

MPC AWARDS

In December 2011, MPC presented awards to:

- Margot Roth for her volunteer work with the University of the 3rd Age
- Gerhard Hinz for his volunteer work with Kiwanis and MPC
- Onemda's 'Steel Dragon' Band for their work in the community

Congratulations to Margot, Gerhard and members of the Steel Dragon Band for their outstanding contributions to our community.



Members of the Steel Dragon Band

THE MPC CHARACTER TRAIT FOR JANUARY – FEBRUARY 2012 IS 'COMPASSION'

Compassion is a humane quality of understanding the suffering of others and wanting to do something about it. **There are many in our world who need our compassion and it is not just only people, but animals and our environment as well.**



Our world needs compassion

Some examples of compassion:

Australian support for the work of the International Committee of the Red Cross (ICRC) Special Fund for Disabled is helping to secure treatment and rehabilitation for amputees in Vietnam, AusAID's *Focus June-Sept, 2011*.

Animals cannot help themselves – they must depend on people who care to fight for them. Humane Society International (HSI) represents more than 19 million people around the world who care. HSI has animal protection projects in Africa, Asia, Central America, China, Europe, the United States and Australia.

Compassion is a virtue – one in which the emotional capacities of empathy and sympathy (for the suffering of others) are regarded as a part of love itself, and a cornerstone of greater social interconnection and humanism – foundational to the highest principles in philosophy, society and personhood.

There is an aspect of **compassion** which regards a quantitative dimension, such that an individual's **compassion** is often given a property of 'depth', 'vigour', or 'passion'. Compassion is more vigorous than empathy; the feeling commonly given rise to an active desire to alleviate another's suffering.

Through the ages the expression of the so-called Golden Rule "**Do to others what you would have them do to you**" embodies the principle of compassion. Extracted from Wikipedia.

Remember to copy the Poster and Newsletter and display them