & Ethics Newsweekly* (video, online)

“For me, forgiveness and compassion are always linked: how do we hold people accountable for wrongdoing and yet at the same time remain in touch with their humanity enough to believe in their capacity to be transformed?”—bell hooks

<https://www.azquotes.com/quote/135799>

So We Become

The thought manifests the word;
The word manifests the deed;
The deed develops into habit;
And habit hardens into character;
So watch the thought and its ways with care,

And let them spring forth from love

Born out of compassion for all beings.

As the shadow follows the body, as we think, so we become.

From *The Dhammapada*

“I will not lose my compassion for all: Israeli and Palestinian, Arab and Jew. I have found myself for these last weeks living in the ‘and,’ and I want to invite you to live there with me....

“Fully acknowledging the ‘and’ is challenging — more challenging, in many ways, than picking a side and letting empathy for the other go. And it’s the only way forward. We have to live with these ands. We have to build a better world with these ands.”

—Rabbi Emily Cohen, November 3, 2023

<https://www.heyalma.com/i-will-not-lose-my-compassion-for-all-israeli-and-palestinian/>

Poetry

Compassion

Miller Williams

Have compassion for everyone you meet,
even if they don’t want it. What seems conceit,
bad manners, or cynicism is always a sign
of things no ears have heard, no eyes have seen.

You do not know what wars are going on
down there where the spirit meets the bone.

https://www.yourdaily poem.com/listpoem.jsp?poem_id=1916

Behind the Thunder

Mark Nepo

I keep looking for one more teacher,
only to find that fish learn from water
and birds learn from sky.

If you want to learn about the sea,
it helps to be at sea.
If you want to learn about compassion,
it helps to be in love.
If you want to learn about healing,
it helps to know of suffering.

The strong live in the storm
without worshipping the storm.

<https://www.oprah.com/spirit/mark-nepo-poems--reduced-to-joy-book/all>



Photo Gregory Varnum

For Calling The Spirit Back From Wandering The Earth In Its Human Feet

Joy Harjo

Put down that bag of potato chips, that white bread,
that bottle of pop.

Turn off that cellphone, computer, and remote
control.

Open the door, then close it behind you.

Take a breath offered by friendly winds. They travel
the earth gathering essences of plants to clean.

Give it back with gratitude.

If you sing it will give your spirit lift to fly to the
stars' ears and back.

Acknowledge this earth who has cared for you since
you were a dream planting itself precisely within
your parents' desire.

Let your moccasin feet take you to the encampment
of the guardians who have known you before
time, who will be there after time. They sit before
the fire that has been there without time.

Let the earth stabilize your postcolonial insecure
jitters.

Be respectful of the small insects, birds and animal
people who accompany you.

Ask their forgiveness for the harm we humans have
brought down upon them.

Don't worry.

The heart knows the way though there may be
high-rises, interstates, checkpoints, armed
soldiers, massacres, wars, and those who will
despise you because they despise themselves.

The journey might take you a few hours, a day, a
year, a few years, a hundred, a thousand or even
more.

Watch your mind. Without training it might run
away and leave your heart for the immense
human feast set by the thieves of time.

Do not hold regrets.

When you find your way to the circle, to the fire kept
burning by the keepers of your soul, you will be
welcomed.

You must clean yourself with cedar, sage, or other
healing plant.

Cut the ties you have to failure and shame.

Let go the pain you are holding in your mind, your
shoulders, your heart, all the way to your feet.

Let go the pain of your ancestors to make way for
those who are heading in our direction.

Ask for forgiveness.

Call upon the help of those who love you. These
helpers take many forms: animal, element, bird,
angel, saint, stone, or ancestor.

Call your spirit back. It may be caught in corners and
creases of shame, judgment, and human abuse.

You must call in a way that your spirit will want to
return.

Speak to it as you would to a beloved child.

Welcome your spirit back from its wandering. It may
return in pieces, in tatters. Gather them together.
They will be happy to be found after being lost
for so long.

Your spirit will need to sleep awhile after it is bathed
and given clean clothes.

Now you can have a party. Invite everyone you know
who loves and supports you. Keep room for
those who have no place else to go.

