

# How to participate in the 11 Days for Compassion

## A Nonviolent Carbondale Initiative

**March 21-31, 2015 multiple community events and exhibits will explore the theme of compassionate action, highlight compassionate initiatives in our community, and work toward becoming a compassionate city.**

**A focus on compassionate action:** Since 2011, Nonviolent Carbondale has fostered community-driven explorations of peace, compassion and social justice issues with an eye toward joining communities across the world seeking to become Compassionate Cities. There are many groups and individuals working to advance compassionate actions in Carbondale, seeking solutions to issues of poverty, homelessness, better resources for marginalized populations, racial inequality, cultural tolerance, criminal justice, environmental justice, gender inequality, accessibility, unemployment, affordable housing, and more. While these issues can be viewed from many angles, all illustrate serious needs, which must be met with compassionate actions.

We invite you to examine such issues locally, share your work with the community, learn about, form, and support initiatives to advance Carbondale as a Compassionate City, for 11 Days in March, and beyond. **How will you participate?**

**You might:** Invite a speaker to your organization during the 11 Days. Use compassion as the theme for your regular meetings, discussions or programs during the 11 Days. Advance a compassionate action. Think broadly. What is compassion? What actions create a compassionate community?

**February 21<sup>st</sup>** is the deadline for submitting 11 Days for Compassion events and exhibits. Please post your 11 Days events, displays, activities, etc. using the online survey on the "Host an Event" section of our website. [www.nonviolentcarbondale.org](http://www.nonviolentcarbondale.org)

**You'll submit:** Program Title and Description 200 characters max (about 44 words); Program Date, Time, and Location; Sponsoring Organization; Contact Person for Program; Contact Email and Phone Number. **A committee will review your submission.**

**Tell us about your existing initiative:** Many groups are already addressing these issues. We'd like to increase awareness of these efforts. If you are part of a local initiative, please provide some information in our online survey at [www.nonviolentcarbondale.org](http://www.nonviolentcarbondale.org)

**Attend and promote** the programs listed on the 11 Days for Compassion calendar, and get involved in local efforts to create compassionate solutions!

**Nonviolent Carbondale** is a coalition that organizes and supports activities that foster nonviolent and compassionate interactions in the community. [www.nonviolentcarbondale.org](http://www.nonviolentcarbondale.org)  
Email: [nonviolentsdale@gmail.com](mailto:nonviolentsdale@gmail.com) Phone: 618-457-0354, ext. 313 (Diana Brawley Sussman, Director, Carbondale Public Library; Co-coordinator, Nonviolent Carbondale)