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The Spark, Mid-January 2024, Edition 05



Art: *Trenches* by Pawel Kuczynski

It's Time

by Marilyn Turkovich

In our complex, dynamic, and ever-changing world, the path from tolerance to true acceptance requires intentional effort, self-reflection, and a commitment to dismantling barriers. Let's face it: it is time to put the past behind us. We need a new attitude towards others, especially to those who seem to be most different from ourselves. After all, if we were to scratch beneath the surface, the good old days weren't that good. They, too, were demanding and uncertain. The time has come to recognize that

we must consider thinking and acting differently in order to move beyond the superficial-level of tolerating each other to embrace, accept, and create equity in a world that is constantly reinventing itself.

For too long, we have been advised to be tolerant of differences. In my opinion, that was wrong advice. Tolerance implies a passive coexistence. It's time to burst the tolerance bubble and replace it with acceptance and appreciation of one another.

[Continue Reading Here](#)

Charter for Compassion News, Programs, and Webinars

Charter Education Institute



InterSpiritual Meditation: A 7-Step Mindfulness Practice

**Course begins January 23, for 9 weeks.
US\$77**

In this 8-week course (endorsed by the Charter Education Institute), you will refine your personal practice through a universal process that is shared by many of the world's great traditions. You will experience how it complements and amplifies other practices like Mindfulness. You will join with a diverse community that honors the wisdom of a variety of practices.

[Learn more and Register here](#)



Grief & Loss with Rick Hanson

**Course begins February 12, for 4 weeks.
US\$40 (with coupon code, normally \$299)**

We all face losses – from separations and disappointments to shocking, even traumatic events. Join Dr Rick Hanson, New York Times' bestselling author and psychologist as he takes you through powerful practices that help us bear the unbearable, and in natural ways move forward, heal and find happiness again. In this self-paced course, Rick helps you soothe emotional pain, find perspective and meaning, mend what you can, and hold whatever has happened with acceptance and self-compassion.

[Learn more, \(get coupon code\),
and Register here](#)

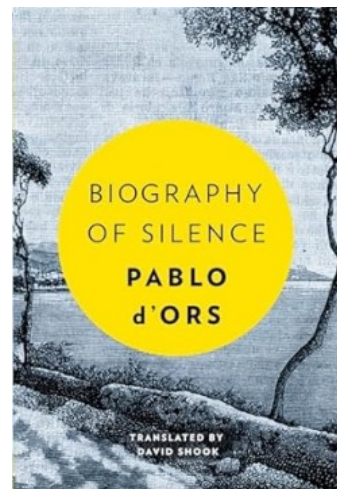
GLOBAL READ: Biography of Silence by Pablo d'Ors

Wednesday, Jan. 31, 9 am PST / 5 pm GMT

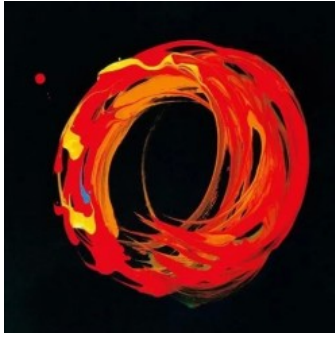
A publishing phenomenon in Spain: a moving, lyrical, far-ranging meditation on the deep joys of confronting oneself through silence by a Spanish priest and Zen disciple.

With silence increasingly becoming a stranger to us, one man set out to become its intimate: Pablo d'Ors, a Catholic priest whose life was changed by Zen meditation.

Imbued with a rare beauty, Biography of Silence shows us the deep joy of silence that is available to us all.



[Learn more and Register here](#)

