

**Tuesday, April 15 – InterSpirituality Day for Youth and Spiritual Connection
FREE AFTERNOON WORKSHOPS & PRESENTATIONS at SEATTLE CENTER**

3:00 – 6:30 pm, Seattle Center Northwest Rooms

Compassion Workshops and Forums

To further the exploration of spirituality and compassion, a series of workshops, forums and roundtable discussions will be held. These varying dialogues will enable the community to come together in a full discussion as to how to implement spirituality and compassion in our lives and communities. Participants will have opportunities to exchange ideas and develop plans on how to increase mutual understanding while putting compassionate goals into practice. Workshops and presentations are free and do not require tickets. Admittance is on a first come, first served basis. Activities for children will be available during the Seattle Center workshops and events.

3:00 – 6:30 p.m. Continuous

Northwest Room – Orcas Room

Meditation and Prayer Space sponsored by Spiritual Directors International

Come enjoy silence! Pray, meditate, walk the labyrinth, and contemplatively reflect on compassion. Everyone is welcome to stop in for the compassionate nourishment of silence. Thank you to **Patricia Brown, Robin Livingston, and Rymii Kaio** for creating a beautiful quiet place.

Alki Room

Reflection & Conversation Space

What are you experiencing and learning? What inspires you? Come reflect, explore, and share your experience of this event in the Reflection & Conversation Space.

Hosted by teams of professionals whose collective experience and expertise may include the use of a variety of conversational forms: World Café, Appreciative Inquiry, Council Circles, Open Space Technology; and expressive modes: Expressive Arts professionals, graphic recorders, recorders of digital stories. **One-on-one spiritual companionship available with volunteers from Spiritual Directors International.**

3:00 – 4:30 p.m. Workshop Sessions

Center House Stage

Music as a Bridge to Oneness

Yuval Ron

Explore how music connects us to the divine and to the spiritual and mystical side of life. Enter into a discussion of ways to teach unity and tolerance using music as a platform.

Lopez Room

Days of Interfaith

Lori Markowitz

The goal of this workshop will be to provide opportunities for youth to engage in conversations and action based on the shared value of compassion. This includes participation in a City-wide Day of Interfaith Service on Earth Day and the creation of a regional inter-religious action movement.

Theatre 4

Poetry and Storytelling as Pathways to Compassion

Merna Ann Hecht

This workshop will explore how poetry and storytelling link compassion and empathy with imagination and consider how, as we write, we come to recognize the common ground of our shared humanity and begin to broaden our understandings of other perspectives and experiences.

McCaw Grand Lobby

Aikido: The Art of Peaceful Solution and Compassion

William Gray

This workshop will explore how to model "compassion in action for children through anecdotes, stories and practical demonstrations of Aikido, a non-violent martial art. Emphasis will be placed on developing compassion through the perfection of character and development of qualities such as courage and inner strength.

Fidalgo Room

Compassionate Listening Basics

Susan Partnow and Andrea Cohen

The practice of Compassionate Listening builds trust, connection, respectful dialogue and provides the foundation for creating sustainable solutions. This workshop will provide Compassionate Listening theory and walk people through basic experiential exercises related to listening "with the heart."

Rainier Room

Evangelicals and InterSpiritual Friends: Recovering the Compassionate Tradition of Jesus

Jim Henderson, Rob Bell, Ingrid Mattson, Dr. Todd Hunter, Dr. Nancy Murphy, Andrew Himes, Sunil Sardar, Pastor Rose Swetman and Rabbi Anson Laytner

How would the world be different if we practiced the compassionate traditions of Jesus? Evangelicals listen as their inter-spiritual friends share their experience with Christianity and how they understand the compassionate traditions of Jesus.

McCaw – Norcliffe Room

Developing Universal Ethics from All World Faiths

Bruno Alabiso and Don Mackenzie

A workshop where theoretical and practical issues related to Universal Ethics, and the central ethic of compassion, will be discussed from a variety of viewpoints, both secular and religious.

