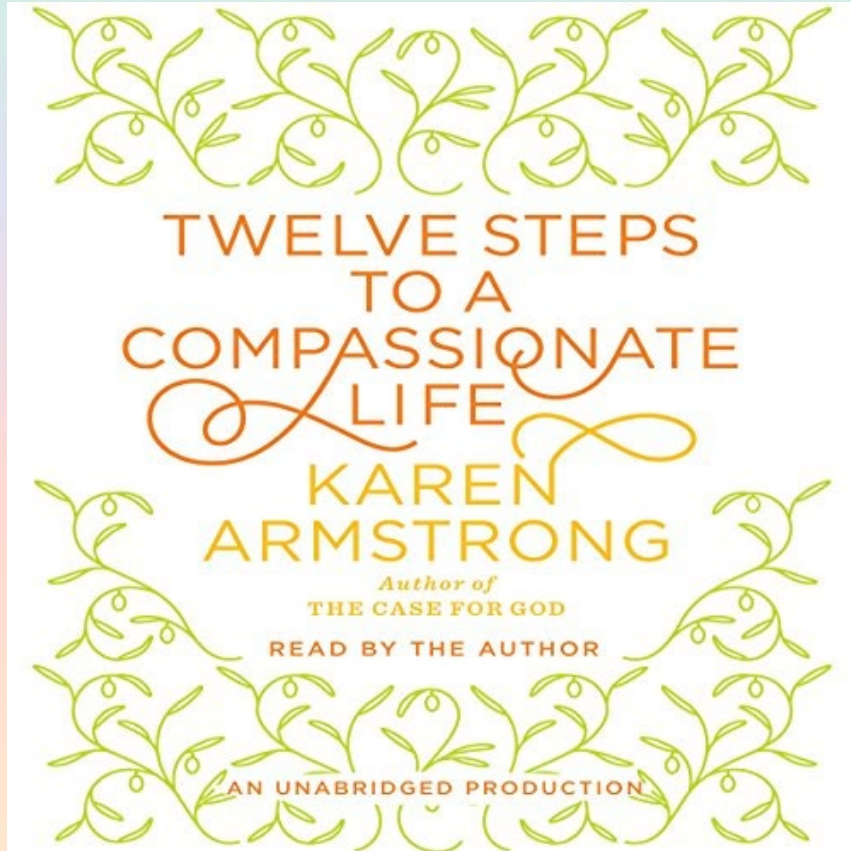




Calvert Peace Project

Broadview Church | Peace Through Action

Peaceful Readers Book Club



Twelve Steps to a Compassionate Life by Karen Armstrong

[PeaceThroughAction.org/Calvert](https://www.peacethroughaction.org/calvert) | [@CalvertPeaceProject](https://twitter.com/CalvertPeaceProject) | [#CalvertPeaceProject](https://hashtope.com/CalvertPeaceProject)

Project Purpose



Increase understanding, collaboration, and community among youth and adults in Calvert County, Maryland by providing civic and social engagement activities with a focus on peace.

Key activities:

- youth & adult peacebuilder preparation courses,
- Peaceful Speakers Series
- Peaceful Readers book club,
- Peaceful Viewers film and discussion night
- Civic Dialogues (library partnership)
- Community service projects

Gathering Agreements



- Any personal information shared in this group is confidential.
- We intend to balance sharing and listening, allowing everyone to participate, and we'll pass whenever we wish.
- We will allow others to speak without interruption.
- We will assume good intentions on everyone's part.
- We will listen attentively.



Twelve Steps to a Compassionate Life



Step 1 Learn About
Compassion

Step 2 Look at Your
Own World

Step 3 Compassion
for Yourself

Step 4 Empathy

Step 5 Mindfulness

Step 6 Action

Step 7 How Little We
Know

Step 8 How Should
We Speak to One
Another?

Step 9 Concern for
Everybody

Step 10 Knowledge

Step 11 Recognition

Step 12 Love Your
Enemies



Quote to Note

“The principle of compassion lies at the heart of all religious, ethical and spiritual traditions, calling us always to treat all others as we wish to be treated ourselves.

Compassion impels us to work tirelessly to alleviate the suffering of our fellow creatures, to dethrone ourselves from the center of our world and put another there, and to honor the inviolable sanctity of every single human being, treating everybody, without exception, with absolute justice, equity and respect.

It is also necessary in both public and private life to refrain consistently and empathically from inflicting pain. To act or speak violently out of spite, chauvinism or self-interest, to impoverish, exploit or deny basic rights to anybody, and to incite hatred by denigrating others—even our enemies—is a denial of our common humanity.” –p.7

Suggestions from Karen Armstrong...

“I suggest that at the end of each session, each person resolves to introduce one **regular practice** into his or her life. This resolution should, for example, be “**realistic.**” It has to be something that you can feasibly include in your daily routine; it should be challenging, but not so demanding that you give it up after a few days; it is no good saying, for example, “I am never going to say another unkind word to anybody in my life ever again” ~ because this just isn’t going to happen. It should be something really **concrete**: “I am going to go out of my way to perform one act of kindness each day to somebody (make a list of candidates!) who really annoys me.” The resolution should also be **practical**. It shouldn’t be something vague, such as “I am going to open my heart to the whole world.” That is meaningless unless it becomes a concrete reality in your life. **Be creative and inventive**; there is no need to stick slavishly to these suggestions: **think of ways in which your actions can become a dynamic and positive force for change, not just within yourself but in the world around you.** Make each resolution a regular part of your life, and by the end of the course you will have twelve new habits that should be effecting a transformation within yourself and your immediate environment.”



Suggestions from Karen Armstrong...

- Resolve to introduce one regular practice into your life.
- This resolution should be realistic, concrete, and practical. Ex. “I am going to perform one act of kindness each day to somebody (make a list of candidates) who really annoy me.”
- Be creative and inventive... think of ways in which your actions can become a dynamic and positive force for change, not just within yourself but in the world around you.



Project Contact Information

Website

PeaceThroughAction.org/Calvert

Social Media

FB, IG: [@calvertpeaceproject](https://www.facebook.com/calvertpeaceproject)

TW: [@calvertpeace](https://twitter.com/calvertpeace)

[#CalvertPeaceProject](https://www.facebook.com/CalvertPeaceProject) [#PeaceBeginsInCalvert](https://www.facebook.com/PeaceBeginsInCalvert)

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