

# A Time for Compassion

From the January 2025 e-Peace Update

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

## Compassion matters.

- Compassion isn't about pity, but equity. And at its best, compassion shouldn't be about reacting to a crisis, but an everyday truth – from and for all people.
- Compassion can empower us to face the future with concern during uncertain and even chaotic times, as we purposefully choose attitudes and actions that exemplify courage, and care for our local and global neighbors.
- Compassion is a critical characteristic of peace, so understanding and practicing compassion matters.

These are just a few of the reasons we have chosen “**A Time for Compassion**” as the theme for Mattie's Peace Foundation during 2025.

We are creating new materials for our **#Pathways2Peace** and **Peace Certification** programs to support youth and adults and families and communities in exploring compassion.

And we are excited about opportunities to partner with other peace-missioned organizations that are also focusing on compassion this year.



Devone Holt (Muhammad Ali Center President & CEO), Dr. Jeni Stepanek (Mattie's Peace Foundation President) & Lonnie Ali (Muhammad Ali Center Vice President) during the January '25 Inaugural Compassion Summit in NYC.

## Compassion in collaboration.

During January, our Board of Directors attended the inaugural Compassion Summit in New York City, hosted by the Muhammad Ali Center ([photo collages on our News page here...](#)).

Along with other community leaders, entertainers, media icons, and non-profit and business representatives, we celebrated the launch of the **Ali Compassion Index** and committed to the **Compassion Pledge** and collaboration as Impact Partners.

Mattie's Foundation President, Dr. Jeni Stepanek (Mama Peace) – who was invited to offer closing remarks on collaboration – encouraged participants to “promote compassion as a trusted truth, rather than compete for compassion as a title on a certificate.”

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Throughout 2025, Mattie's Foundation will be facilitating virtual and in-person conversations and activities that offer tips and tools to help folks learn more about the truth of compassion.

From considering differences between empathy and compassion, to realizing interruptions to compassion, to choosing compassion as an attitude and habit (even during tough times) – our mission will be to mentor and support you, so that you can role model and support others.

Many of our programs and resources will be familiar – such as **Mama Peace Chats & Mama Peace Posts, Toast2Peace & Heartsongs2Mosaics** events, **#Pathways2Peace** activities & **Peace Certification** endeavors, and a relaunch of our **For Our World Campaign**.

And there also will be opportunities for you to engage with our **Partners4Peace** – such as **#RockvillePeaceRocks** (and our **#PeaceRocks** and **#MeghanRocks** activities), and the **Muhammad Ali Center** (where we are new Impact Partners and amplifying our collective work to cultivate compassion).

### Compassion Reflections.



Compassion matters. Together, let's consider compassion, so that we can make compassion our choice – for this and future generations of local and global neighbors.

- **Learn more**  
about our compassion programs and materials on [our website \(click here..\)](#)
- **Begin your compassion journey**  
by reading and signing the [Ali Compassion Pledge \(click here...\)](#).
- **Share your compassion reflection**  
to be posted on our [#CompassionMatters page \(click here...\)](#)
- **Support our mission**  
by making a [donation to Mattie's Peace Foundation \(click here...\)](#).

Peace matters, and so do you.  
Jeni Stepanek, PhD (Mama Peace)  
January 2025