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The Spark, September 29, 2025, Edition 57



A Powder Keg or a Path of Kindness?

When we pay attention, we all know, deep down, when something is wrong. We know that to harm another person—whether with words or with actions—runs against the grain of our shared humanity. Yet common sense, as the saying goes, may not be so common anymore.

We've all been surprised by kindness at some point in our lives. A gentle gesture, an unexpected word, a helping hand when we least expected it. These moments restore our faith. But how do we multiply them? How do

we inspire more people, in more corners of the world, to choose kindness deliberately?

Whether you're reading this in a refugee camp, or from a high-rise overlooking the Bay of Bengal in Mumbai, the truth is the same: acting kindly requires so little effort. Yet saying the words, "*I'm sorry*," or "*I forgive you*"—those small but seismic declarations—can feel like acts of impossible courage. But are they really?...

Continue Reading Here



Announcing the Charter for Compassion's Global Gala & the 2025 Karen Armstrong Humanitarian Awards

Threads of Compassion

Recognizing Those Who Heal, Uplift, And Unite Humanity

Saturday, November 15, 2025

**Online - LIVE broadcast
at 8 am PST (4 pm UTC) & 4 pm PST (12 am UTC)**

to benefit every time zone

**Expect inspiration. Expect connection.
Expect to be moved.**

**Join us in celebrating those who heal, uplift, and unite
humanity— and stand with us in weaving compassion
into the fabric of our world.**

Learn more and Get Your Tickets Here!



Cognitive Based Compassion Training (CBCT)

Compassion U™ is a virtual way to learn CBCT© (Cognitively Based Compassion Training), a program developed at Emory University in 2005, to cultivate compassion and emotional well-being in adults. Supported by decades of research, the CBCT program includes self-paced sessions in Compassion U and a weekly live group session with a trained CBCT Instructor to support you to:

- Strengthen Attention
- Regulate Emotions

- Sustain Compassion for Yourself and Everyone You Meet!

CBCT is already transforming the fields of healthcare, mental health, education, and business. Whether for personal healing, professional development, or a more just world, CBCT equips individuals with the tools to flourish.

[Learn More and Register Here](#)

News, Programs, and Webinars



Bearing Witness: Gaza + Palestine Campaign

The Charter for Compassion and *Peace for All to Justice for All* have joined with allies worldwide to launch the **Feed Gaza Coalition**—a united movement to demand an immediate lifting of restrictions on food and medicine entering Gaza.

[Check out the Final Week's Tasks Here](#)



Harmony of Humanity: Exploring Common Ground Through Music with Marilyn Turkovich

Every Wednesday

8am PDT / 9:am MDT / 10am CDT / 11am EDT / 4pm UTC / 5pm SAST / 8:30pm IST

Music has been an integral part of every culture throughout history, reflecting the unique characteristics and traditions of different societies. From the rhythmic beats of African drums to the intricate melodies of Indian ragas, music provides insight into the lives, histories, and identities of people around the world.

By studying various musical traditions, we gain a deeper appreciation for the diversity and richness of global cultures.

[Register For Series 3 Here!](#)



Kitchen Table Chat

Friday, October 3

8:30am PDT / 9:30am MDT / 10:30am CDT / 11:30am EDT / 4:30pm UTC / 5:30pm SAST / 9pm IST

Every First Friday of the month, the Health sector invites everyone to join and share what's happening with friends in our work to elevate compassion in Health.

[Learn More and Register Here](#)



Allies in Action Community & Partner Chats

At this gathering, we aim to foster meaningful conversations, exchange innovative ideas, and address any concerns that you may have.

Together, we can harness the power of collaboration to create tangible change at the local, national, and global levels **in different parts of the world!**

Join us as we unite our efforts, share our experiences, and ignite inspiration to drive positive impact in our communities and beyond.

[USA Chat](#)

Monday, October 6

1pm PDT / 2pm MDT / 3pm CDT / 4pm EDT

[UK Chat](#)

Tuesday, October 7

5pm BST / 9am PDT

[Australia & New Zealand](#)

Thursday, October 9

9am AEST / 11 am NZDT / Wed. Oct 8, 3pm PT

[Learn More and Register Here](#)



ICYMI: In Case You Missed It!

September 13

[Global Read for Kids+Co: World of Wonder with Valarie Kaur](#)

September 16

[Cultivating Self Compassion with Ai - Dr. Lydia Kostopoulos](#)

September 17

[Global Read: Home Inside the Globe with Gail Straub](#)

September 21

[Australia National Day of Compassion 2025](#)



Join us for the second edition of the virtual [Charter for Compassion Global Youth Conference: Compassionate Leadership for Action & Impact](#) on October 28–30, 2025, featuring special programming by [KidsRights](#) through their [State of Youth Program](#) on October 30, bringing powerful energy to our closing day.

This year's conference will bring together a powerful collective of youth leaders, and changemakers from across the world to explore how young people are rising to meet today's challenges with empathy, courage, compassion, and a deep commitment to justice and transformation.

Through visionary ideas, purpose-driven dialogue, and collaborative leadership, this conference will equip participants to turn compassion into tangible action, locally and globally.

Compassionate Youth Awards

We are honored to launch the Compassionate Youth Awards, a celebration of outstanding young changemakers who are leading with compassion and creating meaningful impact in their communities and the world. Awardees will be recognized at the Global Youth Conference 2025.

[Learn More and Register Here](#)

From our Partners



Week of Prayer for World Peace 2025

October 12-19

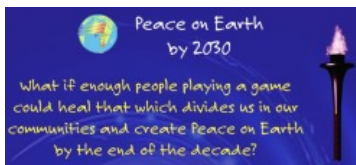
Interfaith Alignment is honored to collaborate with the **Iona Community** and the **Week of Prayer for World Peace (UK)** on this expanding global project.

