

Inspired by the  
*Compassionate Hearts of Jesus and Mary*,  
this online Spiritual Association  
seeks to enable its members to  
develop compassion in their own lives

It doesn't cost anything to join (except  
to work on being a compassionate  
person!) and there aren't any  
meetings to attend.

It's online – where you'll find  
information, spiritual resources and  
much else

You can find out more from the website:  
[www.cchjm.org](http://www.cchjm.org) where there's a simple form  
to complete if you wish to ask questions or  
join, together with prayers and reflections  
and articles about compassion that might be  
of interest.

*All contacts, resources and information is  
only found online:  
[www.cchjm.org](http://www.cchjm.org)*

This online  
SPIRITUAL ASSOCIATION  
of  
Companions and Associates  
seeks to offer ways to develop a  
compassionate heart  
with online resources and prayer  
practices



If you have any questions or would like to  
become a *Companion* or *Associate*  
an application form can be found on the  
website of the Association:  
[www.cchjm.org](http://www.cchjm.org)



You are also welcome to connect to  
our Facebook page:  
<https://www.facebook.com/cchjm/>

or follow us on Twitter:  
#cchjm123

SPIRITUAL  
ASSOCIATION  
OF THE  
COMPASSIONATE  
HEARTS  
OF JESUS AND MARY  
(CCHJM)



An online ecumenical  
Spiritual Association  
of Companions and Associates  
for the development of a  
compassionate heart  
for the sake of the world:  
[www.cchjm.org](http://www.cchjm.org)

COMPASSION is something the saints have taught us to nurture.

It is a necessary aspect of what S. Benedict (480-543AD) recognised as the need for *conversio* (or *conversatio morum*) – a continuous conversion of life.



“The Lord doesn’t look so much at the greatness of our works as at the love by which they are done.”  
*S. Teresa of Avila*

“O God break open my heart so that the whole world may fall in.”  
*S. Theresa of Calcutta*

Compassion is born from listening with tenderness to suffering.



## The Charism of the Association *which has episcopal approval and support*

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### Companions and Associates:

- + seek to be living lives whereby the love of God, realised in the Compassion of Jesus, might be fully realised;
- + recall that the heart of Mary was pierced by a sword as she remained in union with her Son. They recognise that their hearts will also suffer as they seek to love with the heart of Jesus and Mary;
- + know that they cannot do this by their own unaided efforts, rather they seek to turn to Christ’s Compassionate Heart as the Divine well from which they will drink;
- + value the rich resources that come from all religious traditions that seek to cultivate a Compassionate heart;
- + look to the Sacrament of Confession (Reconciliation) as a means of cleansing and for renewing their own hearts.

‘To walk in His ways, these are the ways of the Holy One: ‘Gracious and compassionate, patient, abounding in kindness and faithfulness, assuring love for a thousand generations, forgiving iniquity, transgression and sin, and granting pardon.’ (Ex.34:6)

This means that just as God is gracious and compassionate, you too must be gracious and compassionate. **The Adonai is compassionate in all His ways and loving in all His deeds.** (Ps.145:17).

“In the tender compassion of our God, the dawn from on high shall break upon us, to shine on those who dwell in darkness and the shadow of death, and to guide our feet into the way of peace.” (Lk. 1: 78-79)



[www.cchjm.org](http://www.cchjm.org)