

A PROCLAMATION OF THE CITY COUNCIL OF THE CITY OF POMONA JOINING AN INTERNATIONAL NETWORK OF LEADING CITIES WORLDWIDE TO ENHANCE COMPASSIONATE AWARENESS AND COMPASSIONATE ACTIONS INDIVIDUALLY AND AS A COMMUNITY SO THAT COMPASSION BECOMES A MORE AUTOMATIC RESPONSE TO CHALLENGES IN OUR LIVES AND IN OUR COMMUNITY AT EVERY LEVEL.

WHEREAS, The City of Pomona has declared itself to be a **Compassionate City**, in concurrence with the Charter of Compassion, as instituted by the Charter of Compassion international; and

WHEREAS, **The Golden Rule** which says, “**Treat others the way you want to be treated,**” has been affirmed in many religions, traditions, indigenous cultures, and secular philosophies as a fundamental principle of life and the foundation on which the global ethic is founded; and

WHEREAS, the **Golden Rule** as the basis of the Charter of Compassion empowers people into mindful awareness and compassionate action, and a sense of kindness, cooperation and connectedness within a community; and

WHEREAS, scientific studies show that encouraging **Random Acts of Kindness** within a community, positively enhances not only the brain of the person doing the action and the receiver, but also the brains of those who witness kind actions by improving their mood and making the more likely to “pay it forward.” , thus improving the lives of dozens of people; and

WHEREAS, scientific studies show that **Kind Actions** when repeated over time develop new neural networks that make kindness more automatic, thus lowering pain, stress, and anxiety, depression and blood pressure in the doer, and possibly in the receiver and witnesses.

WHEREAS, our **Pomona Unified School District** has for the last 3 years devoted a week to **Random Acts of Kindness** in honor of the shooting death of 8 year-old Jonah Hwang in 2017; and

WHEREAS, by declaring April 2019 as a **Golden Rule – Random of Kindness Month** in Pomona, we are encouraging the creation of programs in support of compassion awareness and compassionate action through our community; and

WHEREAS, the city will invite staff, community groups, clubs and schools to uphold April 2019 as a **Golden Rule – Random of Kindness Month** thus promoting compassion as a primarily value;

WHEREAS, scientific research reveals that early intervention with policies promoting **Kindness and Compassion** with at-risk youth shows great promise for positive change; and

NOW, THEREFORE THE CITY COUNCIL OF THE CITY OF POMONA hereby resolves to:

EMBRACE April 2019 as a **Golden Rule – Random of Kindness Month** and further resolves to support the exploration and development of policies and programs that integrate compassion into the daily life of our community.

Dated this 1st day of April, 2019