A digital calendar of prayer videos from 8 faith and spiritual traditions offered by global leaders and communities for the Week of Prayer for World Peace.

Together, through shared prayer and sacred intention, we nurture a peace that unites humanity in care for one another and the whole of creation.

We invite you to revisit, reflect, and share these daily prayers—perfect for opening meetings, classes, worship services, and interfaith gatherings.

[Visit Week of Prayer for World Peace Site](#)



Peace Game

Peace Game Information Meeting

Wednesday, October 8

**5pm PDT / 6pm MDT / 7pm CDT / 8pm EDT
/ Oct.9 11am AEDT / 1pm NZST**

Join David Gershon, architect of the Peace Game and Peace on Earth by 2030 movement, who will share the vision and practices for achieving Peace on Earth by 2030, and how you can participate through playing the Peace Game.

[Click/Tap here to register for the info meeting](#)

Peace Game Begins!

Every Wednesday, October 15 - December 10

9am PDT / 10am MDT / 11am CDT / 12pm EDT / 5pm UTC / 6pm SAST / 9:30pm IST

Begin the Peace Game!

[Click/Tap here to Register to play the game](#)

Announcing 2 impactful Virtual Conferences:



The 4th Annual Global Learning For an Open World Conference

November 19-20, 2025

GLOW is a premier virtual event dedicated to global education and innovation. This conference aims to enhance global competencies, foster cross-border collaboration, nurture dynamic global citizenship, and ensure equitable access to quality education for all.

[Learn More Here](#)



Thrive: United for Democracy and Global Action

January 21-22, 2026

Join democracy practitioners, educators, business leaders, and community organizers from around the world for two days of cutting-edge strategies, cross-sector partnerships, and practical skill-building to strengthen democracy globally.

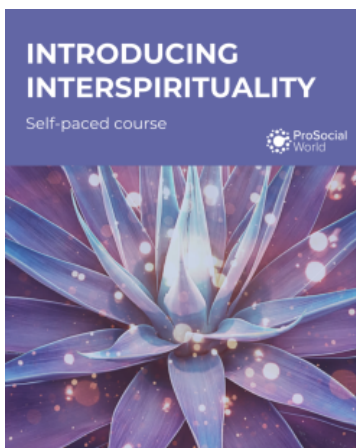
[Learn More Here](#)



GoldenRuleism Children's Resources

We invite you to enjoy and share our new GoldenRuleism Children's Resources throughout the year. These resources are designed to inspire learning and compassion, encouraging young minds to embrace the principles of kindness and understanding. Share them with others to spread awareness and promote a nurturing atmosphere for all.

[Explore Resources Here](#)



New Virtual, Self-Paced Course: Introducing Interspirituality with ProSocial Spirituality

Are you seeking a deeper spiritual connection?

ProSocial Spirituality blends scientific wisdom with spiritual traditions to create meaningful transformation. Start your journey on your own time with our introductory self-paced course. This course explores Wayne Teasdale's Nine Elements of Universal Spirituality, providing a self-paced journey for personal growth and inner transformation.

[Learn More and Register Here](#)

If you are a Partner organization, or belong to a registered Compassionate City/Community with us, and want to promote your events in The Spark, the Charter for Compassion's newsletter, email contact@charterforcompassion.org



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








*If you'd like to be featured in the LIVE show,
email felipe@charterforcompassion.org*

Featured items on the Store



Compassion Heart Sticker

US\$4

These stickers are printed on durable, high opacity adhesive vinyl which makes them perfect for regular use, as well as for covering other stickers or paint.

[Shop Stickers](#)

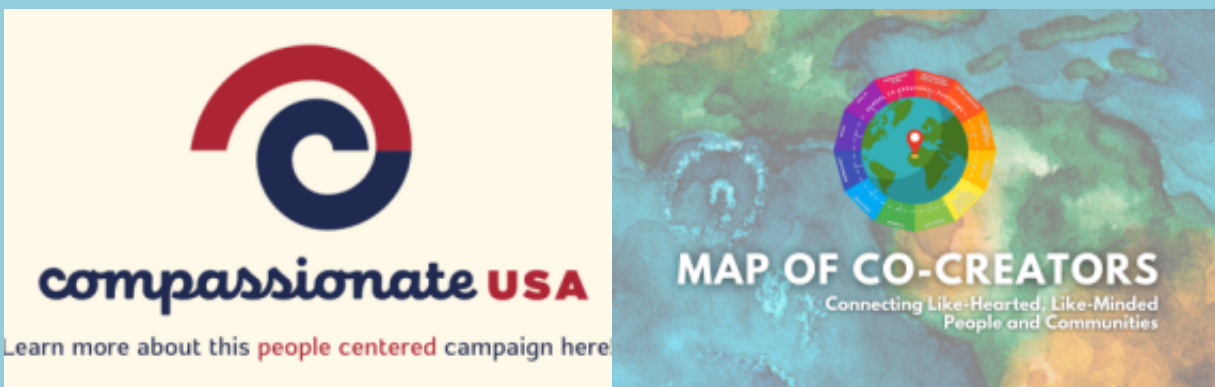


Do Good Onesie

US\$30

Dress your baby to the nines with this 100% cotton one piece. It has three snap leg closure for easy changing, a comfortable envelope neckline, and a beautiful print that's bound to get the baby all happy and giggling.

[Shop Onesies](#)





community of
mindful families



Charter for Compassion, 2025

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because you signed up for it, or
participated in a course, meeting, or
webinar with the Charter for
Compassion.

