

# Reflecting on COMPASSION



*Let no one ever come to you  
without leaving better and happier.  
Be the living expression of God's  
kindness: kindness in your face,  
kindness in your eyes, kindness in  
your smile.*

*Mother Teresa*

**I've learned that people will  
forget what you said, people  
will forget what you did, but  
people will never forget how  
you made them feel.**

**Maya Angelou**

## What is compassion?

Compassion is how we show empathy and caring in response to the needs of those we serve, those we work with and ourselves. It involves putting ourselves in another's shoes and creatively considering how we can best meet them and lift them up. Every day we have opportunities to respond with compassion in small and big ways.

*Who is a model of compassion for you?*



Adapted from: [www.internationalschool.info/developing-compassion-in-children/](http://www.internationalschool.info/developing-compassion-in-children/)

## How do we develop Compassion?

Compassion begins with opening our eyes and looking at things around us.

Noticing if someone is sad or troubled is a part of compassion.

Putting ourselves in the shoes of that person and asking ourselves how we would feel if this was happening to us. We ask ourselves what kind of help we would need in this position to alleviate the suffering.

Then we ask that person what would help them in this situation and offer them what we can to help.

***We have so many amazing stories to tell that highlight  
Compassion alive in our work!***

Please consider sharing the story of a team or individual who inspires you by nominating them for a Mission Award.

Visit [www.CovenantMissionAwards.com](http://www.CovenantMissionAwards.com) for all the details. **The nomination deadline is December 15, 2023.**



*Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, a honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.*  
- Leo Buscaglia

### A culture of compassion



At Covenant, what unites us is our mission of compassionate care. We each contribute our unique spark — our experiences, perspectives and ideas — to how we live our mission. We express compassion in many unique ways as we encounter and serve others.

### Check out some inspiring Compassion nominees

[Pet Therapy Volunteer team — Covenant Mission Awards](#)

[Ankhi Chaudhuri, licensed practical nurse — Covenant Mission Awards](#)

[Lisa Olson, work lead — Covenant Mission Awards](#)

### Questions for reflection

*Where do you see compassion on display around you?*

*How can you first show yourself compassion in order to care for others?*

### One way we define Compassion is through the *Mission Awards Compassion Criteria*

1. Keeps the people we serve at the center of all we do.
2. Recognizes and responds to the needs of others with a spirit of service.
3. Shows the ability to be present for people in both joy and sorrow
4. Listens carefully, shows empathy and communicates a sense of hope.
5. Improves their knowledge and skills to be of greater service.
6. Recognizes when others are vulnerable and treats them with dignity and kindness.
7. Accepts others' personal journey without bias or opinion.

### Buddhist Prayer

Evoking the presence of great compassion, let us fill our hearts with our own compassion - towards ourselves and towards all living beings. Let us pray that all living beings realize that they are all brothers and sisters, all nourished from the same source of life.