



**Dear Friends of Goodness To Go,**

**Happy May Day!** And **Happy Mother's Day** to our Mother Earth and all beings who love and care for children.

Two weeks ago, Goodness To Go was recognized at a ceremony sponsored by the Boulder Professional Women's association and Mark Sherman was honored as **"Supporting Partner of the Year"**! His solo trips to Calcutta were instrumental in establishing our partnership with Child In Need Institute's founding director Dr. Samir Chaudhuri and Mark's ongoing support of Goodness To Go is deeply appreciated. **Congratulations, Mark!**

Final revisions of the handbook for humanitarians are being made as the countdown for publication begins. To give you a taste of its content, a paragraph or two from Goodness To Go will be offered in this and future newsletters.

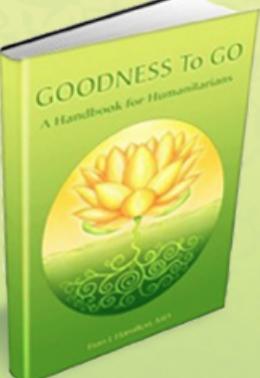
Let's begin with Chapter 1 - ***We're All In This Together.***

***Now is the time for us to join together for our mutual benefit. We live on one small jewel of a planet with the astonishing ability to support life. We're needed, and our wake-up call is sounding. With compassionate hearts, open minds, and hands ready to act with benevolence, we're called to create a better world for ourselves and for all life.***

-  
Goodness To Go - A Handbook for Humanitarians will be available in mid-July and you're warmly invited to purchase your copy now (\$40 plus tax and shipping). Proceeds from Goodness To Go support programs that empower and educate young girls at risk of being sold into Calcutta brothels.

Please help to 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 our daughter Grace was born. Your ideas and support are warmly welcomed! Many thanks for sharing this newsletter and Internet links for Goodness To Go and CINI with your family, friends, and social media connections.

**Section One of Goodness To Go is available in paperback!**



**BUY NOW**

Order your copy of **Summon Your Heart** (130 pgs) for only \$20 including shipping



**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 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 July. **Please contact us if you're interested in receiving a bound paper copy of Section One: Summon Your Heart** which is now available (\$20 includes shipping as well as the e-book) **or in pre-purchasing the entire handbook** (\$40 plus tax and shipping) .

Hold the vision of global peace, justice, and equity close to your heart as you mobilize your integral service. May our goodness to go spread light through our interconnected world.

Celebrating integral service,



*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](mailto:franhamiltonmd@goodnesstogo.org) by [franhamiltonmd@goodnesstogo.org](mailto:franhamiltonmd@goodnesstogo.org) | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

| 3062 4th Street | Boulder | Colorado | 80304