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October 2013 Newsletter

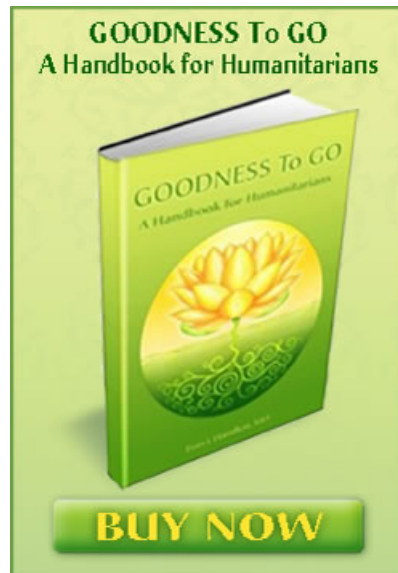


Dear Friends of Goodness To Go,

During this week following the equinox, stories of goodness to go are bountiful. My home town in Colorado recently experienced significant devastation during a **millennial flood** and heart-warming stories of people helping people are literally pouring in. Below are two verses from a poem I'm working on that celebrates the generous altruism of the human spirit.

bidden or unbidden
 known or not we live
 by the kindness of strangers
 who pile sandbags round us
 move fences at midnight divert torrents
 bring trucks for debris food to slingers of mud
 helpers of the weak and weary
 first responders into danger
 for the sick the injured the elderly
 search and rescue teams evacuate families
 in baskets along zip lines over raging rivers
 helicopter medics lift those stranded
 vulnerable without food electricity clean water

his home swept away a man
 walked eight miles into the hills
 to find his car gone too
 turning back he walked mud trails
 washed out to temporary shelter
 exhausted missing the truck delivering
 a new mattress for that night's sleep
 desperate for his wife to rest he called
 the woman closing her store
 she listened promised they'd get their mattress
 that night and the man wept
 his tears changed her life



October 11th is the International Day of the Girl and the Goodness To Go social enterprise joins with people around the world advocating for the rights and freedoms of girls everywhere. This week, the inestimable **Samir Chaudhuri, M.D.**, the founding-director of **Child In Need Institute**, visited us in Boulder and shared remarkable stories of his philanthropy's integral service in West Bengal, India. CINI is celebrating its 40th year of transforming the lives of millions of people living in extreme poverty in the birthplace of our daughter Grace. Innovative new programs created by CINI in partnership with public and private sectors are enhancing girl empowerment, protection, health, nutrition, and education. Child marriages and sex trafficking are being reduced significantly. Many thanks

to each one of you who has purchased a copy of [Goodness To Go - A Handbook for Humanitarians](#) and made possible the CINI donation check given to Dr. Chaudhuri during dinner this evening!

If you have an uplifting and true story of goodness to go, please share it! Who has bestowed time, energy, and unique blessings in ways that supported and strengthened both the receiver and the giver? The [Goodness To Go](#) Facebook page is great place to post your experiences of abundant altruism, kindness, and creative generosity. The poem about the recent Colorado millennial flood entitled *As If Never* that is excerpted above is included in its entirety on our Facebook page. If you'd like, this treasure trove of accounts of compassion in action could become a published collection celebrating goodness to go! In anticipation of Canadian Thanksgiving in early October, I'll express my bountiful gratitude to you for sharing your stories of golden heartedness in the midst of disaster, devastation, and daily difficulties.

Mobilize Your Goodness



"Go to the place where your deep gladness and the world's deep hunger meet," wrote Frederick Buechner, theologian and author of *Sacred Journey*. Discover that place, inside and out, as

you remember that the journey of a lifetime can begin in a single step from "no" to "yes". The effect of one good-hearted person is incalculable and since we're all connected, helping others helps ourselves. Rejoice in your own goodness and the potential for manifesting 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? Are you called to help a frail elder recover from flood damage or to educate a marginalized girl on the other side of the globe? Act from your "yes". Yes is a brave new world!

Celebrating integral service,



Fran I. Hamilton, M.D.

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