McCaw – Allen Foundation for the Arts Room

Native American Concepts: Living the Loving Way

Patricia Ann Davis

Native American spirituality workshop organized based on the four cardinal directions correlated with developmental rites of passage and the Blessing Way of Life concept.

Olympic Room

Nurturing Compassion through Spiritual Practices: East and West

Valerie Lesniak, Jamal Rahman, Rabbi Ted Falcon, Spring Cheng, Liz Ellmann

This workshop invites participants to learn about spiritual practices from the East and West that have nurtured compassion in those who practice them, with a particular focus on techniques that are effective with children.

Pavilion Room B

Kinder Kids: Safer Schools

Linda Kavelin Popov and Betsy Lydle Smith

Facilitators will present the 5 Strategies of The Virtues Project, a multicultural initiative being used in schools throughout the world. Participants will receive the tools to cultivate compassion and transform violence to virtues in schools and the community.

5:00 – 6:30 p.m. Sessions

Rainier Room

Youth and the Environment

Bishop Charleston

The Genesis Covenant invites every spiritual community to take steps to reverse global warming through compassionate action. These communities will make a pledge to protect the Earth and the holiness of creation, with the Genesis Covenant as their witness.

Seattle Center Pavilion – Room B

Reconciliation: Memory, Justice and Forgiveness

Dr. Flora Wilson Bridges

This workshop will explore the theme of reconciliation and a spirituality of forgiveness from the perspective of Ruby Bridges, who desegregated the Louisiana public school system in 1960.

Fidalgo Room

Sacred Art

Victoria Scarlett

“*Gestures of Compassion*” focuses on visual representations of figures that embody or emanate compassion within their religious tradition. Such figures are widely represented in traditional art, demonstrating compassionate gestures, especially relational compassion: inter- and intra-personal mercy, kindness, and love. The gestures form a highly meaningful language that is fun and easy to explore, both symbolically and through actual practice.

Olympic Room

InterSpiritual Parenting

Shirah Bell and Rev. Lisa Domke

In two separate workshops, panelists from several religious traditions will explore the myriad issues relating to parenting and modeling compassionate behavior in our children.

McCaw – Norcliffe Room
Muslim Youth and Spiritual Connection Dialogue

Sanaa Joy Carey

This workshop is designed to give Muslim youth a chance to voice the unique challenges they face on a daily basis, and for them to listen to the challenges and hopes others have in relating to them.

McCaw Grand Lobby
The Stillness Challenge: Teaching Children to be Calm and Centered
Kimberly Ivy

Boundless energy is the hallmark of children. What might it be like if they could also master the skill of being calm and centered? In our workshop children as well as parents and mentors are invited into the Stillness Challenge, where they will learn the core principles of Tai Chi and Chi Kung.

McCaw – Allen Foundation for the Arts Room
Compassion in the Coast Salish Tradition
Darrell Hillaire and
Smitty and Luti Hillaire

At the heart of Salishan cultural teachings is the lifelong learning of the necessity of having a good mind and heart. Workshop participants will learn that it is possible to pass on these teachings to youth even in a world where many cultures collide.

Lopez Room
Creating Global Understanding, Sparking Compassionate Action
Andrew Himes

Science, philosophy and the world's wisdom traditions have shown us that we are one humanity with a common destiny. We'll explore some creative examples of how schools and communities can instill a sense of global unity and compassionate action. Co-hosted by Voices in Wartime, Yes! Magazine and The Heritage Institute.

Theater 4
Secret Power of Flowers to Awaken Compassion
Katie Hess and Lisa Reinhardt

The purpose of this workshop is to remind us of our interdependence with each other and with the earth, recognizing it as a true source of compassion. The workshop illuminates the compassionate qualities of flowers and how each one has a very specific purpose for human beings.

Center House Gallery
Inside-Out Prison Exchange Program
Steven Shankman and Melissa Crabbe

Participants will be able to explore their own attitudes towards the incarcerated and their families. We'll look at how attitudes affect one's ability to answer children's questions about crime and violence in ways that cultivate compassion and empathy without minimizing harmful acts. The facilitators will share how being involved in education and restorative justice work in prison has enhanced their own sense of compassion and connection to others, including their children.