

Heartsong @ 1917 This Week – "Compassion & Generosity"
Wednesday, July 22, 2015, 10:45 a.m. – 12:00 noon
UAB 1917 Clinic, 1st Floor Library, Room 151
Facilitator: Steve Dellinger

Heartsong @ 1917 is a weekly, open discussion about spirituality and finding meaning and purpose in life. Everyone is welcome to attend who is interested in connecting to the spiritual side of life. 1917 Staff are welcome. If you do not want to receive this weekly email, just reply with "unsubscribe" in the subject line.

UAB 1917 CLINIC WEBSITE: <http://www.uab.edu/1917clinic>

Featured Video #1:

Video 1: https://www.youtube.com/watch?v=2x_FI3NQVd4

(This video is subtitled, so pay attention to the words at the bottom of the screen)

Discussion 1:

- (1) How does this video make you feel?
- (2) Who does compassion help the most -- the giver or the receiver? *Why?*
- (3) Give an example of when compassion has been powerful in your life - either when you provided compassion to someone else, or when someone else provided compassion to you

Featured Video #2:

Video 2: <https://www.youtube.com/watch?v=YD1VT7YRJ5I>

Discussion 2:

- (1) What do you see happening in this video?
- (2) Is this 'compassion'? / Is this 'generosity'? / What are the differences between the two?
- (3) Does living with HIV or working with people living with HIV allow more opportunities to practice compassion?
How?
- (4) Does living with HIV or working with people living with HIV allow more opportunities to practice generosity?
Why?

Words on the Theme:

"Be kind, for everyone you meet is fighting a harder battle."
– *Plato*

"No one has ever become poor by giving."
– *Anne Frank, diary of Anne Frank*

"for there is nothing heavier than compassion. Not even one's own pain weighs so heavy as the pain one feels with someone, for someone, a pain intensified by the imagination and prolonged by a hundred echoes."
– *Milan Kundera, The Unbearable Lightness of Being*

"Love and compassion are necessities, not luxuries. Without them, humanity cannot survive."
– *Dalai Lama XIV, The Art of Happiness*

“There is no exercise better for the heart than reaching down and lifting people up.”
– *John Holmes*

“No act of kindness, no matter how small, is ever wasted.”
– *Aesop*

“If you want others to be happy, practice compassion. If you want to be happy, practice compassion.”
– *Dalai Lama XIV, The Art of Happiness*

“We only have what we give.”
– *Isabel Allende*

“If a person seems wicked, do not cast him away. Awaken him with your words, elevate him with your deeds, repay his injury with your kindness. Do not cast him away; cast away his wickedness.”
– *Lao Tzu*

Thought as we depart:

"Can there be compassion without generosity? Can there be generosity without compassion?"



NEXT
Heartsong@1917
Wednesday, July 29, 2015
10:45a.m., 1st Floor Library, Room 151
Joe Elmore, Facilitating