

Having trouble viewing this email? [Click here](#)

May 2014 Newsletter



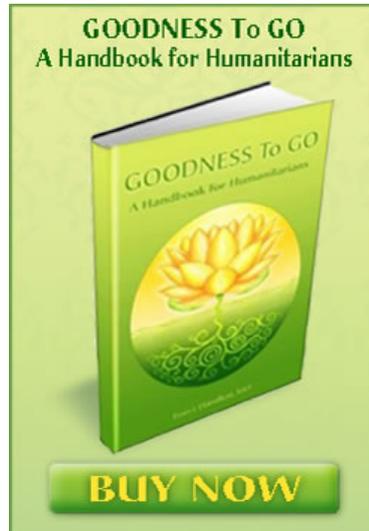
Dear Friends of Goodness To Go,

Deepen your roots. Extend your branches. ...Walk toward clarity...Only love prevails, writes James Broughton. As our Mother Earth sends forth spring blossoms, it's a splendid time to celebrate the life force animating every living being. Although April 22nd was Earth Day and Mother's Day approaches in many countries around the world, every day is rich with opportunities to honour the earth that sustains us and express loving gratitude for the goodness to go of mothers everywhere.

Regardless of one's gender, everyone can serve as a mother. When we protect, nurture, heal, and empower any vulnerable living thing, our mothering instinct is uplifting the world. A few days ago, my tired thirteen year old daughter tearfully regretted an angry reaction that she'd had in a stressful situation. As a wise mentor, Grace's teacher respected her inherent goodness as he reminded Grace of the message of compassion that they'd heard at a church service in Harlem the day before.

Grace was visiting New York City with schoolmates and teachers for a YouthCan conference. She'd marveled at the power and beauty of a Sunday sermon that emphasized the importance of self-forgiveness. Invoking the image of a clay pot, the minister reminded those present that every vessel, no matter how beautiful, will have cracks and flaws that can be strengthened with the loving-kindness of forgiveness. The next morning, with the support of her teachers and friends, Grace practiced self-forgiveness, began the challenging process of making amends, and **let a new life begin.** In the receiving was the giving. In the giving lived the receiving; both were integrated elements of one cyclic process.

This benevolent cycle of giving and receiving, of self-care and integral service, is goodness to go. Around the world, the nurturance, generosity and wisdom of compassionate mothering is honoured in the countless forms it takes. Goodness To Go's philanthropic partner in West Bengal, India is **Child In Need Institute.** CINI's motto is **Help the mother help the child** and proceeds from sales of the Handbook for Humanitarians support child trafficking prevention programs in the impoverished region where my daughter Grace Shanti was born. It's a win-win-win cycle of giving and receiving to obtain copies of **Goodness To Go** for yourself, friends, family, local schools, institutions, and libraries.



Mobilize Your Goodness



We are fortunate to be alive at this pivotal time. Our actions matter and reverberate through the creative web of life. **What gifts are uniquely yours and how will you offer them to**



benefit our interconnected world? As our roots deepen and our branches extend throughout our lives, support of many kinds is essential. **Goodness To Go envisions the mobilization of sustainable, benevolent transformation in communities of compassion around the globe.** Your input is warmly invited as we begin the process of co-creating local and virtual Goodness

To Go action groups. Would you be willing to form a small gathering of friends committed to clarifying and manifesting their service legacy? Compassionate action is a healing tonic. **As we celebrate the spirit of nurturing this week, what is a small, specific, scheduled step that you could take to leave the world a kinder, more loving, and interconnected place? With great respect for our inherent goodness and generosity, Happy Mothers' Day to us all!**

Celebrating integral service,



Fran I. Hamilton, M.D.

Contact: franhamiltonmd@goodnesstogo.org

P.S. Thank you for spreading the word about Goodness To Go through your social networks. Let's mobilize benevolent transformation in communities of compassion!



[Forward this email](#)



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



Goodness To Go | 3062 4th Street | Boulder | CO | 80304