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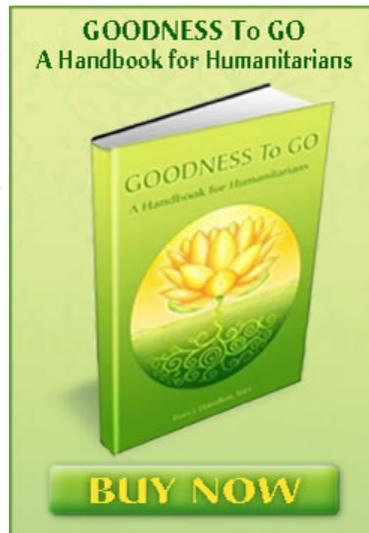
November 2014 Newsletter



Dear Friends of Goodness To Go,

Warm November greetings at this time of remembrance and thanksgiving. I'm grateful for your support during my recent journey through breast cancer treatments. **Remember to acknowledge and celebrate your own inherent goodness.** The profound gift of health and ongoing educational opportunities allow me to study long hours this weekend in preparation for an upcoming medical recertification exam. This is a golden time to reflect on what we've learned from the tests we encountered this year and to acknowledge our resilience as well as our resources. **Consider ways in which courage is releasing the goodness of your heart.**

It was delightful to learn that **Malala Yousafzai was awarded the 2014 Nobel Peace Prize.** Malala is the Pakistani teenager who advocates for the education of all children. After surviving a Taliban assassination attempt, Malala's courageous voice is strong and her light of service shines even brighter.



The courageous service of veterans is remembered and honored on November 11th. **This entire month is an opportunity to refresh our enthusiasm and gratitude for life and for those who uplift our world.** The founding director of **Child In Need Institute**, Dr. Samir Chaudhuri, is a committed humanitarian whose World Health Organization award-winning programs have changed the world by educating girls living in extreme poverty in West Bengal, India where our daughter Grace was born. Proceeds from the **Handbook for Humanitarians** benefit CINI's girl empowerment programs. It is great good fortune to have the opportunity to be educated. Life's natural cycles of giving and receiving are celebrated at this time of Thanksgiving, and **Goodness To Go** is an inspiring gift to give yourself, friends, family, libraries, and community organizations.

"Mobilize Your Goodness



"I think the world is going to be saved by millions of small things...Realize that little things lead to bigger things. Who knows where some good little thing that you've done may bring results years later that you never dreamed of?" said Pete Seeger, the beloved and iconic songwriter who died earlier this year. As a champion of social change, Seeger inspired legions of environmental and social justice activists.

Although we cannot control the fruits of our actions, we do have

*the right to act and the ability to choose the intention that inspires our thoughts, words, and actions. **What is a small, specific, scheduled step that you could take this week to leave the world a more benevolent and interconnected place?** Remember that the effect of one act of kindness is incalculable. "Do small things with great love," Mother Teresa reminded us. With love, enthusiasm for life, and gratitude for freedom, let's celebrate community, honor diversity, and make peace.
Happy Thanksgiving!*

Celebrating integral service,



Fran I. Hamilton, M.D.

P.S. Thank you for spreading the word about Goodness To Go through your social networks - and for sending your good wishes on November 10th as I write the 8 hour medical exam!

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