



# Compassion Film Festival<sup>®</sup> and Symposium

August 9–11, 2019

## Compassion in Action



Third Street Center • 520 South Third Street

The Compassion Film Festival® and Symposium offers films, workshops, speakers, and music to celebrate people and organizations engaged in compassionate actions and to inspire others to take compassionate action in their communities and the world.

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**WORKSHOPS**.....4-6



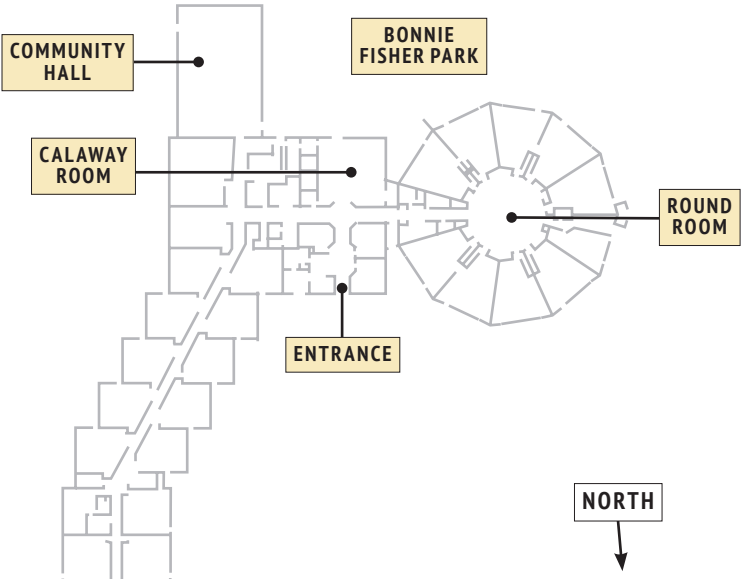
**FILMS**.....7-11







**COMPASSION IN ACTION**.....12-13

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**THIRD STREET CENTER  
520 SOUTH THIRD STREET**









## FRIDAY, AUGUST 9

-  3:30 pm Bias-Free Compassion: Deconstructing Privilege as a Pathway to Kindness *Ticketed Workshop*
- 5:00 pm Dinner // Compassionate Conversations
-  6:00 pm Opening Reception *Free Event*
-  7:00 pm Film Festival Opening Ceremony *Ticketed Event*  
Opening Film – *A Sacred Journey* (75 min) *Ticketed Event*  
 \*Followed by Q&A with filmmakers Ernesto and Vanessa Quintero

## SATURDAY, AUGUST 10

-  7:45 am Yoga *Ticketed Event*
-  9:00 am Where Compassion and Leadership Meet *Ticketed Workshop*  
Attitudinal Healing *Ticketed Workshop*
-  10:30 am Morning Short Films *Ticketed Event*
-  10:30 am Buena voluntad hacia uno mismo como la base de la fortaleza emocional (Parte 1) *Taller Gratuito*
- 12:00 pm Lunch Break // Compassionate Conversations
-  1:00 pm Compassion Rocks *Free Kids Event*
-  1:30 pm Am I a stranger in my body? Linking Physical Reactions to our Emotions *Ticketed Workshop*
-  1:30 pm Mindful Activities to Support the Building of Safe Relationships *Ticketed Workshop*
-  1:30 pm Actividades conscientes para apoyar la construcción de relaciones seguras *Taller Gratuito*
-  3:30 pm Afternoon Short Films *Ticketed Event*
-  3:30 pm Buena voluntad hacia uno mismo como la base de la fortaleza emocional (Parte 2) *Taller Gratuito*
- 5:00 pm Dinner Break // Compassionate Conversations
-  7:00 pm Main Event – Compassion in Action *Ticketed Event*  
Concert for Sanctuary by *Let Them Roar*

## SUNDAY, AUGUST 11

-  8:00 am Yoga in Spanish and English // en español e inglés *Ticketed Event*
-  10:00 am Interfaith Panel Discussion *Free Event*
- 11:30 am Community Lunch with Presenters (Sign Up Required)
-  1:30 pm *A Miracle a Day* (76 min) *Ticketed Event*  
 \*Followed by Q&A with filmmaker Deborah Harse
-  3:30 pm *Let Us Dance* (57 min) *Ticketed Event*  
 Closing Ceremony and Compassion Film Festival Awards

## WORKSHOPS

### FRIDAY, AUGUST 9

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#### **Bias-Free Compassion: Deconstructing Privilege as a Pathway to Kindness**

3:30 pm

Anna Cole, Ph.D.

