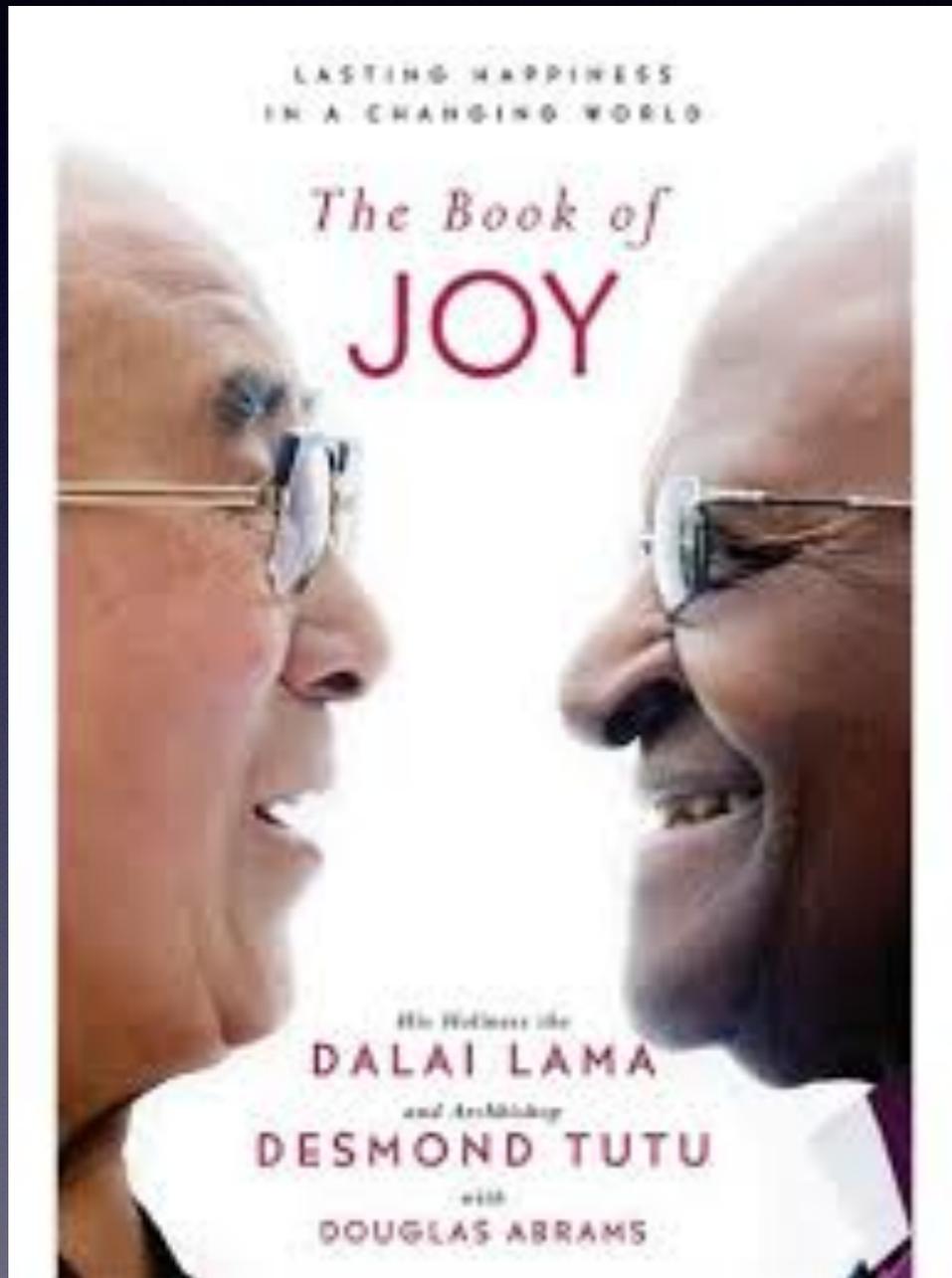


# The Book of Joy



Holy Manners Bookstudy 41

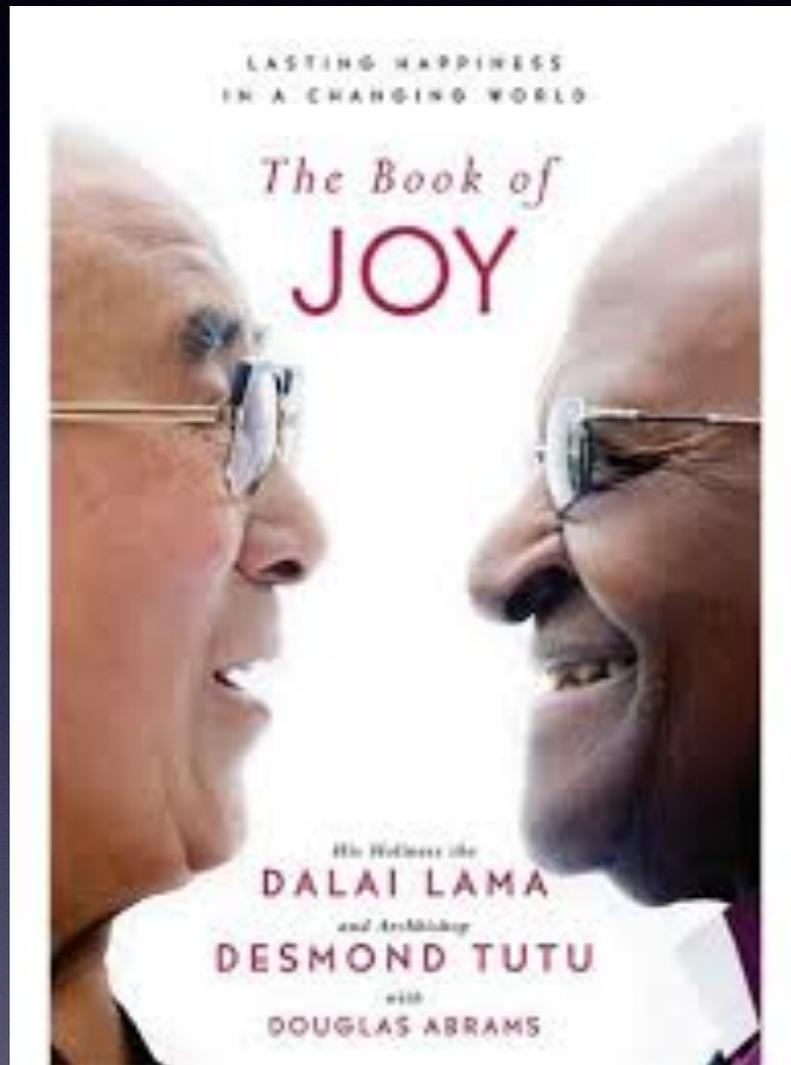
ACTS  
Fall 2018

St David's United Church  
Calgary

# SESSION 10

## Welcomes & Housekeeping

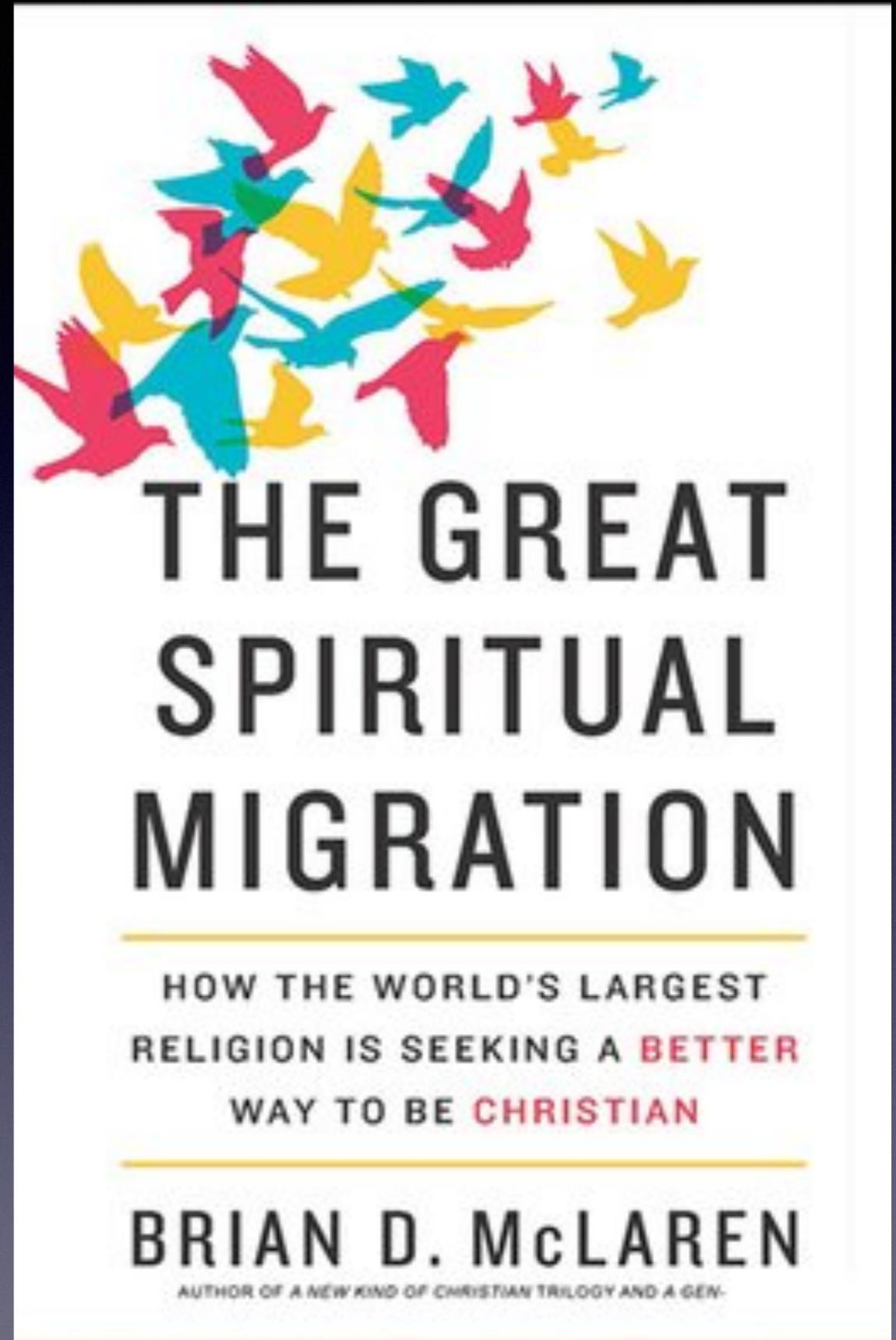
Who would like to contribute thoughts on what this course meant to them as part of the service last Sunday?



Announcing our book study  
title for the Winter Series,  
