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UniLent Reflection

Compassion



The origin of the word compassion stems from the Latin word "Compati". "Compati" is made from 2 words, "Com" which means with or together, and "Pati" which means suffering. Combined, it represents the suffering in togetherness, the meaning of compassion.

Similar to compassion, we often see the word empathy in today's society. A quick recap, empathy is the ability to understand and share the feelings of another. But what makes compassion different from empathy is that

compassion is taking one step further by seeing the sufferings of another, experiencing empathy without bias for them and taking action. In other words, compassion is empathy in action.

When bringing empathy into action, it is always important to differentiate between doing what feels good and doing what is good. Doing what feels good can simply be seeing an advertisement on a charity and donating to the organisation. At that moment, you have helped by providing monetary resources, your brain releases endorphins which makes you feel good about the almsgiving. However, doing what is good takes it a step further, it is about being present and performing actions that increase the welfare of those around you. Actions such as the simple act of devoting

time to help out at a local food bank would represent compassion. It is about the small actions that make a real impact on society.

In these strange times that we live in, it is always important to reflect upon our lives on the areas that bring us closer to our faith. One simple way of showing compassion today would be to understand and reach out to the victims of the pandemic. Those who had suffered a loss of a loved one and those currently feeling isolated from society. On top of understanding the pains that they have gone through, we should also consider how we can bring Christ into their lives. That would certainly be the best form of compassion in which we can act to make the world a better place.