We will explore how deconstructing our intersectional identities and privilege can clear the way for a more grounded and compassionate expression of kindness. Working toward the creation of equitable, bias-free compassionate relationships and communities, attendees will learn to recognize, respond to, and redress bias and marginalization.



*Ticketed event (CEU's Available)*

### SATURDAY, AUGUST 10

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#### **Where Compassion and Leadership Meet**

9:00 am

Laura Berland and Evan Harrel

Leaders come in all shapes, sizes, and ages and are found everywhere, including small groups, classrooms, families, and for-profit and nonprofit organizations. What science and research show us is that all leaders are more effective when they lead



with compassion. This workshop will teach participants what makes a compassionate leader and why compassionate leadership is valuable.

*Ticketed Event (CEU's Available)*

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#### **Attitudinal Healing**

9:00 am

Ardis Hoffman

The goal of this workshop is to introduce and experience how Gerald Jampolsky's *12 Principles of Attitudinal Healing* can change lives by offering a practice for expanded inner peace and emotional wellbeing. Attitudinal healing allows us the freedom to slow down, reflect, and reframe our negative feelings and interactions.



*Ticketed Event (CEU's available)*

**Buena Voluntad hacia uno mismo como la base de la fortaleza emocional** 10:30 am & 3:30 pm

Valentín Méndez

La mayoría de las personas somos altamente críticos con nosotros mismos. Esta crítica nos genera vergüenza y está relacionada con padecimientos como la ansiedad, la depresión y la dificultad de reponernos cuando vivimos situaciones difíciles. Por fortuna podemos desarrollar una forma más saludable de relacionarnos con nosotros mismos la cual se denomina “buena voluntad a uno mismo” En este taller aprenderás las bases para tratarte con amor, compasión, aprecio y alegría.

10:30 am Taller 1: De la autocritica a la buena voluntad a uno mismo  
 3:30 pm Taller 2: La compasión el y amor incondicional a uno mismo

*Unidades de educación continua disponibles // Taller Gratuito*



**Compassion Rocks**

*Compassion Rocks* invites kids and kids at heart to join in a fun and meaningful activity. Painted rocks are a whimsical way to share inspiring messages through images and words. Bring your creativity and our volunteers will supply the rest!

*Free Event*

1:00 pm



**Am I a stranger in my body? Linking Physical Reactions to Our Emotions**

Mary Michael Haley

Learning how to link natural physical reactions to our emotions can aid us in establishing healthy coping mechanisms. This workshop will help you recognize where your feelings manifest in your body, how to de-escalate, and take action. It will also help you distinguish healthy versus harmful coping mechanisms and introduce you to simple grounding techniques.

*Ticketed Event (CEU's available)*

1:30 pm



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## Mindful Activities to Support the Building of Safe Relationships

1:30 pm

Kathy Hegberg and Amanda Petersen

The goal of this workshop is to introduce the FocusedKids program, building healthy brains using mindful activities. Social-emotional health in our children and ourselves begins with compassionate and safe relationships, which leads to healthy brain development and, ultimately, life success. Participants will learn the neuroscience behind this concept and will practice mindful activities to support the building of safe relationships.



*Ticketed Event (CEU's available)*

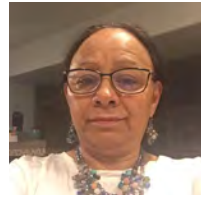
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## Actividades conscientes para apoyar la construcción de relaciones seguras

1:30 pm

Conchita Ramirez

El objetivo de este taller es presentar el programa FocusedKids, construyendo cerebros sanos mediante actividades conscientes. La salud socio-emocional en nuestros hijos y en nosotros mismos comienza con relaciones compasivas y seguras, que conducen a un desarrollo cerebral saludable y, en última instancia, al éxito de la vida. Los participantes aprenderán la neurociencia detrás de este concepto y practicarán actividades conscientes para apoyar la construcción de relaciones seguras.