2019

Course registration and  
book sale begins,  
December 9th.

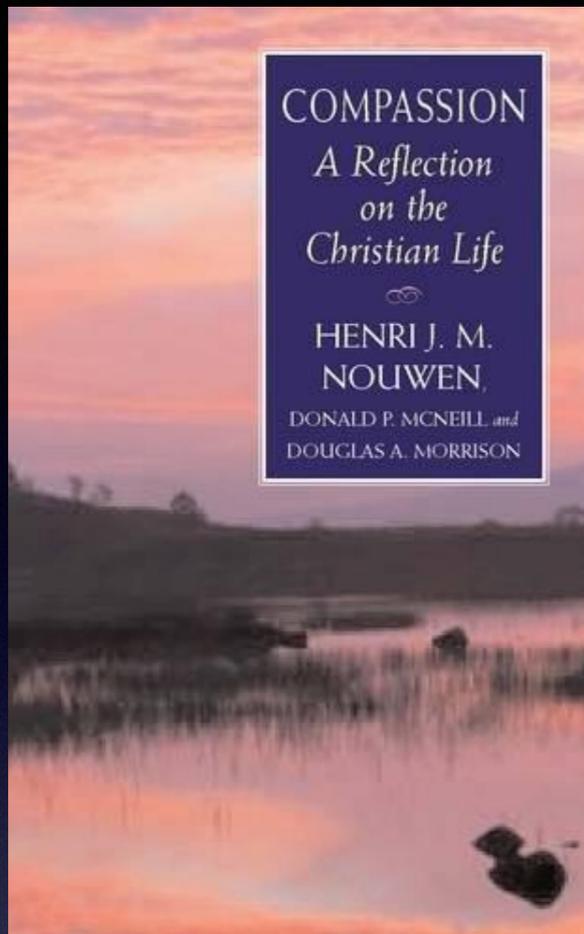
Brian McLaren, a leading voice in contemporary religion, argues that — notwithstanding the dire headlines about the demise of faith and drop in church attendance— Christian faith is not dying. Rather, it is embarking on a once-in-an-era spiritual shift. For millions, the journey has already begun.



