

Having trouble viewing this email? [Click here](#)

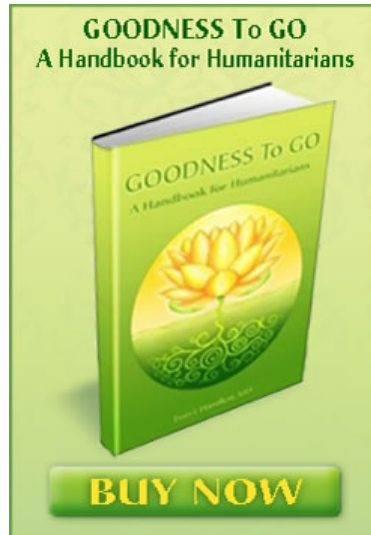
June 2014 Newsletter



**Dear Friends of Goodness To Go,**

Today is **World Environment Day (WED)**, the United Nations' principal vehicle for encouraging positive environmental action. **"Planet Earth is our shared island; let us join forces to protect it,"** said the UN Secretary-General Ban Ki-moon earlier this year. Responsible stewardship of our home planet's environment requires that we become agents of change. How will you protect and rejuvenate our shared environment so that all life can thrive now and in the future?

Barbara Lavender is an agent of positive change for social justice and environmental issues who has served global communities for over 50 years. Recently, on another international aid journey, Barb was asked, **"What made you so helpful?"** As a globally acclaimed attorney whose mother introduced her to volunteer service at an early age, Barb has furthered social rights for many groups through her advocacy work at the Supreme Court level. In her late sixties and in a wheelchair, Barb joyously continues to offer direct service to AIDS orphans in Tanzania and empower refugees on the Burmese border.



Barb's life of integral service is an inspirational story of **When Goodness Gets Going**. Later this month, you can read more about her journey and include your own on the "Stories" page that will be listed on the top banner of the Goodness To Go home page. ([www.goodnesstogo.org](http://www.goodnesstogo.org)) Together, we can gather a treasure trove of stories about how compassion moves into motion. How and when did your concern about a social or environmental issue mobilize into beneficial action? What callings and processes, internal and external, inspired you or someone you've heard about to step into integral service?

We have ongoing opportunities to honor those who commit their lives to peace, environmental health, social justice, and freedom. Together, we can create healthy communities abundant with opportunities for every living being. The **Handbook for Humanitarians** is a unique life resource to focus our reflections about our self-care and service legacy, form powerful partnerships of collaboration, and step into our action plan. Proceeds support girl empowerment programs developed by **Child In Need Institute** in West Bengal, India where my daughter Grace Shanti was born. Engage personally; benefit globally.

**Mobilize Your Goodness**



**Trust you own goodness; offer it with kindness and joy.**  
What experiences, teachings, values, or insights supported your



inspiration to serve your world? When did you first act on this inclination or calling? In our inter-connected world, the effect of one good-hearted person is incalculable.

**What is a small, specific, scheduled step that you could take this week to leave the world a healthier, more interconnected place?** The journey of a lifetime can begin in a single step from "no" to "yes." What values and life circumstances are converging to inspire your heart of service at this point in your life?

Your suggestions about ways that Goodness To Go can support your compassion in action are warmly welcomed. As we approach Summer Solstice on June 21st, days are growing longer. Now and evermore, may the light of goodness and generosity within every human heart shine ever brighter!

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 myalkut@yahoo.com by [franhamiltonmd@goodnesstogo.org](mailto:franhamiltonmd@goodnesstogo.org) | [Update Profile/Email Address](#) | Rapid removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).



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