Make a giveaway, and remember, keep the speeches
short.

Then, you must do this: help the next person find
their way through the dark.

<https://poets.org/poem/calling-spirit-back-wandering-earth-its-human-feet>

What Changes (Naomi Shihab Nye)

Naomi Shihab Nye

My father's hopes travel with me
years after he died. Someday
we will learn how to live. All of us
surviving without violence
never stop dreaming how to cure it.

What changes? Crossing a small street
in Doha Souk, nut shops shuttered,
a handkerchief lies crumpled in the street,
maroon and white, like one my father had,
from Jordan. Perfectly placed
in his pocket under his smile, for years.
He would have given it to anyone.

How do we continue all these days?

<https://poets.org/poem/what-changes>

A Building Away

Denise Bergman

She is a neighbor a building away, we talk weather
and potholes, exchange names Mary
same as her daughter or is she Marissa or Maria I
was distracted, her nephew was chewing
the leg of his doll and the day was disappearing
before seeds of our words could take root
A building a wall a fence a street an ocean a ritual a
tradition a history, turnpike exits
mile by milepost zoom past, trails of tears saturate
the land, winds repollinate the fields
with bones The building an ocean away across
waves and tides is brick is stucco mud
wood thatch a tent ten inches from my open blinds
In the building an ocean away is a
woman next door, the thunder of blood in her heart
deafened by jets circling their targets,
the labor of her lungs muffled by the snapping
femurs of olive trees, bulldozers turning
her town and land family and children under Who
can say who is or isn't a neighbor,
who can redline compassion?

<https://denisebergman.com/abuildingaway.php>

Articles

“The Presence of Compassion”

An Interview with John O’Donohue

By Mary NurrieStearns

“I link compassion immediately with intimacy. Compassion is the ability to vitally imagine what it is like to be an other, the force that makes a bridge from the island of one individuality to the island of the other. It is an ability to step outside your own perspective, limitations and ego, and become attentive in a vulnerable, encouraging, critical, and creative way with the hidden world of another person.... Compassion is the ability to enter into a world that may be totally different from you, in an imaginative way, naturally, and feel what the others feel. It is related directly to justice.”

https://www.personaltransformation.com/john_odonohue.html

“Compassionate Contemplation”

James Finley, Center for Action and Contemplation, September 1, 2023.

Finley reminds us that solitary contemplative paths simultaneously invite us to respond with compassion to real world needs.

<https://cac.org/daily-meditations/compassionate-contemplation-2023-09-01/>

“A Lesson in the Compassion of Islam”

Eboo Patel. Beacon Broadside, December 16, 2015.

Patel's grandmother shows him what compassion in practice looks like, and explains how faith calls her to practice compassion. To the question of why she does what she does, she answers, “This is what Muslims do.”

<https://www.beaconbroadside.com/broadside/2015/12/a-lesson-in-the-compassion-of-islam.html>

“Prayers Whispering to Each Other”

by HP Rivers

Excerpt:

“A single sunbeam is enough to drive away many shadows.” —St. Francis of Assisi

I open my Facebook feed and find another tragedy. Another beloved in pain. Another hug so desperately needed that I cannot give. Or receive. Those all seem to be piling up these days.

I light a candle, then snap a quick photo. “For you and your family,” I text. “I love you and I’m thankful for you.”

<https://www.uua.org/braverwiser/prayers-whispering>

“Compassion, Mercy, and Love: Guanyin and the Virgin Mary”

Kevin D. Pham

In an article from The Met, the author discusses how the Virgin Mary and Guanyin symbolize universal themes of compassion, mercy, and love across different cultures. The Virgin Mary, depicted with her child, represents a holy maternal figure in Western Christianity, symbolizing a bridge between humanity and the divine. Guanyin, evolving from a male or gender-neutral entity to a female figure in Imperial China, embodies the compassionate savior Avalokiteshvara. Over time, these figures' depictions shifted from authoritative and divine to more accessible and humanly maternal, demonstrating how symbols of compassion adapt to reflect changing cultural and religious perspectives.

