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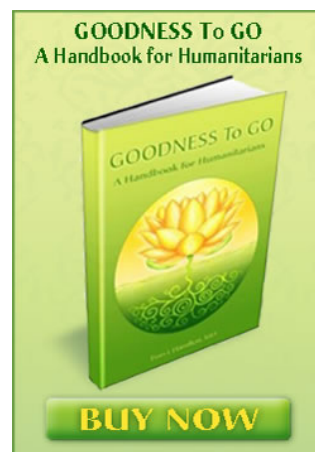
Dear Friends of Goodness To Go,

Last week, I returned from transformative travels through Anatolia, also known as Turkey. It did take a degree of courage to travel alone to the crossroads and cradle of civilization where I knew no one and did not speak the language. One of the journey's highlights was visiting the tomb of Rumi, a 13th century Sufi poet and scholar. To his question, "**What is love?**", Rumi answered, "**Gratitude.**" I appreciated the opportunity to donate a copy of Goodness To Go to a small library near Rumi's tomb.

We're entering a season rich with opportunities to receive and express love in the form of thanksgiving. For over a billion people living on the Indian subcontinent and around the world, November 11th is Diwali. This New Year festival of lights celebrates the triumph of goodness. In North America, November 11th is a day of remembrance to honor with gratitude the courage and sacrifice of those who've served in the armed forces. November 26th is American Thanksgiving Day when the goodness flowing through life is celebrated.

Gratitude often flows in circles. You've probably experienced how much you receive when you've offered your goodness to go. It's also true that when your heart fully receives, you're in turn giving a gift. "**To let it in is to give it,**" Mark Montague reminds us. Enjoy recalling cycles of giving and receiving in your life.

Last month, our virtual book circle reflected on gratitude, 'the parent of all virtues', and this month, we'll focus on Chapter 9 of Goodness To Go entitled **Courage – Freedom from Fear**. Like millions of warriors for justice and freedom, Nelson Mandela recognized that courage is not the absence of fear but the triumph over it. The dignified courage of Rosa Parks was a beacon for the civil rights movement. Mahatma Gandhi was a servant leader who let his life speak with great courage. Every morning, his resolve was, "**I shall not fear anyone on earth...I shall bear ill-will towards no one. I shall not submit to injustice from anyone.**" In what ways has your life-affirming courage taken a stand?



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Handbook for Humanitarians is a valuable companion as resistance and discomfort transform into the power of courage. Purchases for yourself, friends, schools, libraries, and philanthropies benefit World Health Organization award-winning programs directed by Child In Need Institute in Calcutta, India where our daughter Grace was born. She'll tell you more about CINI's recent innovative approach to protect and empower teen girls called GPower (Girl Power) that has already saved 200 village girls from being trafficked or forced into child marriage.

Global Grace Notes



Hi! My name is Grace Shanti and it's an honor to be co-writing the Goodness To Go newsletter with my Mom. I often think about what my life might be like if I hadn't been adopted from the orphanage in Calcutta 15 years ago. I probably wouldn't have had the opportunity to be educated or the power to make essential life choices like when I want to get married or have children. I'm thankful that Child In Need Institute in Calcutta is helping girls like me.

CINI's Assistant Director is a woman who is deeply committed to adolescent development issues in India. Dr. Bhattacharya helped to develop an app called GPower (Girl Power) to monitor and provide interventions for girls at risk of becoming victims of harmful social practices in India. She writes, "The girls in GPower are caught in the vicious cycle of vulnerabilities, like school dropout, early marriage, early pregnancy, child labour and trafficking...Saving these girls' lives through a digital innovation with real-time alarms and alerts, and through strengthening the community-based safety net in the family and village itself, could save a society."

Although I sometimes complain about the amount of homework in Grade 10, I'm very, very grateful to be able to attend school. Thanksgiving Break will soon be here – thank goodness! Enjoy!



Mobilize Your Goodness – Light Tomorrow with Today

"If the only prayer you said in your whole life was *thank you*, that would suffice...Gratitude unlocks the fullness of life. It turns what we have into **enough, and more**," wrote a 14th century philosopher known as Meister Eckhart.

On my way back from Turkey, a large airport sign



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internationally. A donation to [Child In Need Institute](#) is one way to connect internationally. Child trafficking is a critical global issue. So is climate change, and refugee crises where millions of vulnerable, traumatized people seek the safety of a new home.

Is there a local, international, or global issue that especially calls forth the courage of your integral service? **What is a small, specific, scheduled step that you could make this week to leave the world a more empowered and inter-connected place?** What gifts are uniquely yours and how will you offer them to benefit the world? Remember to acknowledge and give thanks for your own inherent goodness. Let's find ways to remember and manifest the golden values of our global hearts. Happy Thanksgiving!

Celebrating integral service,

Fran I. Hamilton, M.D.

P.S. Thank you for spreading the word about Goodness To Go through your social networks. A portion of proceeds from your purchase of the Handbook benefits CINI's transformational girl empowerment programs.



Educate a girl. Change the world.

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