# Shared Opening

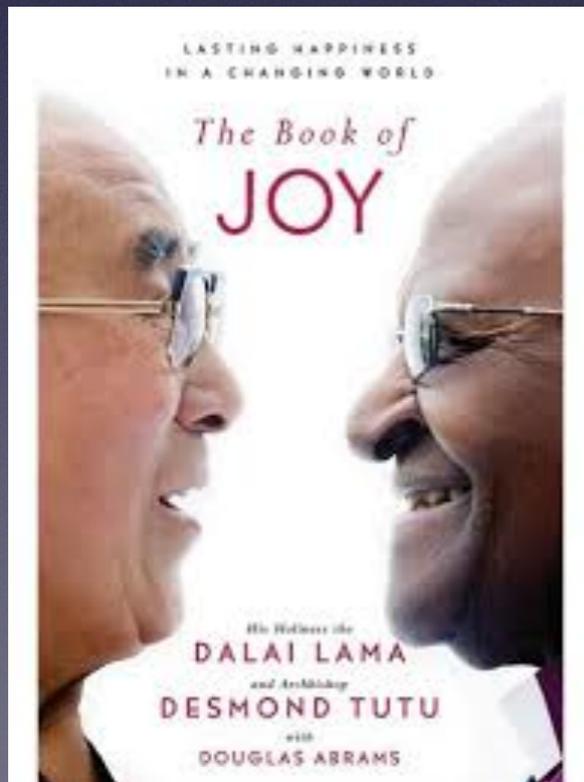
**Frans Heynen**

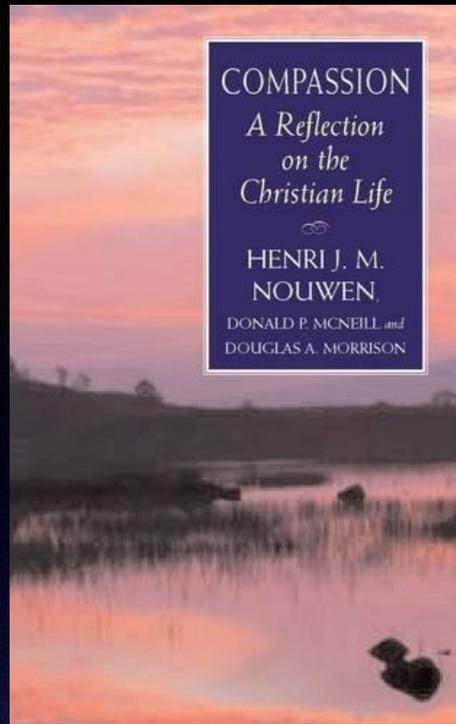
**SOURCE: COMPASSION – A Reflection on the Christian Life – Pages 3 – 5 – Authors Henri J. M. Nouwen, Donald P. McNeill, Douglas A. Morrison – IMAGE Books Edition published September 1983**



**Darlene Heynen**

**SOURCE: THE BOOK of JOY – Page 268 – Authors His Holiness the Dalai Lama, Archbishop Desmond Tutu with Douglas Abrams**

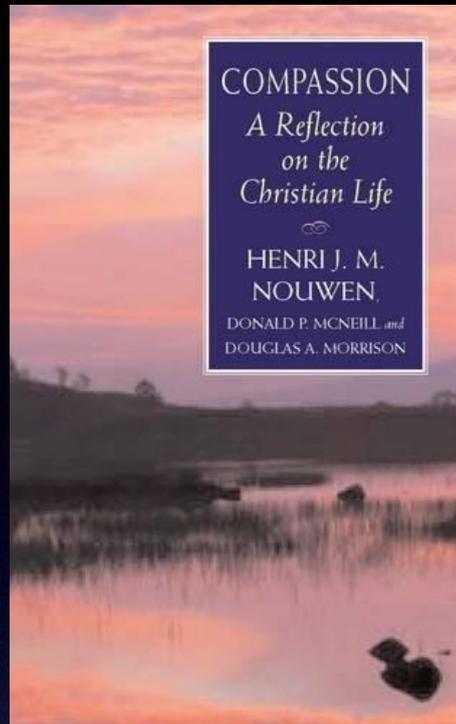




**“The word compassion generally evokes positive feelings. We like to think of ourselves as compassionate people who are basically good, gentle and understanding. We more or less assume that compassion is a natural response to human suffering.**

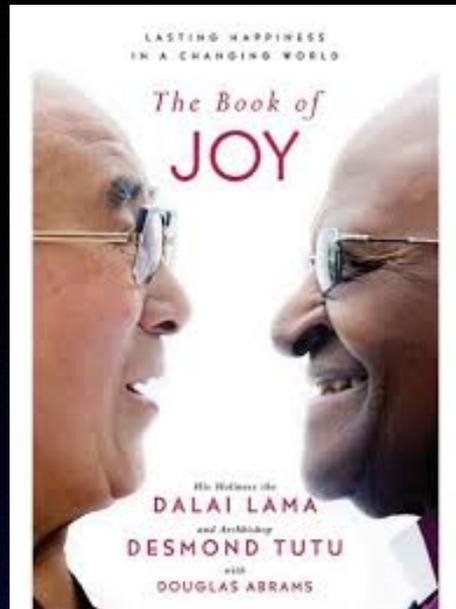
**Who would not feel compassion for a poor, old man, a hungry child, a paralyzed soldier, a fearful girl?**

**It seems almost impossible to imagine that compassion does not belong among our most self-evident human qualities. Do we not feel deeply offended when someone accuses us of lacking compassion? Does that not sound as if we are accused of a lack of humanity?**



**Indeed, we immediately identify being compassionate with being human. An incompassionate human being seems as inconceivable as a nonhuman human being. But, if being human and being compassionate are the same, then why is humanity torn by conflict, war, hatred and oppression?**

