

11 Days for Compassion



Schedule of Events

All events are open to the public, located in Carbondale, and free (unless otherwise noted).

11 Days for Compassion (May 1-11, 2012) is a community-wide exploration of compassion. A more detailed schedule, videos, contact info for each event, & resources at:



www.nonviolentcarbondale.org

Pre-11 Days Events

Mondays, 7-8pm. 12 Steps to a Compassionate Life Ongoing Book Discussion Group

Newman Center, 715 S. Washington St.
Sponsor: Carbondale Human Relations Commission. RSVP: Sarah Heyer 618-549-5230

Sunday, April 29, 2012, 6:30pm. AIDS Candlelight Memorial Service

Church of the Good Shepherd United Church of Christ (515 S Orchard Drive)
Service Offerings benefit S, IL AIDS Walk/AIDS Holiday Project. Sponsor: Church of the Good Shepherd United Church of Christ & Tri-State Alliance.

Monday, April 30, 2012, 8:30am. Morning Conversation on 11 Days for Compassion with Jennifer Fuller

WSIU Radio 91.9 www3.wsiu.org/radio/morningconversation/

Monday, April 30, 2012, 7:30pm. Ralph Anderson Interfaith Dialogue on "Compassion In Religious and Public Space"

First Christian Church University Ave. & Monroe St.
Presentations on three faith perspectives. Sponsor: Carbondale Interfaith Council.

Monday, April 30, 2012, 9:00pm. Compassionate Carbondale Poetry @ Transpoetic Open Mic

Global Gourmet, 102 E. Jackson St.

Compassion & Mask Exhibits

May 1-11:

Carbondale Public Library 405 W. Main St.; **Dayshift** 101 East Monroe St.; **Town Square Market** 106 East Jackson St. **Cristaudo's Bakery** 207-209 S. Illinois Ave.; **Varsity Center for the Arts** 418 S. Illinois Ave.; **Carbondale Civic Center** 200 S. Illinois Ave.

Tuesday, May 1

4-6pm. Mask Making

Carbondale Public Library, 405 W. Main St
All ages. Stop in anytime during this session to make a compassion mask w/ professional artists Benjamin Ponce and/or Lacey Pipher. Masks are added to the library's display. (Mask making offered in the library annex building May 1, 4-6pm; May 2, 4-7pm; May 3, 2-7pm; May 4, 2-5pm. Also at the Friday Night Fair, May 4 & 11, 6-9pm)

6pm. The Face of Compassion Presentation & Discussion

Carbondale Public Library, 405 W. Main St
Dr. Ron Naverson (SIU Theater Dept.) presents mask symbolism and the Charter for Compassion.

Wednesday, May 2

4-7pm. Mask Making

Carbondale Public Library, 405 W. Main St
See description on Tuesday, May 1.

4-5pm Compassion in Action: Breath & Meditation as Sources of Energy for Life

(program repeats on May 9) University Honors Program Conference Room # 112 Morris Library, SIUC campus.

A short video on compassion & service, Art of Living Foundation overview, breathing techniques, guided meditation, readings on compassion.

Sponsor: Art of Living Carbondale.

6-6:30pm. Open Meditation

Sufi Park Organic Community Garden
500 N. Springer

Read & sign the Charter for Compassion today at

www.charterforcompassion.org



6:30pm. Book Selection Party for the Big Muddy Correctional Facility

Gaia House, 913 S. Illinois Ave.

Book sorting, light snacks, open dialogue on human rights and prison issues.

Sponsor: 3RS Reading Reduces Recidivism.

7:30pm. A Conversation on Compassion!

Carbondale Unitarian Fellowship
105 N. Parrish Lane View a 30 min. video on the nature of compassion, then share our own personal insights and experiences.

Thursday, May 3

2-7pm. Mask Making

Carbondale Public Library, 405 W. Main
See description on Tuesday, May 1.

5:30-7:00pm Flags of Compassion

Boys and Girls Club, 250 N. Springer St
Using the model of Flags of Compassion, participants will create their own flag of compassion that will be hung at the Club and the Library for the duration of the 11 Days of Compassion.

Friday, May 4

Noon-6pm. Sale to Fight World Hunger: The Legacy of Margie Parker

Newman Catholic Student Center, 715 S. Washington. Supporting local & worldwide agencies to feed hungry people since 1975! Antiques, household goods, toys, food, and more.
Sponsor: Church Women United

2-5pm. Mask Making

Carbondale Public Library, 405 W. Main
See description on Tuesday, May 1.

6-9pm. Friday Night Fair

(also Friday, May 11) On the Town Square, Carbondale. Corner of 51N & 13W (Illinois Ave. & Main St.)
Food, music, vendors. Mask making for kids and adults. Make Art for Compassion w/ Dayemi Homeschool Collective. Keep it or donate it to the For Kids' Sake Art Show for a display and auction to benefit orphans and children in Bangladesh.
Sponsor: Carbondale Main Street

Friday, May 4 continued...

7:30pm. A Life Unhappening: A spoken-word ballet about Alzheimer's disease
Shryock Auditorium, SIUC (TICKET PRICES at <http://southernticketsonline.com/events> . Portion of proceeds benefits Greater IL Chapter of the Alzheimer's Association.) Southern Illinois writer and producer Adam E. Stone presents a ballet performance followed by question & answer session w/ key players in the piece & representatives of the Alzheimer's Association. American Sign Language interpreter provided.

