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August 2012 Newsletter



Dear Friends of Goodness To Go,

A few days ago, Goodness To Go had the great good fortune to host **Dr. Samir Chaudhuri**, the founding director of Child In Need Institute in Calcutta, India for nearly forty years. Recently, we'd accepted Dr. Chaudhuri's invitation to represent CINI in the United States, deepening the **alliance between Goodness To Go and Child In Need Institute**. It was an honor to engage in strategic planning meetings with this international dignitary who was awarded by the **World Health Organization** in 2011 for the excellence and effectiveness of CINI's grassroots programs empowering millions of Bengalis living in extreme poverty.

As a young pediatrician, Dr. Chaudhuri recognized the plight of impoverished families and redirected his professional focus from private medical practice to creating a holistic approach to addressing needs of impoverished children and their communities. Dr. Chaudhuri has long seen through the illusion of possessions, status, and consumption as paths of fulfillment, and his compassionate beliefs have always been reflected in what he does. By living his **yes** to his integral service, mobilizing his courage in the face of entrenched, complex systemic problems, and redefining what is possible, Dr. Chaudhuri is an uplifting example of sustainable goodness to go.



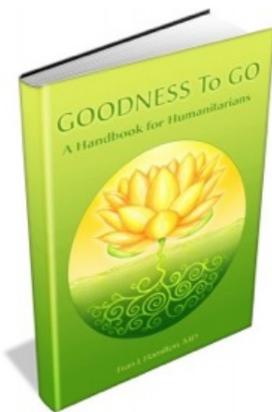
Goodness To Go founders Fran Hamilton, Mark Sherman, and daughter Grace with Child In Need Institute's Dr. Chaudhuri



Samir Chaudhuri, M.D., founding director of CINI with Fran Hamilton, M.D., author of Goodness To Go

"**Yes is the only living thing,**" the poet e.e. cummings wrote. **Yes** is everything living deep within you. The month of August is *yes* in full-bloom. Around the world in regions that have sufficient water, crops begin to ripen. Children with the opportunity to be educated prepare to return to school. **Yes** is the resilient commitment that supports the risks we take to move outside our comfort zones and blossom in our lives. It is openness to new ideas, perspectives, and possibilities that frees our creative intelligence to experiment with new ways of being and to evolve new paradigms.

Mobilize Your Goodness



Remember that the effect of one good-hearted person is incalculable. We are all connected and thus helping others is also helping ourselves. Dr. Chaudhuri asks, "If you've been fortunate enough to have received an education through the investment of your family and society, how can you use it to enrich the lives of others who are less fortunate? How can you give back?"

Many serve simply because it does good and it feels good. [Goodness To Go - A Handbook for Humanitarians](#) outlines a process of self-inquiry that can help you to clarify your integral service. The handbook is a useful resource to mobilize the offering of your gifts to the world in sustainable, enjoyable ways. Proceeds support the missions of the Goodness To Go social enterprise, including **Child In Need Institute's** girl empowerment and brothel prevention programs. You're invited to visit [Goodness To Go](#) to receive a free excerpt and to order your eBook. A paper edition will be available in the next few months.

If you're willing to write to your political representatives, urge the U.S. Government to ratify the

Convention on the Elimination of All Forms of Discrimination Against Women. CEDAW is a landmark international treaty that affirms fundamental human rights and equality for women around the world, and the U.S. is the only country in the Western Hemisphere that has not ratified this treaty. Let the **yes** living deep within you blossom as you find ways to express your unique gifts in ways that activate your most profound generosity.

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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