**Compassion**

**Saul said,**

**"May you be blessed by the Lord for showing me compassion!"**

***(1 Samuel 23:21)***

**For their sake he remembered his covenant,**

**and showed compassion**

**according to the abundance of his steadfast love.**

***(Psalm 106:45)***

**When he saw the crowds, he had compassion for them,**

**because they were harassed and helpless,**

**like sheep without a shepherd.**

**(*St. Matthew 9:36)***

**Moved with compassion, Jesus touched their eyes.**

**Immediately they regained their sight and followed him.**

***(St. Matthew 20:34)***

**But a certain Samaritan, as he journeyed, came where he was,**

**and when he saw him, he had compassion on him,**

**and went to him, and bound up his wounds,**

**pouring in oil and wine, and set him on his own beast,**

**and brought him to an inn, and took care of him.**

**And on the morrow when he departed, he took out two pence,**

**and gave them to the host, and said unto him,**

**Take care of him, and whatsoever thou spendest more,**

**when I come again, I will repay you.**

***(St. Luke 10:33-35)***

**But while he was still far off,**

**his father saw him and was filled with compassion;**

**he ran and put his arms around him and kissed him.**

***(St. Luke 15:20)***

**Let no one be mindful only of his own things,**

**but let everyone be mindful of the things of his neighbor also.**

***(Philippians 2:4)***

**Since 1980, about 3 million people, including the Tsarnaev family, have been admitted into the U.S. under a refugee program for those who are persecuted or fear persecution because of race, religion, nationality, or political opinion. *(National Journal, as it appeared in The Week magazine, May 3, 2013)***

**One day last summer, hiking with my children through the hills of north Georgia, I came to a cabin clinging to a rocky ledge. Behind a picket fence a white-haired mountain woman was working in her garden. When we stopped to admire her flowers, she told us that she lived there all alone. My city-bred youngsters regarded her with wonder. “How,” asked one, “do you keep from being lonesome?” “Oh,” she said, “if that feeling comes on in the summertime, I take a bunch of flowers to some shut-in. And if it's winter, I go out and feed the birds!” An act of compassion -- that was her instinctive antidote for loneliness. (Arthur Gordon, in Reader's Digest)**

**If a beaver dam breaks, it’s said, beavers come from miles around to help rebuild it. Amazing how much we don’t know about why animals do what they do. (L. M. Boyd)**

**Why stand we here trembling around calling on God for help, and not ourselves, in whom God dwells, stretching a hand to save the falling man? *(William Blake)***

**One woman says to another woman: “He’s a very compassionate cat. He never kills any of the animals he catches.” (John McPherson, in Close to Home comic strip)]**

**At Bristol, England, in the 1830s George Muller learned that the British prison system contained some six thousand children. Their only crime: They were orphans and therefore homeless. Moved with compassion for their plight, the man resolved to provide a home for any child deprived of a mother and father. His vision became reality, and over the course of his life, he would feed, clothe, educate, and house more than 120,000 boys and girls. Although the cost for that mission of mercy ran into the millions, the man raised every dollar without once asking for money, writing a letter of solicitation, or hosting a fund-raising event. His unique method of generating the necessary financing was to pray, opening himself to God’s substance. *(Victor M. Parachin, in Unity magazine)***

**One cannot weep for the entire world. It is beyond human strength. One must choose. (Jean Anouilh)**

**Since the times when people sat around the tribal fire, we have developed many variations of the circle: support groups, dialogue groups, group psychotherapy, Bible-study groups, 12-step groups, men and women's groups, to name a few. According to a recent study funded by the Gallop Foundation, 40 percent of adult Americans actively belong to a small, voluntary group whose purpose is to explore what has meaning in their lives and address urgent social concerns. Although such groups pursue personal and social transformation, their members may not be working toward the same goal. It is time for us to come together in small groups that share the same goal: the creation of a compassionate community that values the wisdom and the welfare of all its members. A compassionate community of people who are willing to sustain our gaze upon suffering, upon the wounds that we inflict upon one another and upon the Earth, and who are willing to become accountable for their actions. *(Charles Garfield and Company)***

**A concern for sympathy should not blind us to the stronger human potential for malice and destruction. *(Lauren Wispe, scholar)***

**First man: “I could’ve played basketball if I were three feet taller.” Second man: “Must be a heart breaker to come that close.” (Out of Bounds comic strip)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*Once, an American television reporter was interviewing the Dalai Lama of Tibet. The reporter seemed frustrated with the religious leader. “The Communist Chinese have committed terrible atrocities against your people. They have taken over your whole country,” the reporter said. “All you have to do is speak the word, and your followers would rise up in armed rebellion. And yet, you remain passive. Do you truly believe that it is inappropriate to fight back against armed aggression, brutality, and murder?” The Dalai Lama responded, “You must understand that the people who have committed atrocities deserve our compassion. They are not bad people. They are simply people who have not yet grown in their hearts to a level where they can appreciate peace.” *(Robert L. Litchfield, Jr., in To Be a Graceful Giant, p. 10)***

