



We Mercies

Care for Creation

As you take the next step, remember the traditional

TOWARDS A NEW LIFESTYLE

When we read or hear about climate change and the pollution of the environment, we may often feel that we are powerless to effect any lasting change. However, Pope Francis's encyclical *Laudato Si'* gives us real hope. In Chapter Six, *Ecological Education and Spirituality*, he offers us some simple but effective ways to move out of the current predominant consumerism into a new lifestyle.

Francis claims that there is a nobility in the duty to care for creation through little daily actions. He cites a number of ways of acting which directly and significantly affect the world around us, such as

- avoiding the use of plastic and paper
- reducing water consumption
- separating refuse
- cooking only what can reasonably be consumed
- showing care for other living beings
- using public transport or car pooling
- planting trees
- turning off unnecessary lights
- any number of other practices.

Reusing something instead of immediately discarding it, when done for the right reasons, can be an act of love which expresses our own dignity. (211)

In the following paragraph he says such efforts benefit society for they call forth a goodness which inevitably tends to spread. They also can restore our sense of self-esteem; they can enable us to live more fully and to feel that life on earth is worthwhile.

What he calls "responsible simplicity of life" might well be a new name for our vow of poverty!

www.charterofcompassion.org

Judy Cannato:
Field of
Compassion

October
2015

Some time ago we reflected at one of our gatherings on compassion in our constitutions, more often under the name of mercy.

One concept that proved enlightening was that of the field of compassion. The notion of a field comes from the work of Rupert Sheldrake who postulates that a non-material but real field is gradually built up through resonance of acts or ideas or thoughts with similar such acts or ideas. If we pray or act with intention towards care for our common home, in the ways the Pope or others suggest, then we are resonating with all the others who are doing likewise. Gradually there can be a big shift in consciousness. In this case, a growth in compassion and care for the environment.



(Extract from newsletter of Charter for Compassion organization)

We are delighted to announce the University of Queensland's Compassion Symposium in Brisbane, Australia on the 16th and 17th of October 2015. The Symposium will begin on Friday evening the 16th of October 2015 with key note address by Dr Dennis Tirsch who is a leading expert on Compassion Focused Therapy in the USA, and is the Director of The Center for Mindfulness and Compassion Focused Therapy in New York.

Saturday the 17th of October will include discussion on; compassion in action, cultivating compassion through lived experiences, opportunities in the science of compassion and cultivating compassion through mediative practice. [Click here to learn more about the event and to register.](#)