**Why, then, are there so many people in our midst who suffer from hunger, cold, and lack of shelter? Why, then, do differences in race, sex, religion prevent us from approaching each other and forming community? Why, then, are millions of human beings suffering from alienation, separation, or loneliness? Why, then, do we hurt, torture, and kill each other? Why, then, is our world in such chaos?"**



**“So, it’s not the wealth and the status. These are neutral. It’s our attitude. It’s what we do with them that is so important. We said it on the very first day: When you become so inward looking, so self-regarding, you are going to end up a shriveled human being.”**

**This reference to ATTITUDE has a particular importance to me and Frans as we have in our possession the following creed that has resonated with us for the past 20 years. The author is Charles Swindoll and the creed states:**

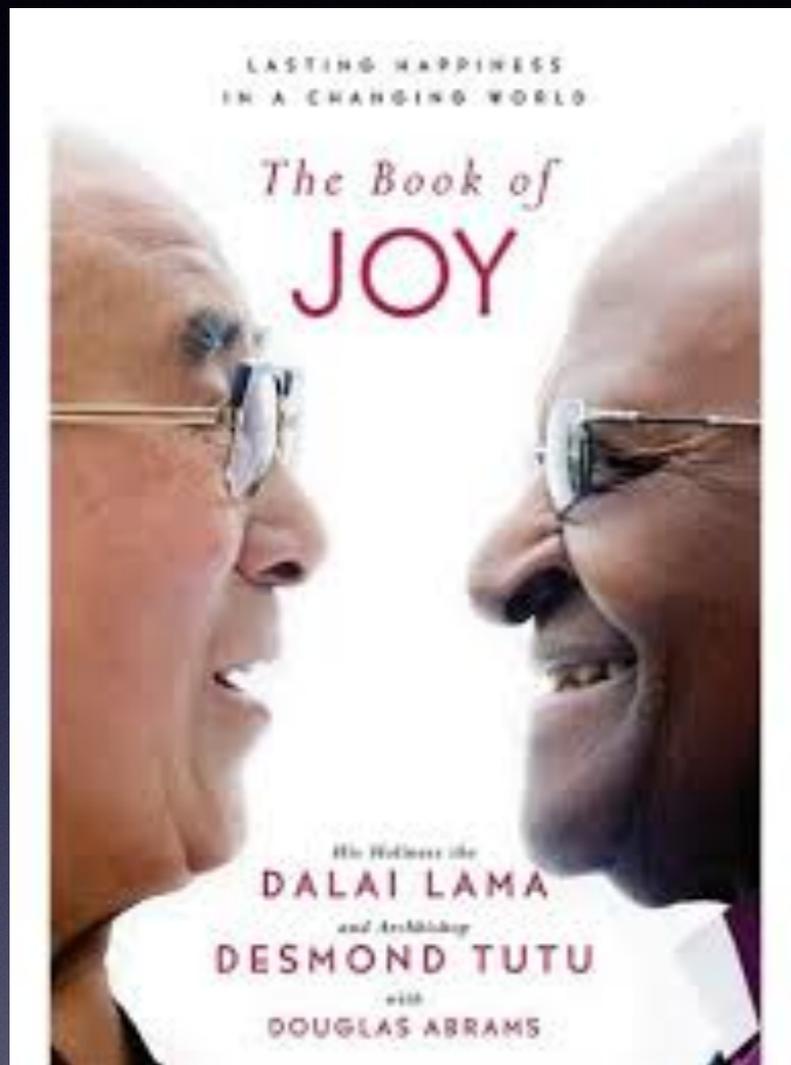
**“The longer I live, the more I realize the impact of attitude on life. Attitude is more important than facts. It is more important than money, than circumstances, than failures, than successes, than what other people think or do.**

# Wayne presents - Part I

## Pillars of the Mind & Heart (noted p. 193)

One	Perspective Humility	Three	Forgiveness Gratitude
Two	Humour Acceptance	Four	Compassion Generosity

These pillars reflect the JOY that can be gained through our engagement of HEART as different from our engagement of MIND.



**Tonight, we focus on**

**Compassion -  
Something We Want to Become**

**Generosity -  
We are Filled With Joy**

# COMPASSION

## The Core Message

The paradoxical truth of compassion is that we are most joyful when we focus on others and not on ourselves (p. 261).



**Discuss**



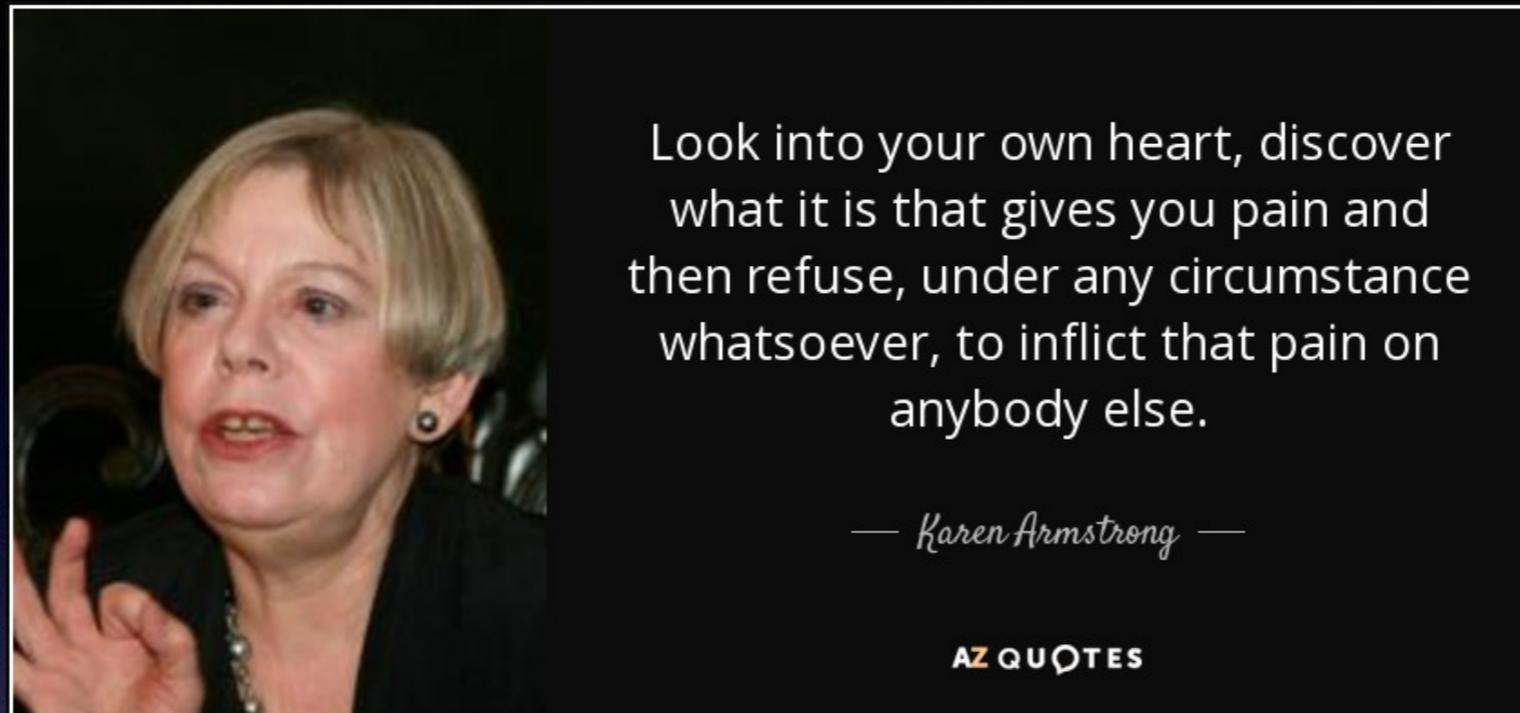
## **Suffering and the Power of Compassion**

