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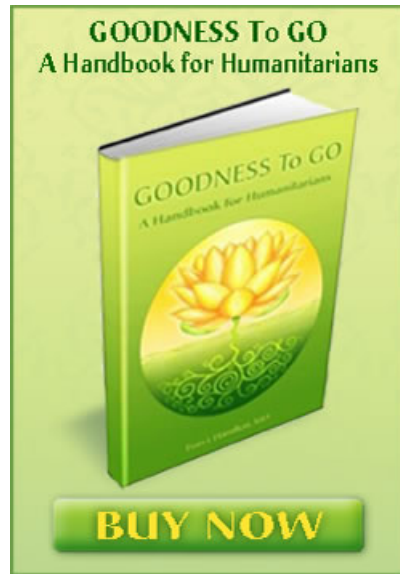
January 2014 Newsletter



Dear Friends of Goodness To Go,

We are at the threshold of an auspicious new beginning. **During this time of reflection, appreciation, and anticipation, gratitude for your integral service and support of Goodness To Go in 2013 shines bright.** Once again, events large and small around the world shaped our lives, from the loss of loved ones and the destruction caused by military and natural disasters to moments of life's unfathomable beauty and goodness. Long ago, the philosopher Cicero wrote that **gratitude is the parent of all other virtues.** Consider making note of some of this year's meaningful moments and teachings. For what are you most grateful in 2013?

It's been said that every new beginning offers fresh opportunities, like a door opening on a whole new life. Unknown treasures, experiences, and insights are yet to be explored. Recently, my daughter Grace reflected, "Actually, **every** day is a new year's day." When we approach a new day with the patience, humility, and sense of adventure natural to a beginner, we're more aware of its profound potential. What seeds do you want to plant in 2014? Let's celebrate our ability to let a new life begin. **Happy New Year!**



As I consider how to approach and welcome this new year, a wellspring of gratitude for the freedom and opportunities in my life arises. The Handbook for Humanitarians emerged from this gratitude, and proceeds support opportunities for girls in my daughter's birthplace to be educated, free from the risk of being sold into Calcutta brothels. I am very grateful that **Child In Need Institute** empowers girls and women living in extreme poverty in West Bengal, and that its founding-dierctor, **Dr. Samir Chaudhuri**, invited us to represent CINI in the USA. Grace's father, Mark Sherman, flies to India next month to film CINI's 40th anniversary celebrations at their headquarters near Calcutta. If you have media contacts or know anyone willing to spread the word about this event on February 1st, please share our contact information with them. **The world needs to know about CINI's great goodness to go!**

Mobilize Your Goodness

What we actually need is the striving for some goal worthy





of us, wrote Viktor Frankl, the psychiatrist imprisoned by Nazis whose multi-faceted resilience and wisdom continue to uplift millions of people. **What we need is the call of a potential meaning waiting to be fulfilled by us.** What worthy goal is calling you? Remember that the effect of one good-hearted person is incalculable. We're all connected and helping others helps ourselves. **What is a small, specific, scheduled step that you could take this week to leave the world a kinder, more interconnected place?** A new year's adventure and the journey of a lifetime often begin in a single step from "no" to "yes." **Yes** is a fresh beginning into a new world. Let's give life our full-hearted **"Yes!"** as 2014 begins!

Celebrating integral service,



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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