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The Spark, February 25, 2026, Edition 71



A Culture of Lies — and the Work of Telling the Truth Together

There was a time when public debate meant arguing over what should be done. Today, we often find ourselves arguing over what actually happened. We watch an event unfold — sometimes in real time, sometimes from multiple camera angles — and then we are told it did not happen as we

saw it. Or that it meant something entirely different. Or that the people involved were not who they appeared to be.

Increasingly, the most draining experience is not disagreement. It is the erosion of shared reality. Many of us recognize the feeling. First comes shock. Then anger. Then the urge to correct the record. Then the endless argument. And eventually, exhaustion. We stop responding not because we no longer care, but because defending truth begins to consume more energy than we possess.

This is the quiet danger of a culture of altered truth. Lies do not need to convince everyone. They only need to exhaust enough people.

When What We See Is Denied

Recently, the deaths of two individuals in Minneapolis were witnessed by many through recorded footage. Yet competing descriptions quickly emerged: the victims were labeled dangerous, threats were claimed, and the events were framed in ways that contradicted what viewers believed they saw. The purpose of raising such examples is not political. It is human...

[Continue Reading Here](#)



JOIN US AT THE THRIVE CONFERENCE, MARCH 4-5!

Charter for Compassion in partnership with Actionable Innovations Global bring you Thrive: United for Democracy and Global Action.

Thrive 2026 is the essential virtual summit empowering cross-sector leaders to forge practical solutions for democratic resilience.

Join us to gain actionable skills, build global partnerships, and drive real-world impact in strengthening democracy.

[Learn More & Register Here](#)



New episode of our podcast "WITH COMPASSION" Why Women Matter in Peace with Dr. Scilla Elworthy

In this enlightening conversation, [Dr. Scilla Elworthy](#) shares her extensive experience in peace building, highlighting the importance of women's roles, the impact of fear on conflict, and the necessity of compassion in dialogue. She reflects on her journey from observing injustices in Southern Africa to facilitating crucial discussions among global leaders, emphasizing the need for emotional intelligence and listening in peace efforts.

[Watch/listen to the latest episode with Dr. Scilla Elworthy Here!](#)



Cognitively 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.

Registration closes this Thursday, February 26!

[Learn more about this journey toward compassion here](#)

News, Programs, and Webinars



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

Every Wednesday
8am PST / 9am MST / 10am CST / 11am EST / 4pm GMT / 5pm CET / 6pm SAST / 9:30pm 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 4 Here!](#)



Global Taskforce for Youth Combatants

Building New Cycles of Peace: Centering Former Combatants as Agents of Peace

TODAY, WEDNESDAY, February 25
7am PST / 8am MST / 9am CST / 10am EST
/ 3pm GMT / 4pm CET / 5pm SAST / 8.30pm IST

This co-hosted event by **GTU** and Charter for Compassion aims to shed light on the unique potential of youth combatants with lived experience of armed conflict through a dialogue. By amplifying their voices and fostering genuine dialogue, we aim to raise awareness of their critical roles in peace building.

Listening to their experiences is essential to deepening global discussions on their rights, as well as on the support needed for their reintegration and empowerment as Agents of Peace.

[**Learn More & Register Here**](#)



Compassion Circle: The Charter Sangha

Saturday, February 28
9am PST / 10am MST / 11am CST / 12pm EST
/ 5pm GMT / 6pm CET / 7pm SAST / 10.30pm IST

On the last Saturday of every month, the Charter for Compassion offers a 90-minute practice of people coming together to be in a Circle, a Sangha.

[**Learn More & Register Here**](#)



Talk. Listen. Connect. Upcoming TLC Trainings!

TLC: Training for Local Bridge Builders, developed by **Compassionate Communities UK**, is a 90-minute interactive workshop designed to equip everyday citizens with practical tools to become **connectors, bridge builders, and catalysts for kindness** in their communities.

This training recognizes a simple truth: communities thrive when people know how to find one another, listen well, and act with compassion—especially in times of challenge.