Karen Armstrong at Chautauqua 2009

excerpt 3m50s

<https://www.youtube.com/watch?v=fDPoPe-C6Wc>

# Charter of Compassion



In 2008 TED, awarded Karen Armstrong to organize a world wide project for her dream of developing and describing the core of compassion..

For, whatever are differences between them, all faith traditions universally have compassion at their core.

Developing a worldwide interfaith committee to edit a years worth of public input (as assisted by TED) into the Universal Charter of Compassion”



<https://charterforcompassion.org/>

In 2008, TED awarded Karen Armstrong to organize a world wide project and website asking for input for her dream of developing and describing the core of compassion.

The worldwide interfaith committee edited a years worth of public input (as assisted by TED) into the Universal Charter of Compassion.

Link to Charter and Organization's Programs  
<https://charterforcompassion.org/>



# The Golden Rule

Shared throughout the world by the many faith traditions.

Scarboro Missions have researched world resources on the Golden rule . They are an active interfaith society in Toronto. And also link sellers of this poster. This poster was a favourite of Marjorie Gibson.

<https://www.scarboromissions.ca/golden-rule/golden-rule-across-the-worlds-religions>



INTERNATIONAL CAMPAIGN FOR  
**COMPASSIONATE  
CITIES**

*If we look back at the development in the twentieth century, the most devastating cause of human suffering, of deprivation of human dignity, freedom, and peace has been the culture of violence in resolving differences and conflicts. The challenge before us is to make our new century of dialogue and of peaceful co-existence.*

– Dalai Lama

**CHARTER FOR COMPASSION**  
**International**

JOIN THE MOVEMENT

St David's is a member of the Calgary-Alliance for the Common Good. Their vision is "Organizing the power of communities to shape a just and compassionate City."

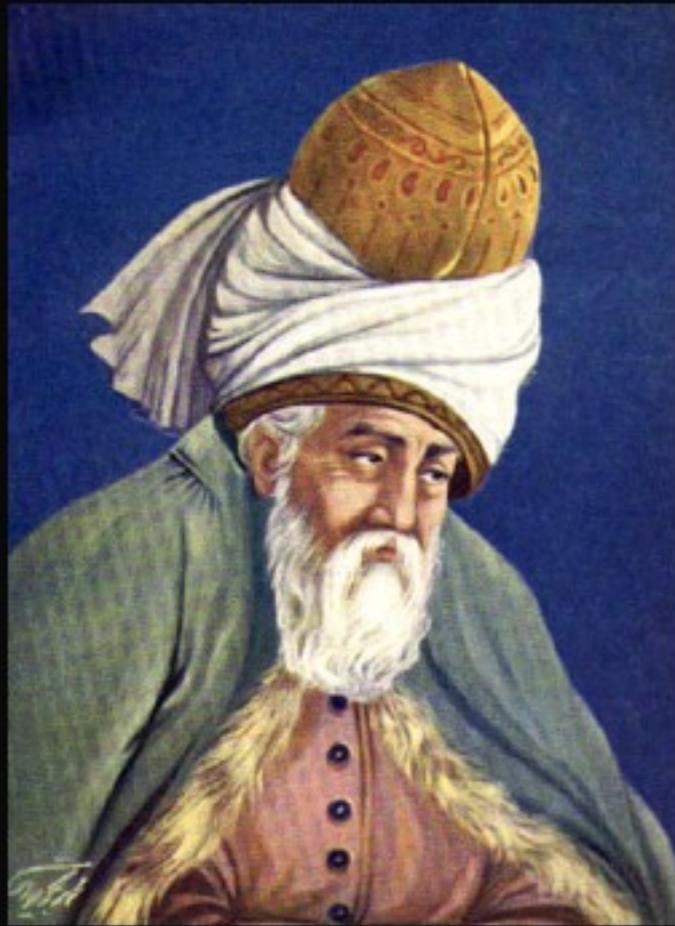
# Calgary-Alliance for the Common Good.

<https://www.metroalliance.ca/index.html>

## Objectives:

- To create a broad-based shared organization that is as diverse as Calgary, building relationships among organizations and people from various community, ethnic, non-profit, labour, and religious groups.
- To strengthen our member organizations and their leaders in order to develop a healthy and effective civic life.
- To use the principles and techniques of community organizing to effectively address the real issues facing Calgarians and our member organizations.

True compassion, or "feeling with another" is known and understood by us not just as a religious precept but through our essential life experience.



God turns you from one feeling to another and teaches by means of opposites, so that you will have two wings to fly, not one.

