

12 Months to a More Compassionate Community

Adult Lifespan Development is encouraging all PUC members and friends to embark on an all-church, in-depth examination and reflection of *Twelve Steps to a Compassionate Life* by Karen Armstrong beginning January 1, 2012

As part of an international effort to activate the Golden Rule globally, PUC will join groups around the world working to foster a greater understanding of compassion, and to promote the cultivation and practice of compassion in individual and community life.

TED* prize-winner Karen Armstrong believes that while compassion is intrinsic in all human beings, each of us needs to work diligently to cultivate and expand our capacity for compassion. In *Twelve Steps to a Compassionate Life*, Armstrong offers concrete ways of putting compassion into action in our everyday lives.

Adult Lifespan Development will begin organizing an **in-depth, all-church** study of Karen Armstrong's book *Twelve Steps to a Compassionate Life*. **We will begin by viewing Karen's Keynote speech to the 2011 UUA General Assembly on December 4 at 12 o'clock**, we will then ask everyone who wishes to participate to get copies of the book (we will have copies available to borrow or purchase) and then we will begin a reflection group that will meet on the 4th Sunday of every month from 9am – 10:15am beginning January 22, 2012. There will be many ways to reflect and discuss the concepts in this book amongst ourselves and hopefully some ways to put our faith into action, as well.

The ideas and concepts in this book blend very nicely with the work already being done by the Standing on the Side of Love organization, as well as offering possible solutions for the lack of compassion that we are seeing in our government and our country. This is also part of our preparation for participation in **Justice General Assembly 2012 in Phoenix**. We, as Unitarian Universalists, are in a prime position to affirm and promote these concepts in the greater community but we must "cultivate and expand" our own understanding of living a compassionate life before we can set out to create compassionate communities.

Twelve Steps to a Compassionate Life groups are affiliated with the Charter for Compassion. The Charter for Compassion is a TED Prize project in collaboration with the Fetzer Institute. Please visit the Charter for Compassion website <http://charterforcompassion.org>

For more information, please email ARE@pacificunitarian.org or Contact: Kathy Rickey or Rev. John Morehouse

*TED is a nonprofit devoted to Ideas Worth Spreading. See more at www.ted.com