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## June 2012 Newsletter



**GOODNESS TO GO**  
*Compassion In Action*

### Dear Friends of Goodness To Go,

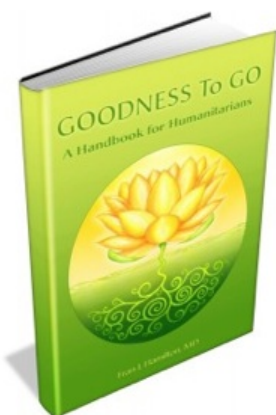
"If the only prayer you ever say is '*Thank you*,'" wrote the 13th century philosopher Meister Eckhart, "that would suffice." The Goodness To Go social enterprise is grateful and enthusiastic about opportunities to deepen our partnership with **Child In Need Institute**, a philanthropy recognized for its excellence by the World Health Organization. Its founding director, Dr. Samir Chaudhuri, has asked Goodness To Go to increase awareness in North America about CINI's paradigm-shifting nutrition, education, and girl-empowerment programs in West Bengal, India where our adopted daughter Grace was born.

The practice of gratitude enriches our daily lives and the month of June offers ongoing opportunities to increase our awareness and expression of gratitude. **World Environment Day** is June 5th and June 20th is **World Refugee Day**. Recall some of the ways that our planet's environments support and enrich your life. Its oceans are home to 80% of life on earth; its forests supply oxygen essential for us to breathe; and its soil provides bountiful harvests. How might you contribute to the health of oceans or other environments? The species of life that are endangered and disappearing due to pollution and habitat destruction are environmental refugees. And although millions of human refugees who've escaped social or environmental danger are grateful to have survived, they need our assistance to thrive as they rebuild their lives..

The third Sunday of June is a time when many people honor and express gratitude for the presence of fathers in their lives. **Happy Father's Day!** Recently, I flew to Canada for my

father's 80th birthday celebrations. During that visit, a friend shared his profound gratitude for the opportunity to serve as a father. Loving fathers coach and champion as they guide and provide for their children. If you know one of the millions of children around the world whose father is not present, consider uplifting their life with your presence. This is also a time to honor those who've made the world a better place for children by taking a stand for freedom, often sacrificing their lives. May we always remember with respect and gratitude the integral service that defends human rights, peace, and justice.

Children need adults who will advocate for them and parents who are committed to raising them with respectful love and healthy discipline. Like mothering, protecting and caring for children as a father is a sacred trust. Even with their best intentions, however, millions of parents are unable to meet the basic needs of their children. Consider donating to a respected organization such as **Child In Need Institute** ([www.cini-india.org](http://www.cini-india.org)) on behalf of your father with thanksgiving for the gift of life. Help to empower impoverished families as you express your gratitude for a brother, grandfather, uncle, or anyone whose support has served a young person in some way.



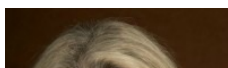
## Mobilize Your Goodness

On June 20th, another season's solstice will be celebrated. Take an hour or a day to unplug from your digital devices and reflect on the manifestation of your goodness to go during this much heralded year of 2012. At the mid-point of the year as we celebrate fathers and mothers, we can also honor the full in-breath of self-care and the out-breath of integral service. Men and women both "hold up half the sky" for life on earth, both are responsible for managing reproductive rates, and both can transform oppression into opportunity. Consider contributing to the **Half the Sky** movement ([www.halfthesky.org](http://www.halfthesky.org)) to

empower neglected, abused, and under-resourced women and girls around the world.

Who you are and what you do makes a difference. *Know yourself. Be yourself. Give yourself today.* [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 programs. Please visit [Goodness To Go](#) to receive a free excerpt and to order your eBook. A print version will be available later this year. We can be wise stewards of planet earth and shelters of compassion for each other. When you offer yourself wholeheartedly, the most meaningful experiences take place. Enjoy!

Celebrating integral service,





Forward to a friend



*Fran I. Hamilton, M.D.*

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