*\* Unidades de educación continua disponibles // Taller Gratuito*

# SUNDAY, AUGUST 11

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## Interfaith Panel Discussion

10:00 am

John Bruna, Jerry Johnson, Lance Norton, Shereen Sarick and moderated by John Masters

What is compassion? How is compassion related to spiritual awareness?

How can we use compassion to bridge the divisions in our society?

Join local faith leaders as these and other topics are explored in this panel discussion. Learn about the perspectives of compassion in action according to Jewish, Christian, Bahá'í, and Buddhist faiths.

*Free Event*

## FEATURE FILMS

### A Sacred Journey

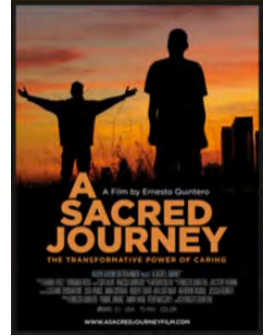
Friday, Aug 9 @ 7:00 pm

Filmmakers Ernesto and Vanessa Quintero

When one brother is diagnosed with a shattering illness, another brother is forced to face his demons as the family struggles to pick up the pieces and stay together in this powerful portrait of love and what it means to truly care for each other. Filmmakers Ernesto and Vanessa Quintero will be present for Q&A.

*Ticketed Event*

*Runtime: 75 minutes*



### A Miracle a Day

Sunday, Aug 11 @ 1:30 pm

Filmmaker Deborah Harse

The All Bengal Women's Union Welfare Home for Girls in Calcutta, India, was founded in 1932 for women and girls to have a place of refuge from brothels, trafficking, poverty, and abandonment. It is still thriving with residents ranging from one-day-old through their nineties. The staff, many of whom are volunteers, show heartfelt dedication to helping every person become the best they can be. Filmmaker Deborah Harse will be present for Q&A.

*Ticketed Event*

*Runtime: 76 minutes*



### Let Us Dance

Sunday, August 11 @ 3:30 pm

Filmmaker Jacques Navarro-Rovira

A young contemporary choreographer living in Tahiti and a young Polynesian dancer take over a dance therapy project and produce a performance which mixes contemporary dance and Polynesian dance performed by professional dancers and disabled dancers, some of whom are in wheelchairs. The evening of the show comes; the room is packed. The performance is healing, poignant, and inspiring.

*Ticketed Event*

*Runtime: 57 minutes*



# COMPASSION FILM FESTIVAL

## MORNING SHORT FILMS

TICKETED EVENT SATURDAY, AUGUST 10, 10:30 AM TOTAL RUNTIME: 72 MINUTES

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### Suncatcher

For months, Kira has been living out of her car in Venice, California. Facing a constant struggle to keep her head above water, Kira's world collapses when she returns "home" from work one evening to find her car stolen. Vulnerable and alone, Kira must navigate the harrowing uncertainty of a night on the streets.

Filmmakers: Parker and Elisa Croft

*Runtime: 12:00*

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### Brushstrokes

This animated film shows, through humor, the ridiculousness and hurtfulness of prejudice, which is based on contempt and described by Eli Siegel as the desire of self to feel important through the lessening of other people and things. In the film, a prejudiced green brushstroke shows contempt for other colors and shapes and only welcomes other green brushstrokes, which he sees as more like him.

Director: Ken Kimmelman

*Runtime: 6:30*

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### Hear for You

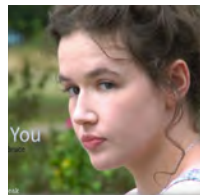
A young woman is having difficulties with her hearing aid, which becomes increasingly concerning when she realises a man is following her.

Directors: Hannah Beach, Lana Bruce, Lorenzo Cader-Smith, Thomas Slendebroek, Kira Yankovich

Producers: Tamara Day, Guy Trevellyan, Efe Irele, Mimi Ovbiebo

*Runtime: 5:40*

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## Roses Are Read

An Iraq War veteran struggles with PTSD, and his mentor encourages him to express his feelings using poetry. This inspiring film is about overcoming obstacles and shows real veterans portraying their emotions. Also included are a 91-year-old member of the Tuskegee Airman (Homer Houges), as well as other military veterans who help shine a light on veterans struggling with PTSD.

