

Compassion Meditation Series

*Offering compassion to all
who suffer in this world*

You are warmly invited to join us
for this fall series!

The Compassion Meditation practice was developed in response to the City of Olympia's ceasefire statement in support of ending the violence in Palestine and Israel. While we continue to focus on compassion for the Middle East, we also recognize the many places in the world where there is hardship and adversity.

Compassion is a core human value around which we hold the struggles in the world. In this practice, we focus on receiving compassion for ourselves and extending compassion to all who suffer in the world —the oppressed and the oppressors, to all beings, and to our Mother Earth —as each participant is so moved, by sitting together in sacred silence.

FALL SERIES

Last Tuesday of each month from 7:15-8:30 pm
October 28, 2025

November 25, 2025

**Please arrive at 7:15, meditation begins at 7:30 pm*

LOCATION

Olympia Unitarian Universalist Congregation
2306 East End St NW
Olympia, WA 98502

*This meditation practice is offered monthly, with
hosting rotating seasonally among faith communities
that are members of Interfaith Works.*

For additional info, or to RSVP, you can contact
Interfaith Relations staff by emailing
amy.cooper@interfaith-works.org.



Interfaith-Works.org/events