<https://www.metmuseum.org/perspectives/articles/2021/5/virgin-mary-guanyin>



There’s No Crying in Baseball! Meaghan got hurt sliding (sort of) into home. Finn gave her a hug. She was safe. Photo by Jax House.

“Smithsonian Receives Matthew Shepard Collection”

October 25, 2018 News Release

Excerpt: “You can’t hide hate. Replace hate with understanding, compassion, and acceptance.” The Shepards set up a foundation to end hate and promote acceptance and compassion with the donations that people spontaneously sent to them.

The article has information about the Shepard family, including Matthew’s killing.

<https://www.si.edu/newsdesk/releases/smithsonian-receives-matthew-shepard-collection>

“Compassion: How Do I Cultivate It?”

from Greater Good Magazine

Here are some specific, science-based activities for strengthening compassion and best tips to emerge from research.

<https://greatergood.berkeley.edu/topic/compassion/definition#how-cultivate-compassion>

Books

Twelve Steps to a Compassionate Life

by Karen Armstrong. Anchor, 2011.

The twelve steps begin with “Learn About Compassion,” and close with “Love Your Enemies.” In between, find self-love, mindfulness, suffering, sympathetic joy, the limits of our knowledge of others, and “concern for everybody.” Includes concrete methods to help us cultivate and expand our capacity for compassion, and provides a reading list to encourage us to “hear one another’s narratives.” Armstrong teaches us that becoming a compassionate human being is a lifelong project and a journey filled with rewards. In the Unity Bookstall and Anderson Library: 177.7 A.

<https://www.penguinrandomhouse.com/books/208610/twelve-steps-to-a-compassionate-life-by-karen-armstrong/>

Fierce Self-Compassion

by Kristin Neff, PhD

Explores the transformative power of embracing both the tender and fierce aspects of

self-compassion. Neff argues that while gentle self-compassion involves nurturing and understanding oneself, fierce self-compassion involves standing up for oneself, saying no, and protecting one’s boundaries. This balance enables individuals, especially women, to challenge societal norms and stereotypes that often lead to self-criticism and self-doubt. The book provides practical tools and techniques to cultivate both forms of self-compassion, emphasizing their role in empowering personal growth, resilience, and social change. Neff’s work encourages readers to embrace all aspects of themselves with kindness and courage, fostering a more authentic and fulfilling life.

<https://self-compassion.org/fierce-self-compassion/>

You may also like *The Mindful Self-Compassion Workbook* by Kristin Neff, PhD with Christopher Germer, PhD

<https://self-compassion.org/mindful-self-compassion-workbook/>

Training in Compassion: Zen Teachings on the Practice of Lojong

by Norman Fischer

Lojong is the Tibetan Buddhist practice of working with short phrases (called “slogans”) to generate bodhicitta, the heart and mind of enlightened compassion. As Fischer explores the 59 slogans through a Zen lens, he shows how people from a range of faiths and backgrounds can use bc to generate the insight, resilience, and compassion they seek.

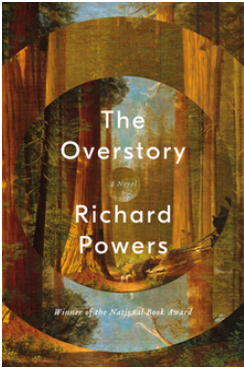
<https://www.amazon.com/Training-Compassion-Teachings-Practice-Lojong/dp/1611800404>

The Overstory

by Richard Powers

From the publisher, W. W. Norton:

The Overstory, winner of the 2019 Pulitzer Prize in Fiction, is a sweeping, impassioned work of activism and resistance that is also a stunning evocation of—and paean to—the natural world. From the roots to the crown and back to the seeds, Richard Powers’s twelfth novel unfolds in concentric rings of



interlocking fables that range from antebellum New York to the late twentieth-century Timber Wars of the Pacific Northwest and beyond. There is a world alongside ours—vast, slow, interconnected, resourceful, magnificently inventive, and almost invisible to us. This is the story of a handful of people who learn

how to see that world and who are drawn up into its unfolding catastrophe.

