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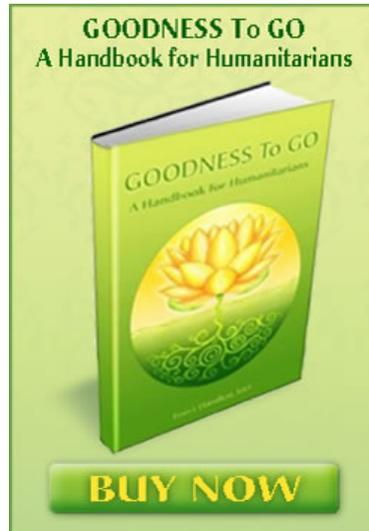
October 2014 Newsletter



Dear Friends of Goodness To Go,

Autumn winds are blowing in a new season. Our apple trees have only a few fruits remaining that are ripening until they let go and their bounty can be harvested. Neighbors are planting bulbs and change is in the air. **"Expect the end ... Be joyful though you have considered all the facts ... Practice resurrection,"** wrote the environmental activist Wendell Berry. One of our trees is slowly dying and a young man who marvels at the quality of its apples has found arborists who will graft remaining limbs onto stronger hosts. His goodness to go lets new life begin!

Last week, my health revived near the warm seas of Sarasota on the Gulf of Mexico. Near the end of radiation on this summer's journey through breast cancer treatments, pneumonia developed and I felt quite weakened. Many thanks for your warm waves of good wishes! I'm back at work feeling well now, and gratitude for every moment of life and vitality deepens. Although I wish radiant well-being for everyone, I recognize that millions of people meet life's considerable challenges with few resources.



In Calcutta, India where our daughter Grace Shanti was born fourteen years ago, **Child In Need Institute** has positively transformed the lives of those living in extreme poverty in West Bengal for over 40 years. Goodness To Go is a unique self-care resource that strengthens your resilience and vitalizes your integral service. October 11th is the **United Nations Day of the Girl Child**. Educate a girl; change the world. Proceeds from sales of the Handbook benefit CINI's girl empowerment programs. Together, we can create changes that uplift and heal our world.

Mobilize Your Goodness



Remain calm and steady in the midst of all that comes and goes...Recognize the inevitable...Remain tranquil in yourself,

wrote a renowned meditation teacher from India. In the midst of ongoing changes on personal and global levels, what self-care practices will you engage in to resource your resilience? Consider purchasing copies of the Handbook for Humanitarians for yourself, family and friends, book clubs, community libraries, and any interested organizations. Create an ongoing Goodness To Go

action group to inspire, support, and mobilize your service.

On October 24th, **United Nations Day** is celebrated. A growing number of humanitarians also honor that day as **Global Oneness Day**. At this time, our interconnectedness is acknowledged and we remember that the effect of one good-hearted person is incalculable. **What is a small, specific, scheduled step that you could take this week to leave the world a kinder, more peaceful, and interconnected place?** Let's mobilize benevolent transformation in communities of compassion. Enjoy the eclipse of the full moon tonight during this time of change and celebration of life's goodness!

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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