(Rumi)



A Mother's Love  
A Collection of Disney Portraits

3m11s

<https://www.youtube.com/watch?v=efv0lu3NyYk>



We are hard-wired for compassion (p. 253)

There is a place for some sentimentality here, but scientific evidence of the value of this is also important.

-

The following slide is printed for handout and info only.  
It's an abstract and link to a 17 page paper respecting scientific study of Tibetan (human) values.

# **Compassion and Ethics:** Scientific and Practical Approaches to the Cultivation of Compassion as a Foundation for Ethical Subjectivity and Well-Being

Journal of Healthcare, Science and the Humanities Volume II, No. 1, 2012 145. Full 17 page journal article LINK <https://tibet.emory.edu/documents/Ozawa-deSilva-CompassionandEthics-FinalPrintVersion-JHSH2012.pdf>

## **Abstract**

Recent years have seen a rapid growth in interest in the study of meditation and its health benefits, attention now broadening beyond simple relaxation techniques to other forms of meditation that involve the cultivation of positive mental states and emotions such as compassion. The scientific study of compassion suggests that compassion may be of crucial importance for our individual physical and psychological health. Moreover, because compassion relates fundamentally to how we as human beings relate to one another, its cultivation entails an ethical dimension that may be just as important as the medical and psychological dimension. In this article we supplement the emerging scientific literature on compassion by laying out a case for understanding compassion as a moral emotion intimately tied to the question of ethics and the cultivation of ethical sensibility. Second, we examine the individual and social benefits of compassion that support such a view. Thirdly, we describe in detail one method for the cultivation of compassion: Cognitively-Based Compassion Training (CBCT). We conclude by presenting current research programs employing CBCT and point to possible future directions in the study of compassion and its cultivation.

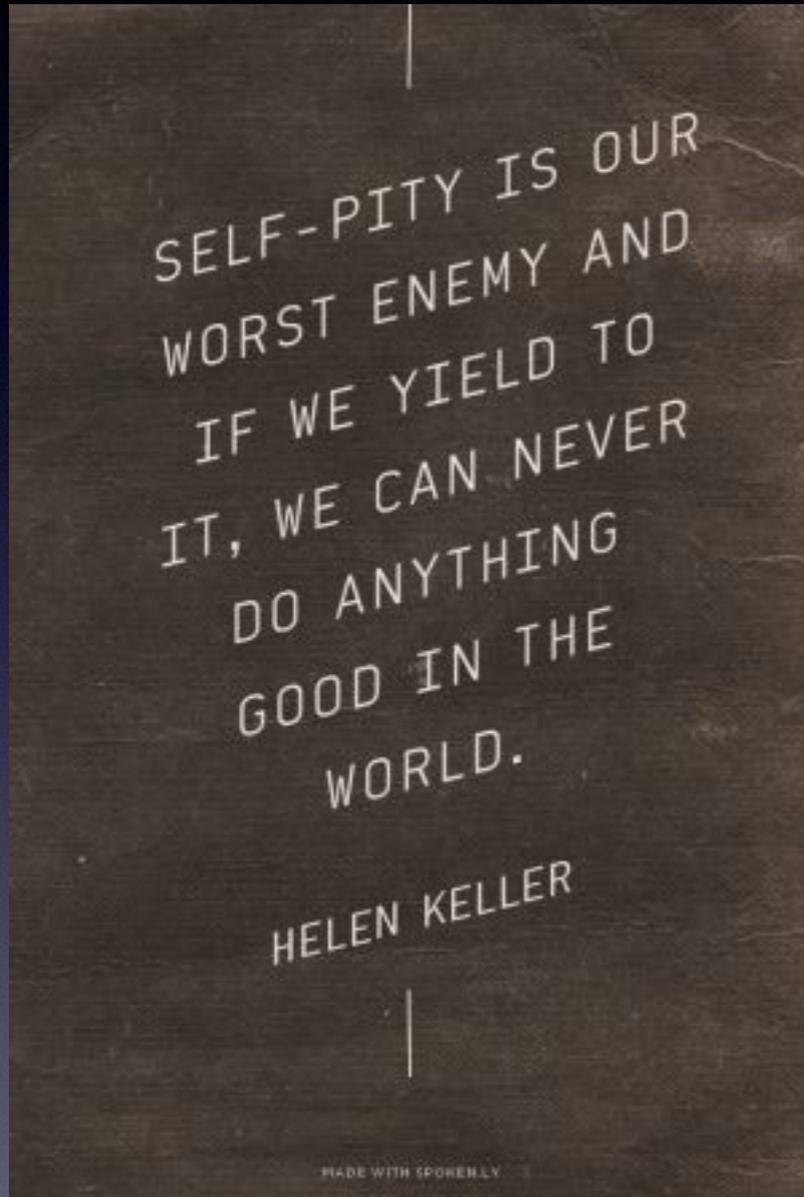
# Self

Self-compassion is closely connected to self-acceptance

Also, awareness of our human frailties - as it is often true that we are the hardest on ourselves, and can be our own worst enemies

Both men point out that it is hard to love others as you love yourself if you don't love yourself (p. 259-60)