<https://www.norton.com/books/9780393356687>

Children's Books

The Rabbit Listened

by Cori Doerrfeld. Dial, 2018.

When something sad happens, Taylor doesn't know where to turn. All the animals are sure they have the answer. The chicken wants to talk it out, but Taylor doesn't feel like chatting. The bear thinks Taylor should get angry, but that's not quite right either. One by one, the animals try to tell Taylor how to act, and one by one they fail to offer comfort. Then the rabbit arrives. All the rabbit does is listen ... which is just what Taylor needs.

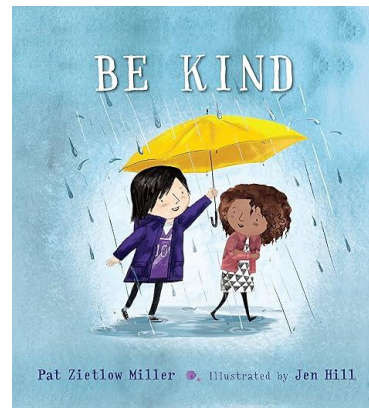
<https://www.youtube.com/watch?v=aDZMJmO5B2w>

It's OK: Being Kind to Yourself When Things Feel Hard

by Wendy O'Leary

This delightful book is designed for children aged 3 to 7, imparting the profound yet straightforward concept of self-compassion. It offers easy-to-understand affirmations that kids can recite during challenging times, helping them grasp the importance and impact of self-kindness.

<https://www.penguinrandomhouse.com/books/717893/its-ok-by-wendy-oleary-illustrated-by-sandra-eide/>



Be Kind

by Pat Zietlow Miller. Roaring Brook Press, 2018.

From asking the new girl to play to standing up for someone being bullied, this moving and thoughtful story explores what a child can do to be kind, and how each act, big or small, can make a difference or at least help a friend. In the Whitman Children's Library.

<https://us.macmillan.com/books/9781626723214/bekind>

When We Are Kind

by Monique Gray Smith, trans. into Diné by Mildred Waters. Orca Book Publishers, 2020.

This is a beautifully illustrated book with simple words in English and in Diné. The children and adults in the book are many ethnicities, with First Nations being prominent. The author, translator, and illustrator are all First Nations.

<https://www.orcabook.com/When-We-Are-Kind>

Every Little Kindness

by Marta Bartolj

This story has no words, so adults can invite children to 'tell the story' or to comment on the illustrations. A young girl has lost her dog and as she moves through her day, putting up posters of the lost dog, kindnesses are passed from person to person which, eventually, lead to the reuniting of dog and girl. The illustrations are full of detail and opportunity to notice how we help one another.

<https://www.chroniclebooks.com/products/every-little-kindness>

Movies

The Quiet Girl

Directed by Colm Bairread, 2022.

Nine-year-old Cait is sent away from her overcrowded, dysfunctional family to live with foster parents for the summer. Few films these days choose to focus on the characters' kindness, compassion, and nurturing. The Quiet Girl is a very special coming-of-age drama graced with a captivating performance by Catherine Clinch.

<https://www.spiritualityandpractice.com/films/reviews/view/29191/the-quiet-girl>

A Beautiful Day in the Neighborhood

Directed by Marielle Heller, 2019

From IMDB: Tom Hanks portrays Fred Rogers in a timely story of kindness triumphing over cynicism, based on the true story of a real-life friendship between him and journalist Lloyd Vogel. After a jaded magazine writer (Matthew Rhys) is assigned a profile of Fred Rogers, he overcomes his skepticism, learning about empathy, kindness, and decency from America's most beloved neighbor.

<https://www.imdb.com/title/tt3224458/>



"Coexist"

Richard Birger

Videos

The Balancing Act of Compassion

Jackie Tabick

While we all agree that compassion is a great idea, Rabbi Tabick acknowledges there are challenges to its execution. She explains how a careful balance of

compassion and justice allows us to do good deeds, and keep our sanity.

https://www.ted.com/talks/jackie_tabick_the_balancing_act_of_compassion?referrer=playlist-how-to-make-compassion-thrive&autoplay=true

TED Talk: TEDWomen, December 2010

Joan Halifax

Buddhist roshi Joan Halifax works with people at the last stage of life (in hospice and on death row). She shares what she's learned about compassion in the face of death and dying, and a deep insight into the nature of empathy.

https://www.ted.com/talks/joan_halifax_compassion_and_the_true_meaning_of_empathy?language=en

Little Leaguer Consoles Pitcher After Getting Hit in the Head

ESPN

In an intense game in which the winning team would go on to the Little League World series, a moment of compassion went viral, a 12-year old proved to the world that kindness is more important than anything else. One year later, the two boys are still friends.

