



# GOODNESS TO GO

*Compassion In Action*

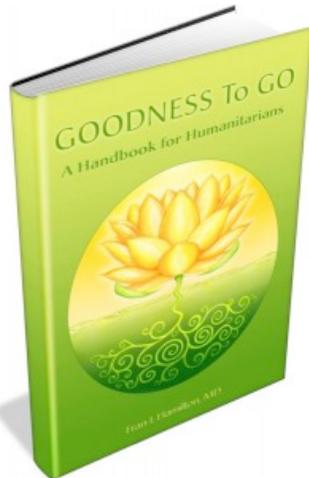
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Dear Friends of Goodness To Go,

Courage. Generosity. Compassion. Respect and loving kindness. Authentic acceptance, appreciation, and altruism. February is the month during which many people celebrate the luminous attributes of the heart. The legend of St. Valentine tells of a man who practiced civil disobedience on behalf of love. Defying Roman dictates, Bishop Valentine married young couples before the men were forced to leave with the state's army. Like many who've taken a stand for freedom and love, Valentine was executed by the ruling regime.

In the United States, February is also Black History month. Contributions of black artists and attorneys continue to expand creative opportunities and legal protections for everyone. This is a time to honor the moral courage of thousands of people who offered loving hearts, heads, and hands in service of freedom for all people. With tremendous fortitude and resilience, their steady stance for mutual respect and equal opportunity for all human beings was maintained. The inhumanity of slavery awakened the ethical stance that led to the U.S. Civil War and the emancipation of slaves. Keep alive the legacies of Dr. Martin Luther King, Jr. and every non-violent protestor who sacrificed their life for human dignity and freedom.

Stephen Biko was beaten to death for taking a stand against apartheid in South Africa. For his international efforts to end apartheid, Bishop Desmond Tutu was awarded the Nobel Peace Prize. Let our children know that countless citizens around the world protested Afrikaner atrocities for many years until governments and corporations withdrew investments in that racist regime. Thousands, including Stevie Wonder and other celebrities, were arrested. Eventually, Nelson Mandela was released from decades of brutal imprisonment and



was democratically elected as the first President of the new South Africa. The power of love can overcome hate. Help to raise a generation of children whose hearts are steeped in deep respect for diversity.

Goodness To Go is on the go in February as co-founder Mark Sherman returns to India to continue strategic planning meetings with Child In Need Institute. Our adopted daughter Grace Shanti and I bid Mark a fond farewell this morning as he left for Calcutta. The Goodness To Go social enterprise is committed to offering integral service, including in West Bengal where Grace was born. We're thankful to join with hearts around the world who are working to end involuntary servitude, especially that of young girls forced into brothels and other situations of exploitation. As the heart recognizes our interconnectedness, it empathically offers its generous goodness to uplift the human spirit.

## Mobilize Your Goodness

“Compassionate love is the natural response to the human predicament of suffering and the human truth of interdependence,” writes psychologist David Richo. When we experience the power of the heart, we often come to appreciate its expression as integral service. During this month of celebrating the heart, how will your goodness manifest?

Try using the A\*B\*C\*D\* self-inquiry method outlined in the introduction of *Goodness To Go - A Handbook for Humanitarians* to clarify one small, specific, scheduled service action step that you could make each day. Small change adds up. Happy days of the heart!



Celebrating integral service,

*Fran Hamilton, M.D.*