

## CF Community Weekend 2012

### Interest group on 'Compassionate Action'

A group of 11 participants met for discussion for 30 minutes on the Sunday morning.

The group felt that the term 'Compassionate Action' didn't quite represent what we wanted to communicate in this area of Community life. This was followed up by email discussion after the weekend. The term '**Compassionate Living**' emerged and was met with approval by those in the group who responded.

#### Discussion points:

- We don't 'do' compassionate living *for* CF but it emerges from who we are, from prayerful engagement with the world, from falling in with the flow of the Spirit, from our own gifting and vocation and from our experience of CF as Community.
- A desire to affirm the 'small actions' of listening to and supporting individuals, of hidden acts of kindness, and of nurturing creativity.
- A natural overlap with intercession was noted.
- A desire to affirm, and be accepting of, the variety and value of what each person offers in this area. Awareness that activities with a 'wow' factor attract more attention and can leave others feeling that their own expression of compassion isn't valued.
- Some affirmed that they couldn't do the things they were doing without the support of the CF Community in terms of resourcing, companionship and prayer.
- 'Compassionate living' in CF is the sum of all our individual stories.
- We don't feel the need to 'impress' others with our stories but do want to demonstrate that this matters as an integral part of our rhythm of life.

#### Questions:

- How do we more effectively communicate our engagement with this part of our rhythm of life?
- How might CF help us to explore vocation / calling and develop our own expressions of compassionate living?
- How might we better support and encourage one another in compassionate living?
- How might we support those Companions who might experience loneliness?

#### Taking things forward:

- Compassionate Living is an expression of the 'Doing' section of the trefoil. A feeling that this needs to be communicated more visibly via the website. Suggestions of some sort of overview to explain what we, as a Community, mean by compassionate living (e.g. see above). This might then link in to some form of storytelling to bring this to life, with contributions from as many Companions as possible (including a wide variety of examples). Great care would need to be taken in storytelling to respect confidentiality and relationships.
- Patricia Claxton offered to collect (via email) mini-story contributions from those in the group who would like to send them, although no decision was made about how these might be used.
- Need to liaise with the 2 other interest groups (Prayer & Intercession, Resources) to develop ideas in this area.