Filmmaker: Samuel Estrada, Jr.

Runtime: 15:31



## Hoan Alone

Milwaukee's Daniel Hoan Memorial Bridge is the crown over Summerfest and has become one of the city's most recognizable landmarks. But it's also a popular site for suicides. This animated documentary explores the issues of the bridge and suicide through three intimate interviews. Follow animator Aaron Johnson as he shares the stories of Dave, John, and Mary.

Producer and Director: Aaron Johnson

Runtime: 8:30



## Mr. Hugo

Mr. Hugo is a daydreamer and original museum supervisor. Who could have suspected that behind this nonchalant appearance hid a mysterious artist who exhibits his works without asking permission from anyone?

Director: François Le Guen

Runtime: 17:13



## To My Love

Through unexpected circumstances, *To My Love* is the story of two lovers divided by language but bound by their endearing affection for one another.

Filmmakers: Perry Perkins, Tyler Shown, Fani and Zach Stuart will be present.

Runtime: 6:51 minutes



# COMPASSION FILM FESTIVAL AFTERNOON SHORT FILMS

TICKETED EVENT SATURDAY, AUGUST 10, 3:30 PM TOTAL RUNTIME: 79 MINUTES

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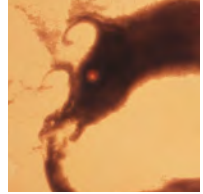
## Foretold

The insubstantial can sometimes be the most solid force. There is so much that we don't understand. An injured artist ponders a seemingly prescient dream. Can a friend who has passed on have sent her a warning?

Writer, Director, Producer: Lulu Keating will be present.

*Runtime: 8:00*

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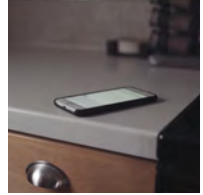
## The Voicemail

A missed call. A tired heart. Another earth-shattering day of being Black in America. *The Voicemail* explores the everyday traumas experienced by Black people in America, told from the perspective of a son who takes heed of his mother's warning.

Writer, Director, Composer: Kyle Solomon

*Runtime: 1:00*

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## Cognitive

*Cognitive* follows the central character over two timelines as he struggles to deal with the trauma caused by a homophobic Southern Baptist preacher in Alabama who suggests that AIDS is God's punishment for being "different." As he takes his Jewish husband and young daughter to an Easter service, he wants nothing more than to feel okay, despite the church's efforts to condemn him otherwise.

Filmmaker: Mat Hayes

*Runtime: 14:30*

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## In the House of Paper Flowers

Once upon a time, in a small house covered with papery flowers, a woman with white hair, who lives with two cats and a tiny wolf songstress, learns a valuable lesson about the enduring power of love.

Director: Anita George

*Runtime: 7:30*

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## Cows Come Home

This heartfelt film is about a former cattle rancher who follows his heart and breaks with tradition when he turns his multigenerational cattle ranch into a sanctuary for former beef cows. The Cows Come Home Sanctuary, located outside of Knoxville, Tennessee, is the safe haven and forever home of nearly 50 cows..

Filmmaker: Daniel Turbert

*Runtime: 12:20*



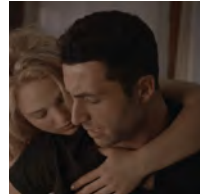
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## Healing of Harman

In this film about hope, faith, and forgiveness, a Kurdish refugee working as an interpreter in the heartland of America (Lincoln, Nebraska) meets a mysterious man who asks for help with life and death consequences.

Director: Seth Pinsker

*Runtime: 19:45*



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## Eternal Harvest

From the shovel that digs to bury to the shovel that digs to plant, *Eternal Harvest* is a film about the cycle of life as depicted by the landscape of my family's rural Kansas farm. Using drones, dance, farm implements, heirloom quilts, and agriculture, *Eternal Harvest* explores Eastern philosophies of reincarnation through the lens of Western agriculture.

