

Chaplain's Spot

Compassion



When we feel strong and well, it is easy to forget about our own frailties, and the misfortunes and troubles of others.

We are only as strong as our compassion for those who are weak. From strength comes the power of understanding, and the wisdom to act with gentleness and kindness towards those who are struggling.

It is in the ability to empathise that we show true insight, and in the ability to help that we show our real gifts. These are the real hallmarks of true compassion and strength. Source: <https://www.familyfriendpoems/poems/life/compassion>

Australians are known for responding to major catastrophes with compassion and generosity. Let us, at this time of great hardships and anxiety for many in our society, also respond with compassion and generosity of nature to those around us.

We all go through tough times. We all have times when we need helpful and caring support. As we finish the year, and celebrate the Christmas season of hope for all, may our hearts be open to give an extra level of compassion and hope to those who are experiencing life's challenges.

Quote of the week:



Alan Silverwood – Chaplain - Pastoral care for our community, Tuesdays, Thursdays, Fridays. [silverwood.alan.l@edumail.vic.gov.au]

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