

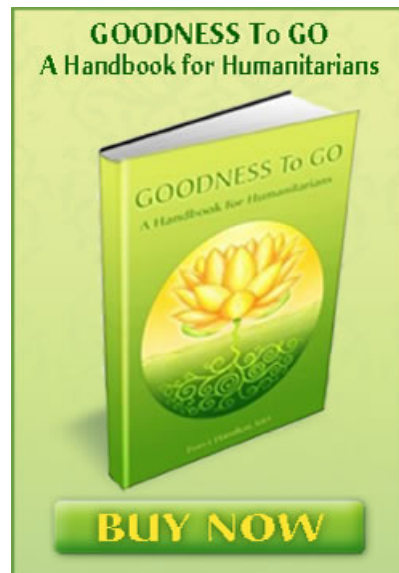
December 2013 Newsletter

**Dear Friends of Goodness To Go,**

As 2013 draws to a close, the legacy of a giant for justice lives on in us all. **Nelson Mandela**, the revered statesman whose life was dedicated to human dignity, equality, and freedom, died in South Africa on December 5th. In 1994, the year after being awarded the Nobel Peace Prize for decades of anti-apartheid struggle and pursuit of racial reconciliation, Mandela became the first black South African president. Despite being imprisoned for 27 years, Mandela's courage, wisdom, resilience, and compassion bent the arc of the moral universe towards justice. It is in our hands and hearts to keep alive the pursuit of global peace and human rights.

December 10th is Human Rights Day and the 20th anniversary of the establishment of the United Nations High Commissioner for Human Rights. Both will be celebrated in more than 50 countries around the globe. **In 1993, at a World Conference on Human Rights, a new vision was forged for global action for human rights.** Historic new steps were taken to promote and protect the rights of women and children. As of today, all countries, except for Somalia and the U.S.A., have ratified the Convention on the Rights of the Child.

All rights matter - civil, political, economic, and social - and are indivisible. The UN **Universal Declaration of Human Rights** recognizes that the inherent dignity and equal and inalienable rights of all members of the human family are the foundation of freedom, justice, and peace on earth. **Goodness To Go - A Handbook for Humanitarians** is a uniquely valuable resource to clarify your life purpose and legacy of service. Proceeds support brothel prevention programs run by **Child In Need Institute** in Calcutta, India where my daughter Grace was born. Two of the articles of the Universal Declaration of Human Rights state that everyone has the right to life, liberty, and security of person, and that no one shall be held in slavery or servitude. Purchasing the handbook and empowering girls at risk of being sold into brothels is a win-win-win expression of goodness to go. **In this season of reflection, rejoicing, and reconciliation, how could you empower human rights, increase merciful justice, and create peace moment by moment?** Peace is every step.

**Mobilize Your Goodness**



Nelson Mandela reminded us, "What counts in life...is what difference we have made to the lives of others."

Remember that the effect of one good-hearted person is incalculable. We're all connected and helping others helps ourselves.

What is a small, specific, scheduled step that you could take this week to leave the world a kinder and more interconnected place? As Winter Solstice approaches in the Northern Hemisphere, let's join together so that the light of peace, equity, and goodwill blazes in every corner of the world. May the dignity of human rights empower every member of our global family in 2014!

Celebrating integral service,



Fran I. Hamilton, M.D.



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

[Forward this email](#)



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

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