

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

September 2013 Newsletter



Dear Friends of Goodness To Go,

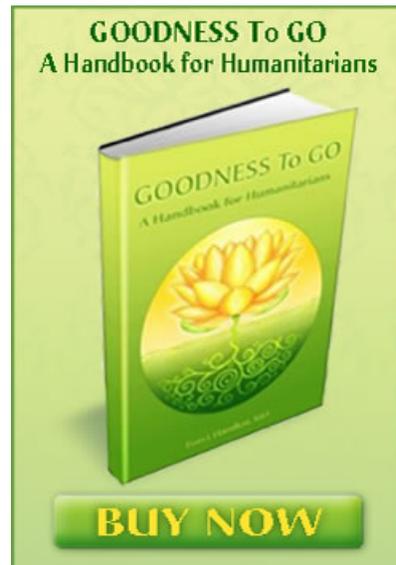
It was raining as this newsletter was written on September 11th. By day's end, emergency sirens blared as **Colorado's 100 year flood** gathered momentum. My daughter and I could not contain the flooding of our home as her fireman father participated in white water rescues of drivers submerged in their vehicles. It's humbling to experience even a fraction of nature's destructive power and to reflect on the heroic resilience that enables human beings around the globe to endure untold calamities.

Many people began September 11th in silent remembrance of the violence and agony that occurred twelve years ago. The worst and best of which we are capable met at **Ground Zero** and gradually it is being transformed into a place of healing, reflection, and service.

Tragically, in the face of horrific human rights abuses occurring in Syria, the international community again is agonizing about what response is wise and necessary to end the atrocities. What have we learned from the many mistakes made in fearful or vengeful reaction to the 2001 terrorist attacks in New York, Washington, and Pennsylvania?

A few days ago, a gentle man who is an **engineer from Syria** visited my office as a new patient. In our conversation, deep sadness about his homeland arose related to its complex history, millions of refugees and victims of civil war, destabilization of the entire Middle East, and strained diplomatic relations. Like many, he feels that the killing of children and their families with chemical weapons requires more than words of condemnation and sanctions. The increased strength of a unified global voice and additional skillful actions, including targeted military strikes, seem to be called for. The soft-spoken young man from Syria was clear that **United Nations sponsorship** is paramount to create the possibility of peace.

The International Day of Peace is celebrated on September 21st. Together, let's explore the path of peace that begins within. Peacemakers including Pope Francis and many humanitarian groups are encouraging us to gather in prayer, build communities of peace, and practice compassion for ourselves and others. Goodness To Go is a valuable resource to revitalize your personal self-care program, resource your resilience, and clarify the benevolent service that brings your light to our world. Goodness naturally ripples from every act of kindness, no matter how small, and uplifts countless beings. How might you live



your life as a prayer of peace?

Mobilize Your Goodness

Your purchase of the Handbook for Humanitarians is a great way to mobilize your goodness! Proceeds contribute to the prevention of child trafficking through the support of programs developed by **Child In Need Institute (CINI)** in West Bengal, India where our daughter Grace Shanti was born. Like any impoverished girl in India, Grace was at risk of being sold into a Calcutta brothel. Goodness To Go in partnership with CINI empowers educational opportunities for girls and when a girl is educated, she changes the world.



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 peaceful, and interconnected place?**

The **United Nations Secretary General Ban Ki-moon** emphasizes that the education of human beings must include more than reading and arithmetic. **"Education has to cultivate mutual respect for others and the world in which we live, and help people forge more just, inclusive and peaceful societies."** Peace is every step. Let's discover ways to practice peace in our daily lives and make everyday an international day of peace for children and all life everywhere.

Celebrating integral service,



Fran I. Hamilton, M.D.

 [Join Our Mailing List](#)

 [Forward to a Friend](#)

 [Donate](#)



P.S. Thank you for spreading the word about Goodness To Go through your social networks.

[Forward this email](#)

 [SafeUnsubscribe](#)

Trusted Email from
Constant Contact
Try it FREE today.

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

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