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September 2012 Newsletter



Dear Friends of Goodness To Go,

Happy Labor Day weekend to everyone living in North America! As blazing summer heat begins to subside, it's a great time to prepare for the balance of light and darkness that comes with the equinox on September 22nd. Around the globe, **Women's Equality Day** was recognized a few days ago and the **International Day of Democracy** is celebrated on September 15th. This year's theme for the annual **International Day of Peace** on September 21st is "**Sustainable Peace for a Sustainable Future.**" Peace is every step and equity is a declaration of democratic justice. Peace, freedom, and justice are inseparable. A key element of peace on earth is the honoring of gender equity in every home and nation.

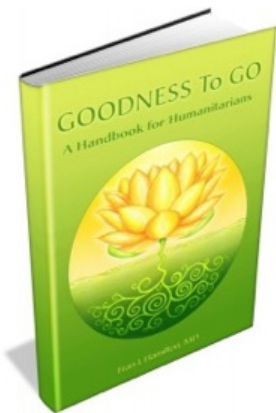
With empathy and anguish, we witness the suffering of people living and fighting in war zones. At the same time, a global war against women has continued for centuries, and untold millions of girls and women have been victims of violence. In the last decade alone, nearly 12,000 American women were murdered by their boyfriends or husbands. This is more than the number of American soldiers killed in the wars in Afghanistan and Iraq. The U.S. military budget is larger than the the world's fifteen next largest military budgets combined. Although the U.S. debt is over \$6 trillion dollars, its military spends \$2.2 million dollars *every minute*. It's time to invest in peace and reinvigorate our commitment to democracy in our hearts, our communities, and our countries.

When lasting peace is our priority, we'll invest in prosperity for all people and in planetary

health. **"There is no time left for anything but to make peace work a dimension of our every waking activity,"** wrote Elise Boulding, an eminent sociologist who emphasized the importance of women in the creation of cultures of peace. Peace begins with each one of us as we nourish inner harmony, compassion, and forgiveness. There's more power in our minds and hearts than our fists or guns. Several decades ago, a wise woman known as the Peace Pilgrim walked alone across America sharing her understanding of peace. **"The way of peace is the way of love. Love is the greatest power on earth,"** she wrote. **"World peace will never be stable until enough of us find inner peace to stabilize it."**

Gender inequity and poverty lead to social instability. Research consistently proves that educating and empowering girls breaks the cycle of generational poverty, decreases disease, and increases democratic values. There are many voices in the global campaign to empower girls, including [Child In Need Institute](#) in India. Some others are the United Nations Foundation's Girl Up, UNICEF, the Global Campaign for Education, World Vision, and Partners In Health. **"No one finds inner peace who avoids doing his or her share in the solving of collective problems...do all the good you can each day,"** wrote the Peace Pilgrim. Consider what your share is in the peace and empowerment work that our world needs at this time of peril and promise.

Mobilize Your Goodness



Remember that the effect of one good-hearted person is incalculable. We're all connected and helping others helps ourselves. Gender equity is essential to a sustainable peace in our homes and nations. How might you join the global effort to end violence against women and girls? What is one small, specific, scheduled step that you could make to deepen peace in your life and in the world?

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 and to order your eBook. A paper edition will be available in the next few months.

To become a peacemaker is to be a courageous, resilient source of peace, restoring unity where there is fragmentation and releasing what holds us back or is no longer needed. Find ways to explore the path of peace in your life. If you're willing, urge the U.S. government to ratify the **Convention on the Elimination of All Forms of Discrimination Against Women**. CEDAW is a landmark international treaty that affirms fundamental human rights and equality for women around the world, and the U.S. is the only country in the Western Hemisphere that has not ratified this treaty.

There are many ways to lead your life with commitment to peace, freedom, justice, and equality. Mark your calendars for the PBS documentary on October 1st and 2nd at 9 p.m. EST entitled **Half the Sky: Turning Oppression into Opportunity for Women**

Worldwide. You're also invited to spread the word about the first **International Day of the Girl** which will be celebrated on 10-11-12. Let's sow the seeds of peace and join our voices together in harmony as we mobilize our goodness to go.

Celebrating integral service,



Fran I. Hamilton, M.D.

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