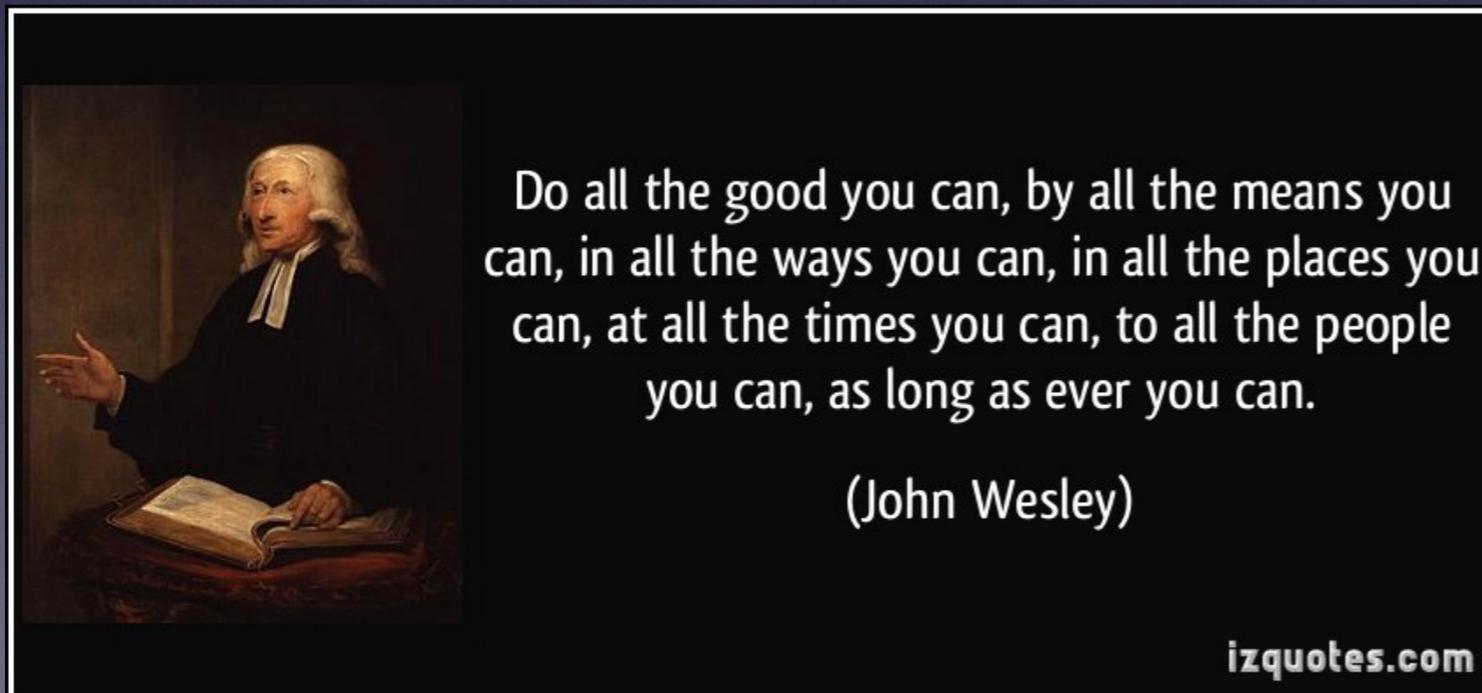
**Discuss**



# GENEROSITY

## A Key Discovery

When we practice a generosity of spirit, we are, in many ways, practicing all the other pillars of joy.



**Discuss**

Compassion and Generosity are at the centre  
of our humanity (p. 266)

When our lives become "all receive" and "no give"  
we can become like the Dead Sea.(p. 264)



The Dead Sea as a natural image of "receiving" but not "giving" where the water runs in, stagnates, but does not have a way to move on out (page 264)

Our travellers on the Holy Land Tour spent quality time immersed in the salty water, and in viewing much of the scenery of desolation

## Charity

As a second image is a primary teaching of all the great faith traditions (p. 254)

***Charity is a synonym for generosity.***

## Buddhists helping Muslims in Malaysia



Buddhists have been carrying out cash-for-work programs in the worst hit towns suffering from recent flooding. Although the population of Kelantan is primarily Muslim, the Buddhist NGO's selfless efforts have been widely recognized and applauded by the religious community. 2m

<https://www.youtube.com/watch?v=i37hIRz7dtA>

# Generosity

An experience in South Africa

At a restaurant in a poor township near Cape Town.

Wayne speaks of an outstanding woman who brought her community together for the hospitality and entertainment of guests like ourselves.

