

ACT GOAL OF THE MONTH: CARING AND COMPASSION

"Love and compassion are necessities, not luxuries. Without them humanity cannot survive." --The Dalai Lama

"Wisdom, compassion, and courage are the three universally recognized moral qualities of men." --Confucius

"Our human compassion binds us the one to the other - not in pity or patronizingly, but as human beings who have learnt how to turn our common suffering into hope for the future." --Nelson Mandela

"One's life has value so long as one attributes value to the life of others, by means of love, friendship, indignation and compassion." --Simone de Beauvoir

"The whole idea of compassion is based on a keen awareness of the interdependence of all these living beings, which are all part of one another, and all involved in one another." --Thomas Merton

How does one become a caring and compassionate person? Here are some traits: Treat people with kindness and generosity. Be sensitive to people's feelings; even words can hurt. Think about how your actions will affect others. And always remember - we become caring people by doing caring things!

What are some ways you show caring and compassion in your life? What are some ways you have seen caring and compassion demonstrated?

