



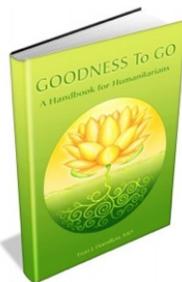
Dear Friends of Goodness To Go,

The last day of January 2013 marks an auspicious anniversary for freedom and justice in the United States. One hundred and fifty years ago, after the carnage of the American Civil War, President Abraham Lincoln signed the **13th Amendment to the Constitution that abolished slavery** forever in a country that had been sorely divided by this human rights crisis. Although January has been declared to be **National Slavery and Human Trafficking Prevention Month**, it is the intention of 21st century abolitionists around the world to make every month anti-slavery month until every man, woman, and child is forever free from being subjected to the horror of this abuse.

During February, many people **celebrate St. Valentine's Day and the power of love**. Fifty years ago, with love and non-violence, an African American leader of the civil rights movement furthered the cause of equity, justice, and freedom for all human beings. Dr. Martin Luther King, Jr. reminded us that only light can drive out darkness and **only love can drive out hate**. On Martin Luther King Day less than two weeks ago, the first African-American president was inaugurated for his second term of service. In his address, President Obama stated that **freedom is not only for the lucky**, and during the closing prayer, we were encouraged to give thanks for a love that loves us back.

The love that we celebrate this and every month is the universal language of the heart. Wisdom traditions around the world teach us that love is the revelation of the divine in our midst. The heart is the hub of all sacred places and love is our greatest wealth. When you enter your heart, the light of your goodness illumines the world. Experience the strength and courage, the compassion and generosity of your heart as you render loving service. **"Everybody can be great...because anybody can serve,"** wrote Dr. King. **"You only need a heart full of grace. A soul generated by love."**

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 sustainable, enjoyable ways. Proceeds support the missions of the Goodness To Go social enterprise, including **Child In Need Institute's** girl empowerment and brothel prevention programs. You're invited to visit [Goodness To Go](#) to receive a free excerpt. A paper edition of all four sections will be available in the next few months. **Please contact us if you're**



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Fran I. Hamilton, M.D.

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

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| 3062 4th Street | Boulder | Colorado | 80304