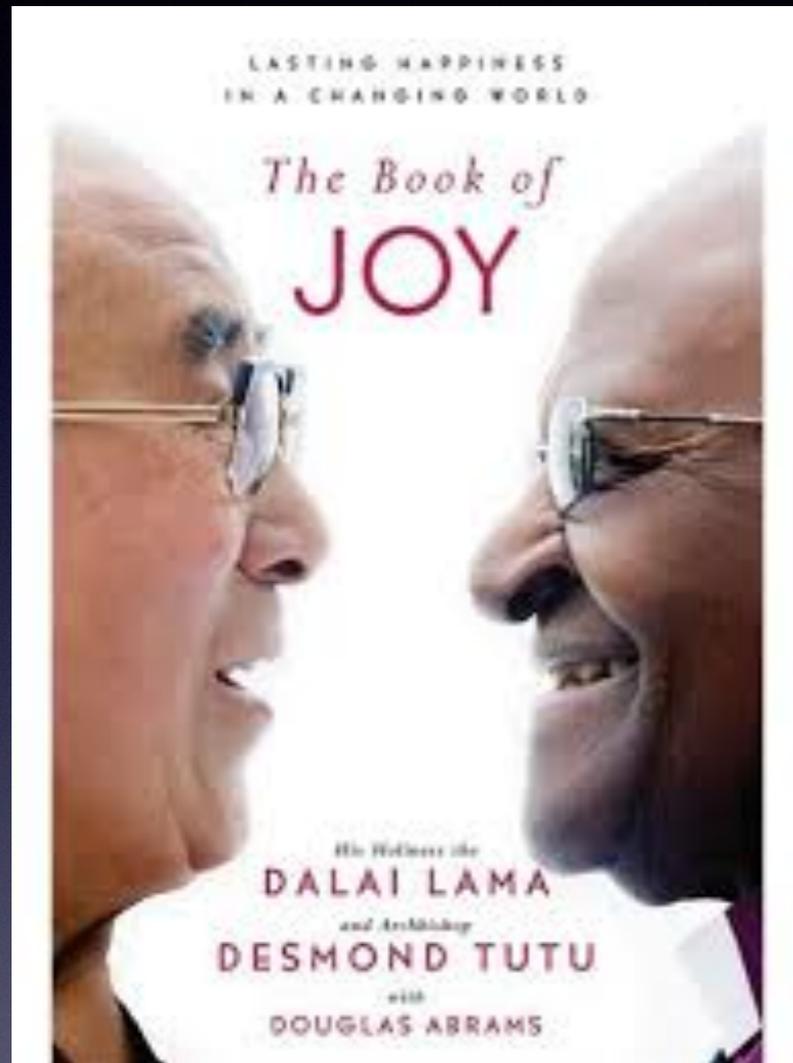
**Discuss**



BREAK

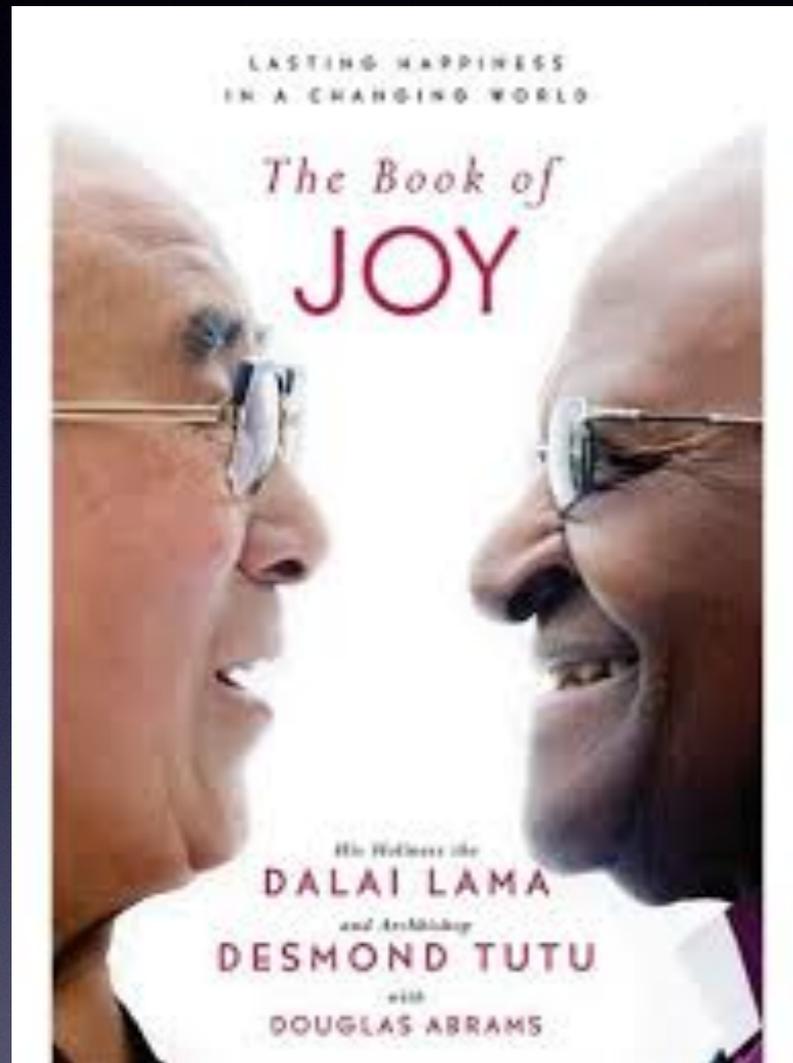


Time now. Please return.



# A Closing Assessment

Ken Kittridge



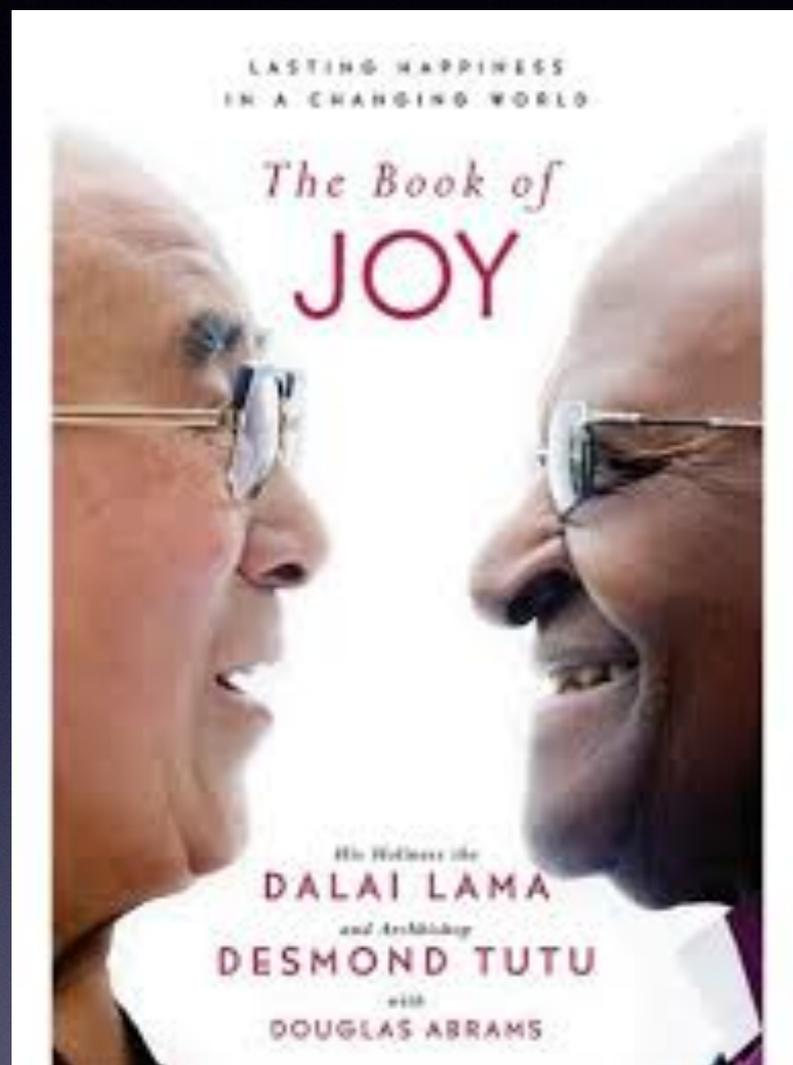
# Closing Assessments Sharings & Experiences



One Love - 3 Faiths  
An Interfaith Celebration  
1000 voices  
Tower of David - Jerusalem

4m49s

[https://www.youtube.com/watch?v=TZzK29\\_V8jQ](https://www.youtube.com/watch?v=TZzK29_V8jQ)



**Final Reflection**

**Brenda Wallace**



Share the Joy - Bishop Tutu  
1m35s

<https://vimeo.com/174759771>

# NO READINGS FOR NEXT SESSION



Announcing our book study title for the  
Winter Series, 2019  
"The Great Spiritual Migration"  
by Brian McLaren