Saturday, May 5

8am-1pm (w/ live auction at 10am). Sale to Fight World Hunger: The Legacy of Margie Parker Newman Catholic Student Center, 715 S. Washington. See description on Friday, May 4.

9am-noon Compassion for Families of Prisoners Gaia House, 913 S. Illinois Ave. Inter-generational art making session w/ masks & other media. All welcome. RSVP to: Maurine Pyle 847-899-9677 metanoia.maurine@gmail.com

Noon-1pm. Vigil for Compassion
Location: Corner of 51N & 13W (Illinois Ave. & Main St.) A vigil with signs quoting the Charter for Compassion and related messages. Sponsor: Peace Coalition of Southern Illinois.



Sunday, May 6

8-11:30am. Morning of Mindfulness w/ Members of Shawnee Dharma Group
Carbondale Public Library 405 W. Main St
Meditation retreat, w/ walking & sitting meditation & readings on compassion. Library open for this event only. Regular library hours begin at 1pm on Sunday.

2-4pm. 12 Steps to A Compassionate Life Book Discussion
Carbondale Public Library, 405 W Main St
Even if you haven't read the book, you're welcome to come!

3pm. Rebecca Carmack, Composition Recital: What Wondrous Love is This
First United Methodist Church
214 W. Main St
Featuring works by SIUC student composer Rebecca Carmack; music students from SIUC and CCHS.

**More 11 Days for
Compassion info at
www.nonviolentcarbndale.org**



Monday, May 7

5:30-7pm Families of Compassion – Family Vacation Night
Boys and Girls Club, 250 N. Springer St
Families create a family masks or paint their faces of compassion or take part in the Charter for Compassion taping.

6:30pm. Carbondale Human Relations Commission Meeting
Carbondale Civic Center, 200 S. Illinois
The public is invited to join Human Relations Commission members to plan officially becoming a Compassionate City.

Tuesday, May 8

6:30pm. A Year of Compassion
In Sync Mind Body Therapy Center, 2031 S. Illinois Ave. Structured loosely on the book "Twelve Steps to a Compassionate Life" by Karen Armstrong. Group will meet monthly for one year.

7pm. CCHS Spring Choral Concert with CCHS Chamber Singers and Prism: Compassion in Song - A Palette to Paint Us As We Are Carbondale Community High School Auditorium
A choral concert featuring visual art, interpretive movement, and commissioned composition.

7:30pm. The Prisoner Amongst Us
Carbondale Civic Center, Room 116 (200 S. Illinois Ave.) Jeff McGoy, MA graduate of SIU in performance studies, shares personal & research experience w/ prisoners to bridge the distance between the public and prison inmates. Sponsor: Peace Coalition of S. Illinois.

Wednesday, May 9

4pm. Compassion in Action: Breath and Meditation as Sources of Energy for Life
See location & description on May 2

7pm. An Introduction to Nonviolent Communication (NVC)
Gaia House, 913 S. Illinois Ave.
From cnvc.org: NVC begins by assuming that we are all compassionate by nature and that violent strategies—whether verbal or physical—are learned behaviors. Sponsor: Carbondale Nonviolent Communication group.

Thursday, May 10

3-5pm. Responding with Compassion to Survivors of Sexual Assault
The Women's Center, Inc., 610 S. Thompson St. Introduction to sexual assault & the context in which it occurs. Learn what survivors may face after assault and why they may not report or seek help. Explore common myths surrounding sexual assault & learn ways to respond to survivors w/ compassion.

7pm-8:30pm. Originary Compassion, Art, Labyrinths and Matrixial Aesthetics
Gaia House, 913 S. Illinois Ave.
Presenters R. Michael Fisher, Ph.D. (Center for Spiritual Inquiry & Integral Education) and Dr. Barbara Bickel (SIUC School of Art & Design) present Dr. Bickel's art and research. Experiential exercises & presentation w/ Q&A dialogue. Sponsoring organization: Center for Spiritual Inquiry & Integral Education.

Friday, May 11

1:30-4pm Mask Making
Carbondale Unitarian Fellowship
105 N. Parrish Lane
Kids, adults & families, school gets out early today. Come make a mask with the help of a professional artist!



4-5:30pm Multicultural Festival
Boys and Girls Club, 250 N. Springer St.
Come and celebrate diversity and compassion across the globe. Make masks, taste some tasty treats and have fun being together.

6pm-9pm. Friday Night Fair
On the Town Square, Carbondale. Corner of 51N & 13W (Illinois Ave. & Main St.) See description on Friday, May 4.

The 11 Days for Compassion is partly funded by a Building Common Ground grant from the American Library Association and the Fetzer Institute, awarded to the Carbondale Public Library in partnership with the Carbondale Human Relations Commission and Nonviolent Carbondale. Thanks to the Boys & Girls Club, Women's Center & Big Brothers Big Sisters for pre-11 Days mask making! Thanks so much to the many individual and organizations hosting events or displays, making masks, assisting with planning, or simply attending. Thank you, for your compassion.