



GOODNESS TO GO

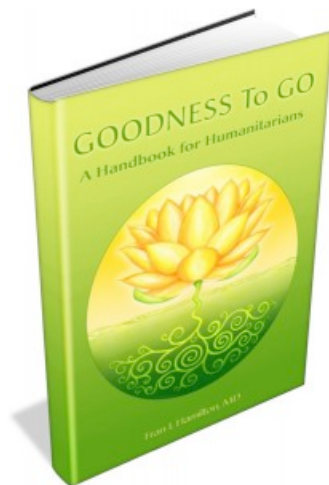
Compassion In Action

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Dear Friends of Goodness To Go,

In the Northern Hemisphere, spring approaches. This fertile season of renewal is welcomed as dormant life energies awaken. Countless seeds are sprouting roots in order to take a strong stand and be nourished. What new life wants to manifest in you? **“Ask what makes you come alive, and go do it,”** encouraged the African-American theologian Howard Thurman, **“because what the world needs are people who have come alive.”**

Offering integral service in the extremely difficult urban chaos of Calcutta, India makes Goodness To Go co-founder Mark Sherman come alive. At the end of February, Mark returned after a month of service work and strategic planning meetings with our partner, Child In Need Institute. Dr. Chaudhuri, the founding director of CINI, emphasized again the importance of ongoing education to transform cultural perceptions about the value of girls.



Donors to CINI and other philanthropies may find the building of a school more tangible and appealing than the shifting of paradigms. However, it is essential that worldviews honoring the equal dignity of all human beings inform values and behaviors. If sustainable environmental and cultural support is not in place, simply building a structure won't ensure that it will be utilized. Positive systemic changes lead to community support of resourced, empowered girls. It is then less likely that daughters of impoverished families will be sold into brothels or domestic servitude where the vulnerable child is often sexually exploited.

Around the world, educated girls empower their families and communities in profound ways. As we celebrate **International Women's Day** on March 8th, let's advocate for the availability of contraception for all women of reproductive age. No girl should be forced to be a child bride. Although some pundits, popes, and politicians may disagree, the ability to be responsible for our reproductive rate is an urgent requirement for the health of women, their families, and the earth.

Ending child trafficking and expanding global citizenship through service learning are key missions of Goodness To Go. What is a community or global issue that concerns you? Many people have noted that when trees and other forms of life's creative expression grow slowly, they're stronger and more resilient at the core. Precocious behaviors and trendy inspirations are rarely rooted in sustained commitment. Consider setting aside a few minutes for uninterrupted reflection about what calls forth your integral service at this time. Ask your heart what would make you be fully alive - and go do it.

Mobilize Your Goodness

“The effect of one good-hearted person is incalculable,” wrote Oscar Arias, the recipient of the Nobel Peace Prize in 1987. What is one, small, scheduled step that you could take to nourish the life of your integral service?

You can utilize the self-inquiry process outlined in **Goodness To Go**. A paperback version will be available later this year. Now is the time to grow roots of service deep into your heart. Warm wishes as abundant seeds of goodness awaken this spring!



Celebrating integral service,

Fran Hamilton, M.D.