


From: Charter for Compassion contact@charterforcompassion.org 
Subject: Do You Love the City You Live In?
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To: Brenda wallacebj@me.com

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Do You Love the City You Live In?



Something I really enjoy about city living is being in cafés—catching up with friends, or watching the world go by. I like to look at the other people in the café and to try to get an impression of what drives them. Sometimes I wonder if people are doing the same thing with me!

Lately, I have started a new ritual. After leaving a café I look back at the table where I sat and laughed and chatted. For a while it was the centre of my world and now the table is wiped clean. Soon new people will be coming to sit there and the table will be their focus for an hour or two.



My ritual helps me to remember how connected we all are and how much we share. Although my own happiness is important, so is the happiness of everyone else.

The brand new online course, *How to be Compassionate in Urban Society*, is open for registration now!

You can read more about the course [here](#)

Registration is now open and the course begins on 5 November 2017.

If you wish to sign up you can [register here](#)

All the sessions of *How to be Compassionate in Urban Society* are online and accessible if you have an internet connection.

Catch Maureen's latest blog on urban society living [here](#)

Do consider coming along and joining us on the course!

All the very best,

Maureen

**Maureen Cooper, Course Instructor
Charter for Compassion Education Institute**



Check out all that the Charter for Compassion Education Institute has to offer! ***[All courses are listed here](#)***

With the Charter for Compassion at the heart of all we do, we invite all people to join us in making compassion the driving force as we work to alleviate the suffering of our fellow beings and help create a just economy and a peaceful global community. Our courses are authored by uniquely skilled contributors who share tools and strategies to cultivate self-compassion, compassion for others, and compassionate action. CEI is supported by tuition costs. As an arm of the Charter for Compassion International, CEI contributes its net income to support the operations of the Charter.