



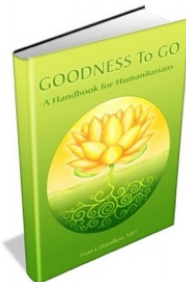
## Dear Friends of Goodness To Go,

Peace. Paz. Vrede. Paix. Frieden. Pace. Shanti. May this season find you peaceful, hopeful, and joyful as we honor the complex tapestry of 2012 and prepare to turn the page of new beginnings to welcome 2013. This transition is a great time to reflect on the much heralded year of 2012 and give thanks for times of generosity, achievement, fortitude, and lessons learned. It's also a fresh opportunity to make peace with ourselves and others, to let go of ways of being that no longer serve us, and to articulate our dreams and visions for the future. We've been given the profound gift of life on this blue jewel of a planet. As we recall those who have passed, may memories of strength and goodness be a blessing to us all.

This is a season to let the heart lead, to bridge, heal, and connect. Love illumines and harmonizes life and cures the disease of fear. As we celebrate the opportunity to welcome the coming year with loved ones, let's share timeless tales and truths and give to those in need. **"To find the lost; to heal the broken; to feed the hungry; to rebuild nations; to bring peace among enemies; to make music in your heart."** These are the words of Howard Thurman, the theologian who mentored Dr. Martin Luther King, Jr.. An essential capacity required to bring peace among enemies is a permanent attitude of forgiveness. Those who are devoid of the power to forgive, wrote Dr. King, are devoid of the power to love. Atonement is at-one-ment; this is the season to rejuvenate our commitment to being and serving the love that is compassionate understanding and goodwill for all.

In the Northern Hemisphere, daylight grows shorter until Winter Solstice, the great turning on December 22. Advent, the weeks before Christmas that welcome "the coming of the light" begins on December 2nd, and the great light of Human Rights Day is celebrated on December 10th. Thich Nhat Hanh, a Buddhist monk who has devoted his entire life to working for peace and human rights, encourages us to **make each moment an occasion to live deeply, happily, in peace.**

## Mobilize Your Goodness



Remember that the effect of one good-hearted person is incalculable. We're all connected and helping others helps ourselves. Actively delight in your own goodness and rejoice in 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 loving, and interconnected place?** Success is measured not only in achievements but in lessons learned, lives touched, and moments shared along the way. The journey of a lifetime can be in a single step from "no" to "yes."

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. A paper edition will be available in the next few months. **Please contact us if you're interested in receiving a copy of Section One: Summon Your Heart** which will be available by Winter Solstice (\$20 includes shipping). Also, your ideas and feedback about

Celebrating integral service,



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*Fran I. Hamilton, M.D.*

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