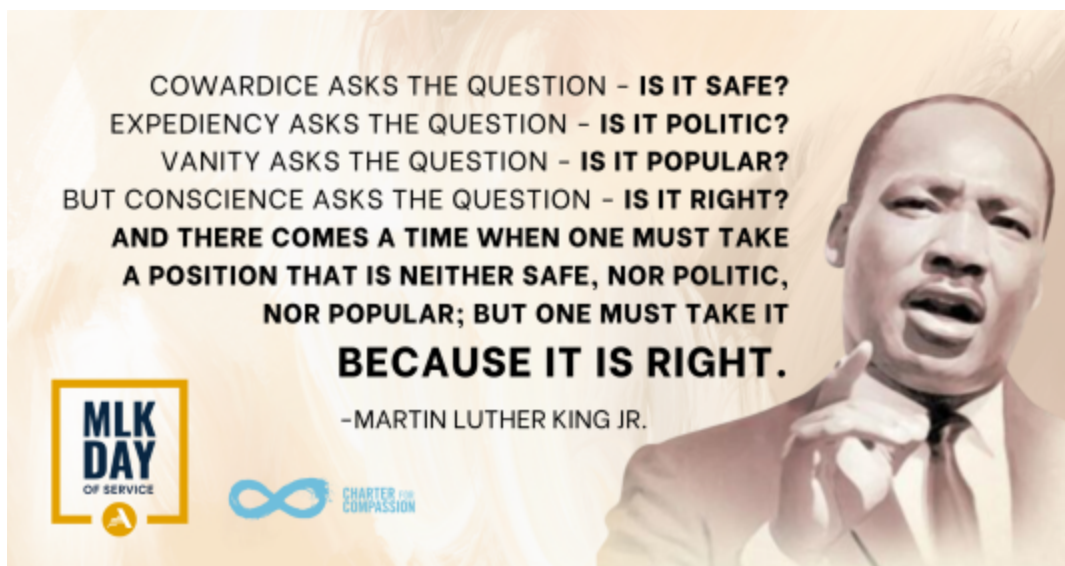


Compassion Circle: The Charter Sangha

Saturday, Jan. 27, 9 am PST / 5 pm GMT

This past Thursday, January 18, we hosted Kathy Grey from No Bully. Learn about this award-winning program being implemented in schools. Trained teachers are able to solve close to 90% of incidents of bullying and cyberbullying and create a culture where every student belongs.

[Learn more and Register Here](#)



Martin Luther King Jr. 40 Days of Peace Campaign

During the past several years the Charter for Compassion has participated in the [40 Days of Peace](#) celebrating the extraordinary grassroots, national and global challenges that MLK has charged us to follow. The programs outlined below refer to "The Triple Evils," addressed in Where Do We Go From Here: POVERTY, RACISM and MILITARISM. These are forms of violence that exist in a vicious cycle.

Upcoming events:

January 15 - February 23

[Feast for the Soul](#)

January 20

[Turning 'The Dream' of Peace into Action One Compassionate Step at a Time](#)

January 23

[National Day of Collective Healing with Civil Rights Poet Nikki Giovanni](#)

January 25, 29, & February 1

[Crossing Borders](#)

January 29 - 31

[The Transformational Learning Summit](#)

February 1-7

[World Interfaith Harmony Week](#)

February 9-11

[Awakening to Humanity's Sacred Mission: An International Symposium and Call to Action](#)

February 15, 22, 29, March 7 & 14

[Deep Compassion: Compassion for Busy People](#)

On The Shop



Compassion Baby-Tee

How cute is this shirt? Get your baby this short sleeve cotton jersey tee that's not only stylish, but also comfy, durable, and easy to clean.

[Shop Baby-Tees!](#)



Love is The Key

Love is the Magic Key that lets You and Me Be the Real We! It is the whimsical journey of a father and his daughter on the path of learning about Unconditional Love.

[Shop Books!](#)



Compassion Pins (5 Pk.)

These metal pins say Compassion and our logo infinity sign.

Take advantage of this package deal and save on your order!

[Shop Pins!](#)



WATCH CHARTER LIVE WITH FELIPE

EVERY THURSDAY AT

FRIDAY FRIDAY
11 AM PST / 8 PM CET / 12.30 AM IST / 6 AM AEDT

ON OUR SOCIAL MEDIA CHANNELS

∞ CHARTER FOR COMPASSION

f t in o s

From our Partners



Tired of student bullying? Get trained in a system that works.

Jan. 22, 9 am PST / 12 pm EST

This past Thursday, January 18, we hosted Kathy Grey from No Bully for our EdNet forum. ([Watch recording here.](#))

Learn the award winning methodology from "No Bully" to support student mental wellbeing and end bullying and cyberbullying at your school.

E-mail Kathy Grey with any questions!

[Learn more and Register here](#)



Charter for Compassion, 2024