Upcoming sessions:

March 2 - [Train the Trainer session for Local Bridge Builders TLC with Julian Abel](#) *for people who attended the intro session on Feb. 18.*

March 11 - [Introduction to Local Bridge Builders TLC with Julian Abel](#)

March 18 - [Introduction to Local Bridge Builders TLC with Mary Ann Boe](#)

March 26 - [Train the Trainer session for Local Bridge Builders TLC with Mary Ann Boe](#)

[Learn more and Register here](#)



Kitchen Table Chat with the Health Pillar

Friday, March 6

8:30am PST / 9:30am MST / 10:30am CST / 11:30am EST / 4:30pm GMT / 5:30pm CET / 6:30pm SAST / 10pm 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 Here](#)



EdNet Forum: Peace Tracks with Sandra Rizkallah

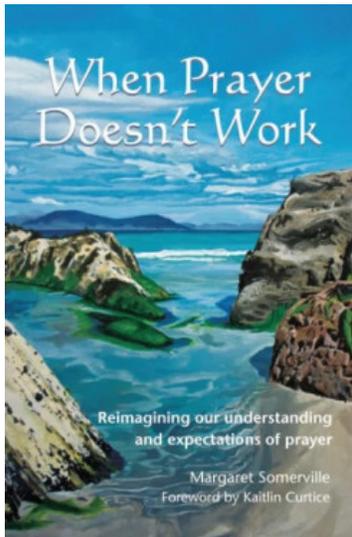
Thursday, March 19

7:30am PST / 8:30am MST / 9:30am CST / 10:30am EST / 2:30pm GMT / 3:30pm CET / 4:30pm SAST / 8pm IST

Peace Tracks is a cross-cultural, music-focused online exchange amplifying global voices for peace through music, empathy, and creative collaboration.

In this workshop, attendees will participate in a mini-Peace Tracks session by selecting themes, such as equity, inclusion, climate change, human rights, social justice, and peace for their song, collaboratively writing lyrics for a short song, and creating a beat and vocals for their song using Soundtrap, a digital audio workstation.

[Learn More & Register Here](#)



Global Read: When Prayer Doesn't Work by Margaret Somerville

Wednesday, March 25

**9:30am PST / 10:30am MST / 11:30am CST
/ 12:30am EST / 4:30pm GMT / 5:30pm CET
/ 6:30pm SAST / 10pm IST**

What if prayer is not about having the right words, but about noticing the sacred in washing dishes, the rhythm of breath, or the quiet sharing of tea with a friend?

Margaret Somerville invites us to rediscover prayer as a way of living, not a formula to get right. With wisdom drawn from her Celtic roots, lifelong pilgrimage to the Isle of Iona, and deep engagement with Buddhist, Hindu, Muslim and Jewish traditions, she reimagines prayer as presence in the ordinary.

[Learn More & Register Here](#)



Embodied Presence Course with Eckhart Tolle and Kim Eng

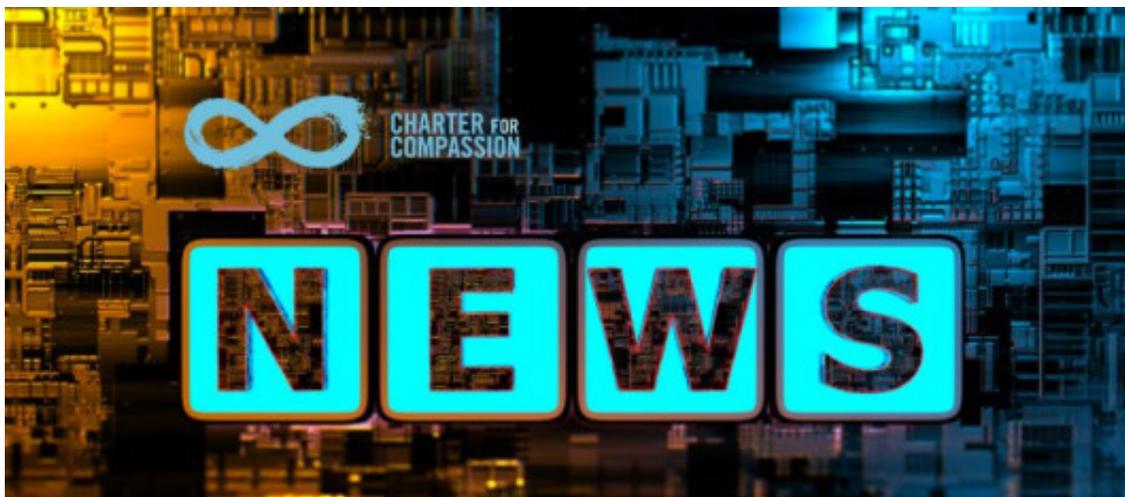
Embodied Presence is a **self-paced online video course** offering an introduction to Eckhart Tolle’s timeless teachings—presented in a way that is accessible, practical, and deeply relevant to modern life.