Director: David Wayne Reed

*Runtime: 11:50*



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## Breakaway! The New York Sled Rangers

Members of the Junior New York Rangers Sled-Hockey team discuss the meaning of sport and the thrill of hockey during their first year on the ice.

Filmmaker: John Cole

*Runtime: 4:00*





## COMPASSION IN ACTION – MAIN EVENT

TICKETED EVENT SATURDAY, AUGUST 10, 7:00 PM

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### Compassion in Action

7:00 pm

With the rise in popularity of programs like TED talks and eTown eChievement Awards, we were inspired to offer a main event that highlights those individuals and groups who are focusing their time and efforts to remove suffering and promote happiness in the world. What if each of us used our skills in new and compassionate ways? How would our experience of the world change, and how far would those ripples travel? Welcome to Compassion in Action – three inspiring presentations followed by a concert by *Let Them Roar!*

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### Marshiyangdi School

Shereen Sarick

In September of 2012, my son and I volunteered around the world in lieu of his eighth grade. The goal was to learn with our heads, hands, and hearts. One of the places we found was the Marshiyangdi School in Kathmandu, Nepal. Who better to teach us the ways of compassion than underprivileged school children whose school motto is “others before self”? We may have been the classroom teachers but, of course, they taught us so much. Two devastating earthquakes hit Nepal in the spring of 2015. We sent emergency relief to the principal of the school to help the children and their families, and we committed to rebuilding the school with earthquake-safe construction. One tenth grade student moved to the valley, spent two years here, and graduated from Aspen High School in 2017. We hope to cut the ribbon on the new campus in April 2020. My presentation will be the story of how it all came to be and how we are progressing.



## Stepping Stones

Jonathan Greener

Reflections on the power and impact of compassion through mentoring. Personal observations from deep relationships with gang leaders, addicts, cowboys, and other average humans.



## Roaring Fork Valley High School Students

Students from Basalt High School, Aspen High School, and CRMS attended a weeklong immersion program to learn first hand about the situation at the El Paso, Texas border. In their presentation, they will share about their experience meeting with immigration lawyers, a variety of nonprofits that help refugees, the migrant worker's union, social activists, a doctor from Juarez who treats refugees, border patrol agents, a judge that prosecutes people who enter illegally, and people who have crossed the border in the hope of a better life.



## Let Them Roar

Musicians: Sophia Clark, Olivia Pevac, Mateo Sandate, and Ashton Taufer

*Let Them Roar* weaves mountain folk into a soulful tapestry of roots, rock, and raw improvisations. A group bent on bringing their hearts to the stage and sharing the meaning and purpose of their lives, each member honors their historical roots while pushing their creative boundaries. *Let Them Roar* is currently on tour to support and bring awareness to the women who have taken sanctuary in Colorado.



**SAVE THE DATE** COMPASSION FILM FESTIVAL  
AUGUST 7-9, 2020

## SATURDAY, AUGUST 10

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### Yoga Workshop

7:45 am

Daniel Taylor & Jessica Sylvanson

This will be a fun brother and sister yoga class with Daniel Taylor and Jessica Sylvanson. Daniel's background is in Ashtanga Vinyasa and Iyengar. He teaches in the Denver area and brings "compassion in action" to his students by getting them involved in Yoga Gives Back and Hope for the Holidays. Jessica has studied Iyengar and Kundalini yoga for more than 20 years and teaches prenatal Kundalini classes. Using all their yoga styles, they will provide a class gentle enough for anyone to enjoy.



*Ticketed Workshop*

## SUNDAY, AUGUST 11

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### Yoga Workshop – Bilingual

8:00 am

Grace Tennant & Verónica Boscherino

Come join us for yoga Sunday morning! This 75-minute yoga class will be accessible for all levels of yogis. Come as you are and start your Sunday off with a smile! This yoga class will be taught in English and Spanish.



¡Únete a nosotros para el yoga el domingo por la mañana! Esta clase de yoga de 75-minutos será accesible para todos los niveles de yoguis. ¡Ven como eres y comienza tu domingo con una sonrisa! Esta clase de yoga se impartirá en inglés e español.

*Ticketed Workshop*



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*And so many more!*