<https://youtu.be/XED8sHBF3L8?si=PwgZu34auoYc9GQW>

Podcasts

"Members of Israeli and Palestinian communities discuss compassion," *Weekend Edition Saturday* hosted by Ari Daniel, NPR, November 18, 2023.

Israeli Jews, Arab citizens of Israel, and Palestinians speak about the pain they share and their desire for a better way forward, one that releases them from a prison of retribution and violence.

<https://www.npr.org/2023/11/18/1213967434/members-of-israeli-and-palestinian-communities-discuss-compassion>

On Being: Wisdom Practice - Compassionate Leadership

hosted by Krista Tippett

After attending a conference with the Dalai Lama in Dharamsala, India, Krista Tippet explores

compassionate leadership, in 5 podcasts from June 22, 2023.

1. “Setting the Scene”
2. “Bearing Witness”
3. “Complicated ‘Oneness’”
4. “Compassion = Ferocity”
5. “Tenderness, and Blessing”

Visit <https://onbeing.org/>, click the Search button and search for “Compassion” to see the list including these podcasts.

Hidden Brain Episode 5: Compassion

Shankar Vedantam

An exploration of the science of compassion and how being kind to others can make a real difference in your own life.

<https://open.spotify.com/episode/46AOZMVXq3MjgmrPzmrhW?si=9e1a24a1ad594bd1>

Music

“Drink Water”

by Jon Batiste, Jon Bellion, and Fireboy DML

Where you at right now?

In the east, in the west

Louisiana, down south

I’ll be there, with the cleats

I’ll be there, with the squeaks

If you stuck, if you stuck, if you stuck

Set you free

<https://www.youtube.com/watch?v=os77imIo3nU>

“Compassion” Spotify Playlist

<https://spoti.fi/3N2AIQf>

“Make Me a Pallet on the Floor” —Wynton Marsalis

“Walk With Me” —GoldFord

“Carry Me (feat. Julia Michaels)” —Kygo, Julia Michaels

“Touch a Hand (Make a Friend)” —The Staple Singers

“I’ll Stand by You” —Pretenders

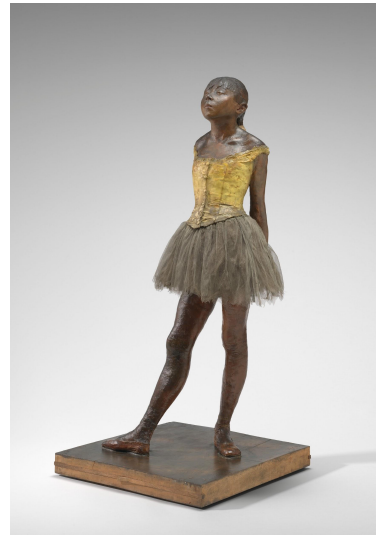
“Hammer and a Nail” —Indigo Girls

“The Weight” —The Band

“Reach Out I’ll Be There” —Four Tops

“No One Is Alone” —Bernadette Peters

Art



Little Dancer Aged Fourteen

Edgar Degas

Excerpt from the NGA web site:

In the context of the evolution of sculpture, the Little Dancer is a groundbreaking work of art. The liberating idea that any medium or technique necessary to convey the desired effect is fair game may be traced back to this sculpture. Degas represented a working-class subject, though not an everyday one, with both realism and compassion, but without moralizing. In so doing, he captured with brilliant simplicity the difficult tension between art and life.

<https://www.nga.gov/collection/art-object-page.110292.html>

Cover image: Image by lauraelatimer0 on Pixabay.

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