This course invites you to step into the power of presence—living with greater awareness, compassion, and inner strength. You may choose to engage individually or within small groups, making it ideal for personal growth, community circles, or study gatherings.

The program unfolds over eight modules. While you can move at your own pace, we recommend completing one module per week for the most enriching experience.

This program is offered by the Charter for Compassion in partnership with the Eckhart Tolle Foundation, a global coalition working to build a just, compassionate, and sustainable world.

[Learn More & Register Here](#)



Have you checked out our news section yet?

We share our global members/partners' meaningful

updates in the News section of our website

This week, we highlight three pieces that speak directly to the moment we are living in:

First, we share the opening speech from International Olympic Committee President Kirsty Coventry. Her words offer a powerful public-language expression of shared humanity — one that resonates deeply with the [Charter for Compassion's Compassion 2.0 vision](#) and its seven pillars. In a global gathering centered on excellence and competition, she reminds us that our deeper purpose is connection.

Second, [Wake Up America](#) is a heartfelt reflection responding to what our Healthcare Pillar co-lead, Stephanie Paulmeno, describes as the “dismantling of our democracy.” It gives voice to emotions many are struggling to name — grief, confusion, and moral urgency — and calls us toward responsible citizenship grounded in compassion.

Finally, [Beth Tyson](#) — childhood trauma specialist and member of the Charter's Healthcare Pillar — offers guidance for those who are physically safe yet emotionally overwhelmed by the state of the world. Her article provides practical ways to stay grounded, care for our nervous systems, and remain present without becoming numb or consumed.

Together, these three stories form a continuum: global vision, civic responsibility, and personal resilience — the inner and outer work of compassion in our time.

[Check out our News Section Here!](#)

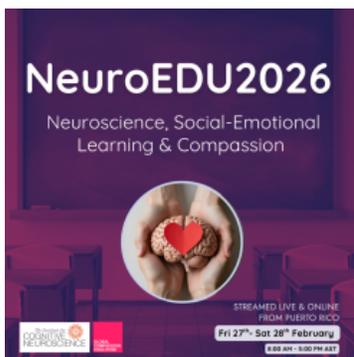
From our Partners



GoldenRuleism Resources

Head to their website to download a free digital e-book, learn how to become an ambassador, and add yourself to the location map!

[Visit GoldenRuleismCan Here](#)



NeuroEDU2026: Neuroscience, Social-Emotional Learning & Compassion

FEBRUARY 27 -28, 2026

Connecting the Brain and the Heart in Education

We are thrilled to partner with the Global Compassion Coalition for NeuroEDU2026. This visionary conference explores the science of compassion in schools with experts like Rick Hanson and Chris Germer. It is entirely online and free to attend.

[Learn More and Register Here](#)



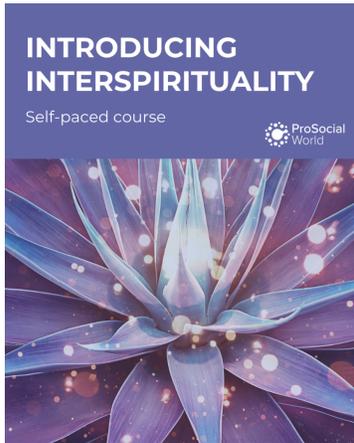
One Million Acts of Kindness

Looking for something that brings hope and connection?

One Million Acts of Kindness is a free, guided 30-day journey where participants commit to one intentional act of kindness each day and reflect on those actions alongside others around the world.

This community-supported experience turns small moments of care into meaningful collective impact.

[Start Your Journey 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



CHARTER FOR
COMPASSION



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

Featured items on the Store



Ripples of Compassion 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](#)



Ripples of Compassion Mug

US\$20-22

Whether you're drinking your morning coffee, evening tea, or something in between – this mug's for you! It's sturdy and glossy with a vivid print that'll withstand the microwave and dishwasher.

[Shop Mugs](#)



community of mindful families



COMPASSIONATE LAS VEGAS

Charter for Compassion, 2025



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