



Dear Friends of Goodness To Go,

For millions of people, this is **Holy Week**, with time for reflection, renewal, and rejoicing that may follow times of darkness and suffering. Passover celebrates freedom from oppression and Easter's resurrection honors the rising of great goodness and profoundly generous compassion.

Crocuses are emerging from spring snow in many northern regions of the emerald jewel of planet Earth. A few days ago, my twelve year old daughter exclaimed, "Oh, I get it! **We're not just all connected. Everyone is everyone!**"

This is a great time to refresh our awareness of the inter-connected unity of life. Many wise beings have reminded us that whatever we do to one thread of life, we do to ourselves and all life everywhere. When life serves life with unconditional benevolence, we're all beneficiaries.

Goodness To Go - A Handbook for Humanitarians

will be available by mid-June and you're warmly invited to purchase your copy now (\$40 plus tax and shipping). Proceeds from Goodness To Go support the courage and empowerment of young girls at risk of being sold into Calcutta brothels.

Please help us spread the word! Goodness To Go celebrates and mobilizes integral service and Child In Need Institute's award winning programs uplift families living in extreme poverty in Calcutta, India, where my daughter Grace was born. Contact us with ideas and support. Many thanks for sharing this newsletter and our Internet links with your family, friends, and social media connections.

Section One of Goodness To Go is available in paperback!

The image shows a 3D rendering of a green paperback book titled 'GOODNESS TO GO: A Handbook for Humanitarians'. The cover features a yellow lotus flower and a green hand. Below the book is a green button with the text 'BUY NOW' in white. Underneath the button, the text reads 'Order your copy of *Summon Your Heart* (130 pgs) for only \$20 including shipping'.The Facebook logo is a green square with a white lowercase 'f' and a leaf-like shape above it.

Please join us on Facebook!

Mobilize Your Goodness



Remember that the effect of one good-hearted person is incalculable. We're all connected and helping others helps ourselves. Rejoice in your own goodness and the potential for goodness that we all share. **What is a small, specific, scheduled step that you could take this week to leave the world a kinder, more loving, and interconnected place?** Success is measured not only in achievements but in lessons learned, lives touched, and moments shared along the way. The journey of a lifetime can be in a single step from "no" to "yes".

Many serve simply because it does good and it feels good. [Goodness To Go - A Handbook for Humanitarians](#) outlines a process of self-inquiry that helps to clarify your integral service. The handbook is a useful resource to mobilize the offering of your gifts to the world in



 Forward to a Friend



Fran I. Hamilton, M.D.

P.S. Thank you for spreading the word about Goodness To Go through your social networks.

[Forward this email](#)



This email was sent to franhamiltonmd@goodnesstogo.org by franhamiltonmd@goodnesstogo.org | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

| 3062 4th Street | Boulder | Colorado | 80304