

## November 2012 Newsletter

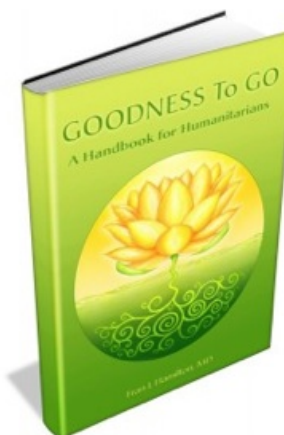


### Dear Friends of Goodness To Go,

"Gratitude unlocks the fullness of life," writes Melody Beattie. "It turns what we have into enough, and more. ...It can turn a meal into a feast, a house into a home, a stranger into a friend." It is our good fortune to be alive at this time rich in promise, and our gratitude naturally wants to be expressed. There has been an outpouring of global support and thanksgiving that fifteen year old **Malala Yousafzai**, who was shot in the head and neck by Taliban terrorists, has miraculously survived an assassination attempt. Malala is the courageous Pakistani activist who for several years has been eloquently advocating for the education of girls. It was tragically ironic that this heinous attack occurred two days before October's inaugural **International Day of the Girl**. If you'd like to learn more about Malala and her mission, visit [www.unicefusa.org/campaigns/stand-with-malala](http://www.unicefusa.org/campaigns/stand-with-malala).

Thankfully, Malala Yousafzai's heroic voice will be able to rejoin the global movement to educate the 500 million adolescent girls in developing countries who are desperate to receive an education. As we give thanks for the remarkable resilience of those harmed by violence, we also have the opportunity to express our grateful respect for those who have fought to protect our freedom. November 11th is Remembrance Day in Canada and Australia as well as Veterans' Day in the United States. Millennia ago, the Greek historian Thucydides wrote that **the secret of freedom is courage**. We give thanks to all those who have risked their lives on behalf of freedom, which is at the heart of personal happiness and a democratic society.

In mid-November, billions of people will be celebrating the beginning of a new year and many of these celebrations are festivals of light. November 13th is the Hindu New Year of Diwali and the Islamic New Year of Muharram is November 15th. Another opportunity to remember our gratitude for the bounty of planet Earth as well as for life, love, learning, and liberty is **Thanksgiving Day**, which will be celebrated in the U.S. on November 22nd. Consider what supports and expresses your experience of sufficiency as your gratitude turns a meal into a feast and what you have into enough.



### Mobilize Your Goodness

Remember that the effect of one good-hearted person is incalculable. We're all connected and helping others helps ourselves. Investing in girls creates a ripple effect of change that transforms families, communities, and entire countries for generations. How might you join a global campaign to empower girls, expand civil liberties, or protect natural environments on the blue jewel of our home planet?

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.

**"Gratitude bestows reverence, allowing us to encounter everyday epiphanies, those transcendent moments of awe that change forever how we experience life and the world,"** wrote John Milton. Consider starting a daily gratitude journal. Take nothing for granted. Be grateful for a heart that experiences gratitude, the source of our virtues, as you explore ways to express your thankfulness. What is **one small, simple, scheduled step** that you could contribute this week to a community or global issue that calls you? With our abundant gratitude, compassion, and generosity, let's make this world a healthier, more equitable home for us all. Happy Thanksgiving!  
Celebrating integral service,



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*Fran I. Hamilton, M.D.*

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