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February 2014 Newsletter



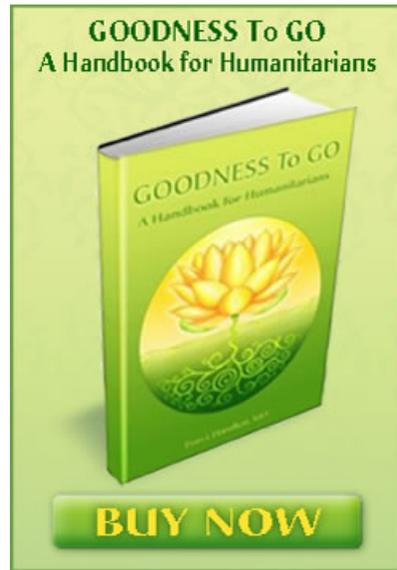
Dear Friends of Goodness To Go,

Martin Luther King Day was celebrated recently in the United States. **"Faith is taking the first step even when you don't see the whole staircase,"** wrote Dr. King. February is a great time to express our gratitude for the love that makes our lives possible. With renewed faith in our capacity to create cultures of peace, our resilient goodness bends the arc of history toward the equitable, wholesome evolution of humankind. Love and peace are every step.

For decades, the founding director of Child In Need Institute has been leaving the world freer, nobler, and better than he found it. **Dr. Samir**

Chaudhuri's humanitarian service in West Bengal, India will be honored at CINI's 40th anniversary celebrations on February 1st.

A CINI-USA co-director, Mark Sherman, is flying from Colorado next week to offer his integral service as a photographer to document this momentous occasion. Bon voyage, Mark!



Every moment gives us opportunities to see, empower, and enhance our mutual potentials in life. Recognition of our interconnected oneness is inherent in the Zulu greeting **sawubona** that means "we see you with openness to the highest good in each one us." Trust and love grow when we truly **see** one another in **this** place and in **this** moment.

Mobilize Your Goodness



"With an eye made quiet by the power of harmony, and the deep power of joy, we see into the life of things," wrote poet William Wordsworth. The present moment has abundant opportunities to mobilize our inherent generosity and goodness. Practice seeing and deeply listening to each person with whom you're in dialogue. With tenderness, treasure the moment and find ways to support and uplift the human spirit. Purchase a copy of **Goodness To Go - A Handbook for Humanitarians** for yourself, a friend, and a local library. Proceeds support Child In

Need Institute's programs that empower the freedom and education of impoverished girls where our daughter Grace Shanti was born. The effect of one good-hearted person is incalculable and through our interconnectedness, helping others helps ourselves. **What is a small, specific, scheduled step that you could take this week to leave the world a kinder, more loving, and interconnected place?** Peace is every step. Faith is taking that first step even though you may not see the entire path or its destination. All along the way, remember that you are loved. Pass it on.

Celebrating integral service,



Fran I. Hamilton, M.D.

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