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**If you want others to be happy, practice compassion. If you want to be happy, practice compassion. *(The Dalai Lama)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*One very special Christmas day, little Amy unwrapped a beautiful golden-haired doll given to her by her grandmother. “It's such a pretty dolly,” Amy squealed excitedly, hugging her new doll. “Oh, thank you, Grandma!” Amy played with her new doll most of the day, but toward the end of the day, she put down her golden-haired doll and sought out one of her old dolls. Amy cradled the tattered and dilapidated old doll in her arms. Its hair had come off; its nose was broken; one eye was gone, and an arm and a leg were missing. “Well, well,” smiled Grandma. “It looks as though you like that dolly the best.” “I like the beautiful doll you gave me, Grandma,” said little Amy. “But I love this old doll the most, because if I didn't love her, no one else would.” (Glenn Van Ekeren, in The Speaker's Sourcebook, p. 10)**

**Not every act of compassion is dramatic. All of us in our own way, just by being more tender and loving, can open our hearts and make a difference in someone's life. Compassion is not just an emotion; it is force. It is an aspect of the infinite power of God. Humanity's next great leap in consciousness will be the realization that love is a power to be applied -- no less than the power of steam, the power of electricity, or the power of the atom. *(Marianne Williamson)***

**If an elephant loses its faculties, abler elephants feed it. Rare behavior among animals, most of whom drive their helpless away from the group. *(L. M. Boyd)***

**If someone listens, or stretches out a hand, or whispers a kind word of encouragement, or attempts to understand a lonely person, extraordinary things begin to happen. *(Loretta Girzartis)***

**If scientists can clone animals, why can’t they create genes for love and compassion? *(Todd Siler, in Truizms)***

**The essential dynamic of compassion is summed up in the golden rule, first enunciated by Confucius in about 500 B.C.E.: “Do not do to others as you would not have done to you.” Confucius taught his disciples to get into the habit of shu: “likening to oneself.” They had to look into their own hearts, discover what gave them pain, and then rigorously refrain from inflicting this suffering upon other people. *(Karen Armstrong, in AARP magazine)***

**One Friday afternoon last August, a three-year-old boy visiting the Brookfield Zoo in Chicago decided he wanted a closer look at the gorillas. He wiggled away from his parents, clambered over a railing, and fell into the enclosure. Knocked unconscious by the 20-foot fall, he lay helplessly on the ground. Moments later, one of the gorillas, Binti Jua, with her own 17-month-old infant riding on her back, walked over, gently picked the boy up and carried him to a door where she was accustomed to seeing her keepers. “We arrived about 20 seconds after the boy had fallen,” says chief keeper Craig Demitros. Demitros’s crew used fire hoses to direct Binti and the other gorillas out of the enclosure, after which paramedics tended to the boy -- who escaped with a broken hand and some bruises. The story made news around the world, with many of the reports citing Binti’s behavior as evidence of remarkable compassion and understanding. *(Barbie Bischof, in Discover magazine)***

**At church, our religion instructor rushed in late for class and explained that on her way she had been pulled over by a highway-patrol officer. “How come you’re the fastest person on the freeway?” he asked. “I teach church class, and I’m late.” “What’s the subject of the lesson?” he inquired. Looking him in the eye, she replied, “Compassion.” He let her go with a warning. *(Stefanie Wagoner, in Reader’s Digest)***

**My young niece was standing on a corner in Portland, trying to hitch a ride, when a shabby old man accosted her. “Say, miss,” he said, “do you have a quarter?” My niece turned out her pockets and found one, which she offered him. Refusing the quarter, he said, “Good. ‘Cause I have 30 cents and with your quarter you’ll have enough money to take a bus. Hitchhiking’s not safe for girls.” Whereupon he handed her his change and shuffled off down the street. *(Anne Switten, in Reader’s Digest)***

**Compassion is the antitoxin of the soul: Where there is compassion even the most poisonous impulses remain relatively harmless. (Eric Hoffer, philosopher)**

**The humane response to border crisis: "Hey, whatever happened to the border crisis," asked Jennifer Rubin. A few weeks ago, the Republicans were in an uproar over the thousands of unaccompanied minors showing up at the U. S.'s southwestern border, blaming the Biden administration both for not running them away and for holding kids in Customs and Border Protection (CBP) facilities made for adults. Today, "the number of migrants is still at epic highs," but the administration -- caught flat-footed at first -- is now addressing the problem "competently and compassionately." The Department of Health and Human Services has opened more than a dozen temporary shelters in recent weeks, bringing the total number of children in CBP custody down to 954 as of last week from the high of 5,767 on March 28 -- a decline of 84 percent. Moreover, the kids are now being quickly placed in the care of parents, relatives, or sponsors in the U.S. Biden's critics no doubt aren't happy that children fleeing the violence and poverty of Central America are being allowed to enter the country. But if children seeking "a far better life" are given safe haven under our asylum laws, is it still "a 'crisis?'-" *(The Week magazine, May 14, 2021)***

