



# GOODNESS TO GO

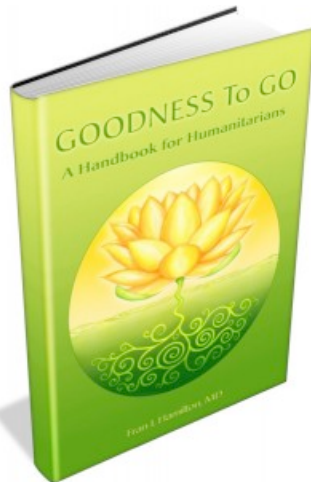
*Compassion In Action*

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Dear Friends of **Goodness To Go**,

The heralded and transformative year of 2012 has begun. Remember to take time during this potent beginning to reflect on what forms your goodness to go might take in 2012. Many thanks to each one of you who has engaged in self-inquiry about integral service, posted a kind note on Facebook, shared the Goodness To Go website through your social networks, or purchased a copy of the *Handbook for Humanitarians*. Many people have been expressing how the power of meaningful, mutually beneficial action transforms their lives.

This morning, my eleven year old daughter, Grace Shanti, who was adopted as an infant in Calcutta, India, was singing *On Top of the World*. Its lyrics celebrated a girl's opportunity to be educated, to spread her wings, and to let her spirit soar. While we're grateful for the positive changes being made, there are countless girls in the world living in abuse and misery who have virtually no opportunity to soar. We all benefit when all children can manifest their gifts, and thrive.



Thankfully, The Girl Effect ([www.girleffect.org](http://www.girleffect.org)) and other organizations are increasing awareness about the strong, positive impact that **empowering girls** can make. Under-resourced mothers around the globe emphasize that what they need most is effective, sustainable ways to help their children to thrive. There are many global issues and infinite ways to express our goodness to go. *The Handbook for Humanitarians* is a useful support for your personal service calling. Since a key mission of the Goodness To Go social enterprise is to prevent as many

girls as possible from being sold into Calcutta brothels, Goodness To Go co-founder Mark Sherman will return to Calcutta in a few weeks inspired by this intent.

*An ounce of prevention is worth a pound of cure.* You've probably heard this maxim penned by Ben Franklin many times. Goodness To Go has partnered with Child In Need Institute in Calcutta ([www.cini-india.org](http://www.cini-india.org)) to augment CINI's girl empowerment programs. Their motto is *Help the Mother Help the Child*. With life-skills educational programs for young girls and expanded community awareness and engagement, at-risk girls can have opportunities to contribute their creative, intellectual, and economic gifts for the upliftment of their communities.

Although rehabilitation and therapeutic programs for victims of the sex trade are necessary, it essential to *prevent* this on-going atrocity. "What saves us in the end," wrote Suzanne Meyer, a Unitarian Universalist who understood service as putting words into work, "might be called the extraordinary power and grace of ordinary people." Together, as we mobilize our concern about this grave human rights abuse, the tidal wave of our compassion can end trafficking of children.

Throughout 2012, as you develop small, specific, scheduled steps to contribute your integral service, experiment with the **A\*B\*C\*D Self-Inquiry Process** described in the introduction of *Goodness To Go*. Thank you for nurturing and sharing your heart's compassion. May you enjoy the meaningful process of integrating your head, heart, and hands as you mobilize your goodness to go!



Celebrating integral service,

*Fran Hamilton, M.D.*