

Character Community



E-News



A Town of Richmond Hill initiative.

A Town of Richmond Hill Character Community monthly e-letter

August is Compassion

I will do whatever is necessary to heal the hurts of others. I will strive to understand and be sensitive to their feelings.

August 2008

Town of Richmond Hill Character Community Organizations

- The Amici Centre
- Arts Richmond Hill Inc.
- Between Friends
- Catholic Community Services of York Region
- Community Living York South
- The Curtain Club
- Girl Guides of Canada York South Div.
- Helpmate Community Information
- Hill House Hospice
- Ja'fari Islamic Housing
- Learning Disabilities Association of York Region
- Lions Club of Richmond Hill
- Music to Care for Your Life
- Opera York
- Optimist Club of Richmond Hill
- Region Of York Recreationists (ROYR)
- Richmond Hill Aquatic Club
- Richmond Hill Canoe Club
- Richmond Hill Chamber of Commerce
- Richmond Hill Community Food Bank
- Richmond Hill Community Sports Council
- Richmond Hill Lawn Tennis Club
- Richmond Hill Rams Hockey Club
- Richmond Hill Community Soccer Association
- Richmond Hill Social & Bocce Club
- Richmond Hill Training Centre
- Richmond Hill Winter Carnival
- Royal Canadian Legion Branch #375
- Spiritual Assembly of the Bahai's of Richmond Hill
- St. Matthew's United Church Health Cabinet
- Stroke Recovery Network
- Top o' the Hill Co-operative Nursery School
- Volunteer Association of York Central Hospital
- Wilderness Lifeskills of Youth Inc.
- York Region Support Group of Parents of ADHD Kids

A Scorpion Moment

There was this Hindu who saw a scorpion floundering around in the water. He decided to save it by stretching out his finger, but the scorpion stung him. The man still tried to get the scorpion out of the water, but the scorpion stung him again.

A man nearby told him to stop saving the scorpion that kept stinging him.

But the Hindu said: "It is the nature of the scorpion to sting. It is my nature to love. Why should I give up my nature to love just because it is the nature of the scorpion to sting?"

Don't give up loving.

Don't give up your goodness.

Even if people around you sting.

Source: www.inspirationalstories.com



It'll Be A Hoedown For Character On September 13th!

This year the Character Community Foundation is one of the chosen charities being recognized by the Magna Hoedown. The Magna Hoedown has been running for several years now raising money for local charities.

Wild Wild West Hoedown

Saturday, September 13, 2008

5 p.m. to midnight

Magna Corral (337 Magna Drive, Aurora)

Tickets are \$65 each which entitles you to the entry, the concert (with four country artists), Texas style BBQ (ribs, pulled pork, chicken, various salads and more), access to the silent auction, door prizes and more. There is also a cash bar available.

There are also raffle tickets available at 3 for \$20. You do not have to be in attendance to win!

1st Prize - 2009 Cadillac CTS

2nd Prize - Caribbean Cruise for two

3rd Prize - Florida Vacation

4th Prize - Home Entertainment Centre

5th Prize - \$5,000

6th Prize - \$2,500

Tickets for the Hoedown and raffle can be purchased by contacting Risa Healey at rhealey@richmondhill.ca or at (905) 771-5489.



Develop Your Compassion

by: Richard Carlson

Nothing helps us build our perspective more than developing our compassion for others. Compassion is a sympathetic feeling. It involves the willingness to put yourself in someone else's shoes, to take the focus off yourself and to imagine what it's like to be in someone else's predicament, and simultaneously, to feel love for that person. It's the recognition that other people's problems, their pain and frustrations, are every bit as real as our own – often far worse. In recognizing this fact and trying to offer some assistance, we open our hearts and greatly enhance our sense of gratitude.

Compassion is something you can develop with practice. It involves two things: intention and action. Intention simply means you remember to open your heart to others; you expand what and who matters, from yourself to other people. Action is simply the "what you do about it." You might donate a little money or time (or both) on a regular basis to a cause near to your heart. Or perhaps you'll offer a beautiful smile and genuine "hello" to the people you meet on the street. It's not so important what you do, just that you do something. As Mother Teresa reminds us, "We cannot do great things on this earth. We can only do small things with great love."

Compassion develops your sense of gratitude by taking your attention off all the little things that most of us have learned to take so seriously. When you take time, often, to reflect on the miracle of life – the miracle that you are even able to read this book – the gift of sight, of love, and all the rest, it can help to remind you that many of the things that you think of as "big stuff" are really just "small stuff" that you are turning into big stuff.

Source: Carlson, Richard (1997). *Don't Sweat the Small Stuff... and It's All Small Stuff*. New York: Hyperion

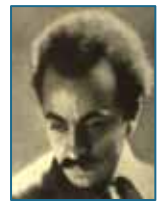


Compassion Quotes



"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

-Maya Angelou



"Tenderness and kindness are not signs of weakness and despair but manifestations of strength and resolution."

-Kahlil Gibran

Next Month's Attribute:
September is Courage

Giving Away

by N. Driver

An orange stall -- two urchins longingly
Watched, as an unknown lady came to buy,
She gave two orders -- paid for them, and then
Handed one to the urchins standing by.

They walked away with evident delight,
While she was happier through the kindness done.

Giving away brings blessings in its train
As well as gladness to some needy one;

People have different things that they may give,
A kindly word, a handshake, or a smile,
Appreciation, praise, ideas, skill,
Giving away is gloriously worth while.



Richmond Hill Mayor Donates Blood

Town of Richmond Hill Mayor Dave Barrow showed his compassion for others by joining dozens of others including fellow Councillors, staff and residents at his Candian Blood Services blood donor clinic held at the Town Municipal Offices on July 29. Everyone is reminded that they can donate blood at the permanent blood donor clinic at Hillcrest Mall throughout the week. It's as simple as calling 1-888-2-DONATE to book your appointment.

Character Community E-News is a monthly e-mail newsletter to share information about upcoming events within our organization and beyond. If you would like to contribute upcoming Character Community event information, story ideas or photos, please forward it to the Editor, Michelle Lipkus, at mlipkus@richmondhill.ca.