**Sympathy sees and says, "I'm sorry." -- Compassion sees and says, "I'll help." *(The PassTime Paper)***

**Compassion and nonviolence help us to see the enemy’s point of view, to hear his questions, to know his assessment of ourselves. For from his view we may indeed see the basic weaknesses of our own condition, and if we are mature, we may learn and grow and profit from the wisdom of the brothers who are called the opposition. *(Martin Luther King, Jr.)***

**In June 1876, Colonel Frederick D. Grant, oldest son of President Ulysses S. Grant, was serving as an aide to General George A. Custer, commander of the Seventh Cavalry in Montana. A day or two before the cavalry launched its attack on Chief Crazy Horse and the Sioux, Grant received “compassionate leave” to be at the bedside of his wife when she gave birth to their first child. By pure chance, Grant's eagerness to play the good husband kept him away from the ambush near the Little Bighorn River in which his unit was annihilated. *(Nicholas Rescher, in USAir magazine)***

**Much has been made of the greatness of soul of the South’s Civil War leader, Robert E. Lee. Of his many compassionate acts, I like best an account cited by Billy Graham. “Shortly after the close of the war,” writes Graham, “a Negro entered a Richmond church one Sunday morning at the beginning of a communion service. When the time came, the black man walked down the aisle and knelt at the altar. A rustle of shock and anger swept through the congregation, whereupon a distinguished layman arose, stepped forward to the altar and knelt beside the colored brother. Captured by his spirit, the whole congregation followed. The layman who set the example: Robert E. Lee.” *(Clarence W. Hall, in Reader’s Digest)***

**Let's remember that compassion and rationality are not effete markers of weakness, but signs of civilization. *(Nicholas Kristof, from his New York Times column on how to increase empathy)***

**There is nothing to make you like other human beings so much as doing things for them. *(Zora Neale Hurston)***

**When the Lincoln family moved from Indiana to Illinois in the spring of 1830 they had, among their few possessions, a small pet dog. The little animal fell behind one day and was not missed until the party had crossed a swollen, ice-filled stream, when he made his presence on the opposite bank known by whines and yelps. Abraham Lincoln’s father, anxious to go forward, decided not to re-cross the river with oxen and wagons, but the boy Abraham could not endure the idea of abandoning even a dog. Pulling off shoes and socks, he waded across the stream and triumphantly returned with the shivering animal under his arm. Said Lincoln afterward, “His frantic leaps of joy and other evidences of a dog’s gratitude amply repaid me for all the exposure I had undergone.” *(The Wit and Wisdom of Abraham Lincoln, edited by Anthony Gross)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**Compassion is love in the face of suffering. *(Joseph Bailey, in Fearproof Your Life: How to Thrive in a World Addicted to Fear)***

**The love of our neighbor in all its fullness simply means being able to say to him, “What are you going through?” *(Simone Weil)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**The whole idea of compassion is based on a keen awareness of the interdependence of all these living beings, which are all part of one another, and all involved in one another. *(Thomas Merton)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*Love cannot remain by itself – it has no meaning. Love has to be put into action and that action is service. *(Mother Teresa)***

**I would rather make mistakes in kindness and compassion than work miracles in unkindness and hardness. *(Mother Teresa)***

**Being unwanted, unloved, uncared for, forgotten by everybody, I think that is a much greater hunger, a much greater poverty than the person who has nothing to eat. . . . We must find each other. (Mother Teresa)**

**We must make our homes centers of compassion and forgive endlessly. (*Mother Teresa)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*Make some muscle in your head, but use the muscle in your heart. *(Imamu Amiri Baraka)***

**Compassion for myself is the most powerful healer of them all. *(Dr. Theodore Isaac Rubin)***

**The world has no sympathy with any but positive griefs; it will pity you for what you lose, but never for what you lack. *(Anne Sophie Swetchine, author)***

**Suppose you want to pass on to your children the virtue of compassion. How do you bequeath a habit of helping others, of giving, of generosity, if this has not been part of your own life? It seems necessary that there be an environment in which the child observes these things happening, knows people who are engaged in them. Watching parents support compassionate politicians just isn’t the same. The comments apply as well to parents who prefer to pay other people to perform functions of community. If such parents are engaged in supporting local institutions, they at least must choose whom they will pay and how much. And even these actions provide a richer basis for instruction than signing a 1040 Form and then trying to explain compassion in the abstract to the child. *(Charles Murray, in In Pursuit of Happiness and Good Government)***

