

# Compassion

*To feel deep sympathy and sadness for the suffering and misfortune of others, and have a desire to do something to alleviate their suffering.*

Nano learned the true meaning of compassion as she suffered with the vulnerable, the weary, the oppressed, and entered lovingly into their lives. May we, too, be women and men of welcoming hearts, whose words and actions continue to speak the language of the heart each day.

## EXPERIENCE

Accompanying her sister, Ann, on her charitable visits, Nano gradually awakened to the plight of the poor.

## SEE

Like Nano, may we grow in insight to the needs of others and become more compassionate.

## ACT ION

*Walking in Nano's footsteps, we are invited to show compassion through small everyday activities that ripple beyond ourselves. Everything we do has a global effect.*

- Contribute to collections for people suffering from natural disasters.
- Reach out to someone who recently lost a loved one.
- Volunteer to serve at a local mission, shelter or food pantry.
- Pay it forward and treat someone less fortunate than you.
- Find the phone numbers for your legislators and be ready to call them at least once a month.
- Call your legislators in support of raising the minimum wage.

## GLOBAL GOAL

*We, Presentation people, commit to respond to the cry of Earth and to people made poor by embracing the Sustainable Development Goals, providing us a plan of action for living the values of Nano's life.*



### NO POVERTY

End poverty in all its forms everywhere.

Nearly 1/2 of the world's population – more than 3 billion people – live on less than \$2.50 a day. More than 1.3 billion live in extreme poverty – less than \$1.25 a day. Let us work for a world where the poor can meet their basic needs and have equal rights to economic resources.

***Do we act with compassion toward those who are living in poverty and do our part to bring about change?***

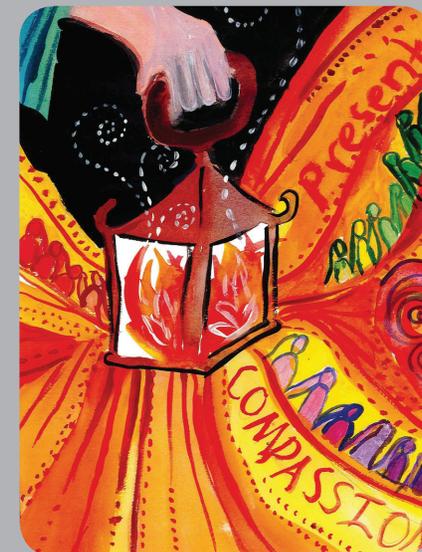


Photo credit: Neve Barnsley

**Nano was known and easily recognized for her compassionate presence by the glow of the lantern which lighted her way.**



Compassion is sometimes the fatal capacity for feeling what it is like to live inside somebody else's skin.

It is the knowledge that there can never really be any peace and joy for me until there is peace and joy finally for you too.

Fredrick Buechner