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**Let us not underestimate the need of pity. We live in a stony universe whose hard, brilliant forces rage fiercely. *(Theodore Dreiser)***

**Compassion and pity are very different. Whereas compassion reflects the yearning of the heart to merge and take on some of the suffering, pity is a controlled set of thoughts designed to assure separateness. Compassion is the spontaneous response of love; pity, the involuntary reflex of fear. *(Paul C. Roud, in Making Miracles)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**The story is told that Samuel Hanagid, an eleventh century Spanish-Jewish poet who was prime minister to the king of Granada, was once insulted by an enemy in the presence of the king. The king was so angered that he ordered his prime minister to punish the offender by cutting out his tongue. Contrary to the king's mandate, Samuel treated his enemy with utmost kindness. When the king learned that his order had not been carried out, he was greatly astonished. Samuel was ready with a pleasant answer. He said, “I have carried out your order, Your Majesty, I have cut out his evil tongue and have given him instead a kindly tongue.” *(Bits & Pieces)***

**One of the qualities that separate us two-legged animals from the four-legged ones is compassion. It is what makes us stand up tall instead of crawling about on all fours. And standing up tall is what frees our arms to reach out to a fellow being and say, "Let me help you." (Beverly Sills, in McCall's)**

**Theodore Roosevelt was an outdoorsman and a hunter, but he also loved animals. On one occasion, he was hunting with some of his aides and a group of reporters. For several days the newspapers reported that the president had failed to shoot any game and depicted this in a political cartoon. Finally, Roosevelt’s aides found a bear, which they cornered and presented to him as a trophy. However, Roosevelt felt compassion for the bear and refused to shoot it. A Brooklyn storeowner, Morris Michtom, saw the drawing of Roosevelt and the bear cub and was inspired to create a new toy. He created a little stuffed bear cub and put it in his shop window with a sign that read “Teddy’s bear.” The toys were an immediate success, and Michtorn founded the Ideal Novelty and Toy Company, which still exists today. (Jim Romeo, in Business’s Most Wanted, p. 131)**

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**Make a rule, and pray to God to help you to keep it, never, if possible, to lie down at night without being able to say: “I have made one human being at least a little wiser, or a little happier, or at least a little better this day.” *(Charles Kingsley)***

**What makes one a conservative is recognition of the human capacity for evil, or for just plain screwing up. That is why rules are important. Not because conservatives expect nobody to break them, but because having rules that are respected makes it harder for people to break them. This is a more subtle – but, in the long run more trustworthy – form of compassion than liberals’ softness of heart. *(David Horowitz, in Radical Son: A Generational Odyssey)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**In the year 1818, Tamatoe, King of Huahine, one of the South Sea Islands, became a Christian. He discovered a plot among his fellow natives to seize him and other converts and burn them to death. He organized a band to attack the plotters, captured them unawares and then set a feast before them. This unexpected kindness surprised the savages, who burned their idols and became Christians. *(James Hastings)***

**In the aftermath of the Oklahoma City bombing, search dogs succumbed to hopelessness. Finding only the dead day after day, their eagerness to serve flagged, and depression set in. In an attempt to revive their spirits, firefighters planted live people in the rubble for them to find. It worked. Their spirits revived, the dogs continued the difficult task of granting closure to many hurting people. *(Jan Brunette, in Portals of Prayer)***

**Sentimentality is the tribute indifference pays to compassion. *(Theodore Dalrymple, writer)***

**She did not talk to people as if they were strange hard shells she had to crack open to get inside. She talked as if she were already in the shell. In their very shell. *(Marita Bonner)***

**Every year thousands of young athletes from all over the world gather for the Special Olympics. The fanfare, the celebrities, the music, the excitement are nearly as grand as the regular Olympics. These athletes know what it means to give their best. They have trained for months and for years and want to win. Several years ago, five handicapped finalists gathered at the starting line. Their hearts were pounding. Each wanted to win. The starter’s gun discharged and the athletes exploded from their crouched positions and began running with all their heart. The crowd was on its feet shouting and cheering. Suddenly one of runners stumbled and fell flat on his face. He struggled but couldn’t seem to get up. A moan and then a hush fell over the stadium. In the next moment, another child stopped running and reached down and helped the fallen child back up. The two of them finished the race together. *(Michael Broome, retold at Alice Gray, in Stories for the Heart)***

**Spiritual energy brings compassion into the real world. With compassion, we see benevolently our own human condition and the condition of our fellow beings. We drop prejudice. We withhold judgment. *(Christina Baldwin)***

**My tax man is so considerate and compassionate. He’s the only accountant I know with a recovery room. *(Joey Adams)***

**Universal compassion is the only guarantee of morality. *(Arthur Schopenhauer)***

**What value has compassion that does not take its object into its arms? *(Antoine de Saint-Exupery)***

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