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The Spark, January 2024, Edition 4

Artwork by Natalia Shaloshvili, Ukraine/UK



The World Needs All the Good that I Can Do

**I cannot do all the good the world needs.
But the world needs all the good that I can do.**

~Jana Stanfield

As we stand at the threshold of a new year, the possibilities for positive change and collective impact are boundless. In a world often filled with challenges, uncertainties, and complexities, the power of goodness remains an unwavering beacon of hope. The profound sentiment expressed in the quote, "I cannot do all the good the world needs. But the world needs all the good that I can do," echoes through time, inviting each of us to reflect on the transformative potential of our individual actions. In 2024, let us embark on a journey of kindness, compassion, and collective goodwill, recognizing that our efforts, no matter how small, contribute to a brighter, more harmonious world.

[CONTINUE READING HERE](#)

Charter for Compassion News, Programs, and Webinars



CEI: The Gift of Forgiveness with Deborah Briggs

Course begins Monday, Jan. 15 for 4 weeks

As part of the Sage-ing® or Conscious Aging movement, we can discover, access and utilize our wisdom through giving ourselves THE GIFT OF FORGIVENESS.

During this workshop we will explore the impact of our beliefs about forgiveness, begin the healing process and recognize the powerful ways that the things we saw as negative can be transformed into the foundation for living more fully.

[Learn More & Register Here](#)

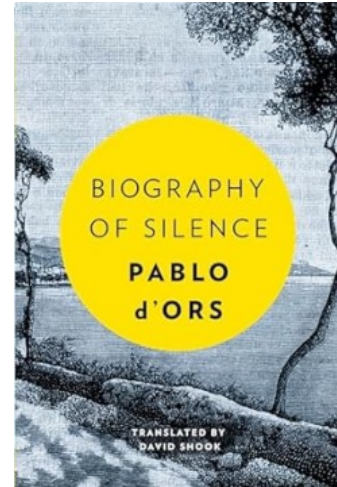
GLOBAL READ: Biography of Silence by Pablo d'Ors

Wednesday, Jan. 31, 9 am PST / 6 pm CET

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](#)



EdNet Forum: No Bully

Thursday, Jan. 18, 7.30 am PST / 3.30 pm GMT / 9 pm IST

Bullying and cyberbullying are destroying young lives.

One in three children will be bullied this year. It could be your child – it could be a student at your school – but the effects can last a lifetime.

We can prevent this.

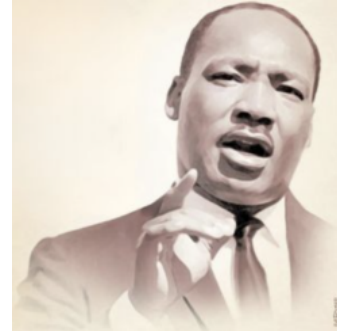
Learn about the award-winning No Bully program being implemented in schools. Trained teachers are able to solve close to 90% of incidents of bullying and cyberbullying and create a culture where every student belongs.

[Learn More and Register Here](#)

Martin Luther King Jr. 40 Days of Peace

January 20 - February 28

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 Martin Luther King Jr. has charged us to follow.



See offerings for 2024



CHILDREN'S VOICES

January 17, 7 am PST

Join us in a working meeting to create the World's most extensive ARTS Exhibition, highlighting children's art from around the globe. We need ideas, contacts and people who are interested in promoting it locally, in order to share children's artistic endeavors (drawing, painting, dance, music, video, spoken word).

We are refining the theme (compassion, love, peace and hope) and devising a game plan. Much has been done, and even more to consider and then do. We need your enthusiasm and helping hands to create this project.

[Learn More and Register Here](#)



COMPASSION CIRCLE - CHARTER SANGHA

Saturday, Jan. 27, 9 am PST

In Sanskrit, the word Sangha, means inseparable. 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. Our Sangha is led by Orla O'Sullivan, education director at Plum Village, the retreat center started by the Buddhist monk, Thich Nhat Hahn.

[Learn More and Register Here](#)

On The Shop



Compassion Sticker

Compassion in Arabic, English, Hindi, Spanish, Urdu.

These stickers are printed on durable, high opacity adhesive vinyl.

[Shop Stickers](#)



Water Bottle

This 17-ounce, double-walled stainless steel water bottle is perfect for your daily outings. It will keep your drink of choice hot or cold for hours.

[Shop Bottles](#)



Baby Onesie

100% cotton one piece. It has three snap leg closure for easy changing and a comfortable envelope neckline bound to get the baby all happy and giggling.

[Shope Onesies](#)



WATCH CHARTER LIVE WITH FELIPE

EVERY THURSDAY AT

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

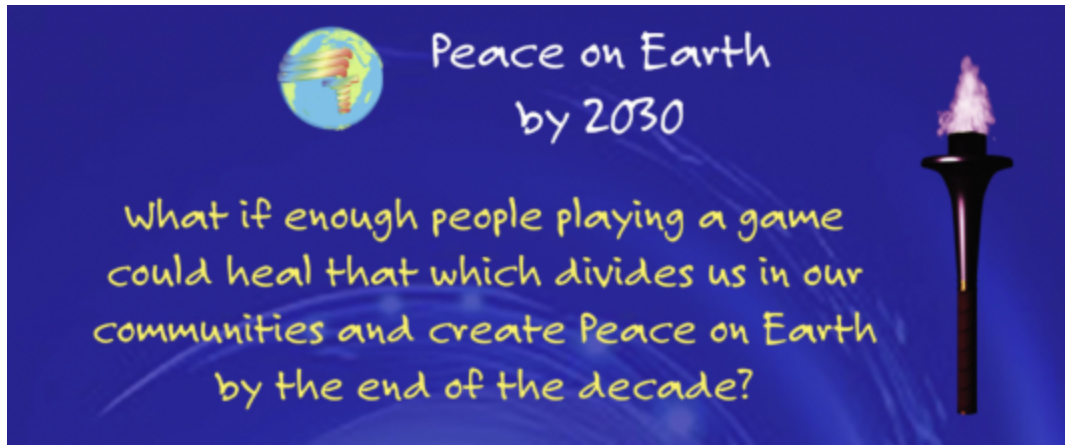
ON OUR SOCIAL MEDIA CHANNELS








From our Partners



Peace on Earth 2030

**Every Wednesday, from Jan. 17th until March 13th, 2024
9 am PST / 12 pm EST / 5 pm GMT / 10.30 pm IST**

The Game is based upon the 1986 First Earth Run in which wherever the Torch of Peace went over 86 days all wars stopped and the world was united as one. At the heart of the First Earth Run success were 7 strategies. These strategies have been created into 7 actions that are the foundation of The Game.

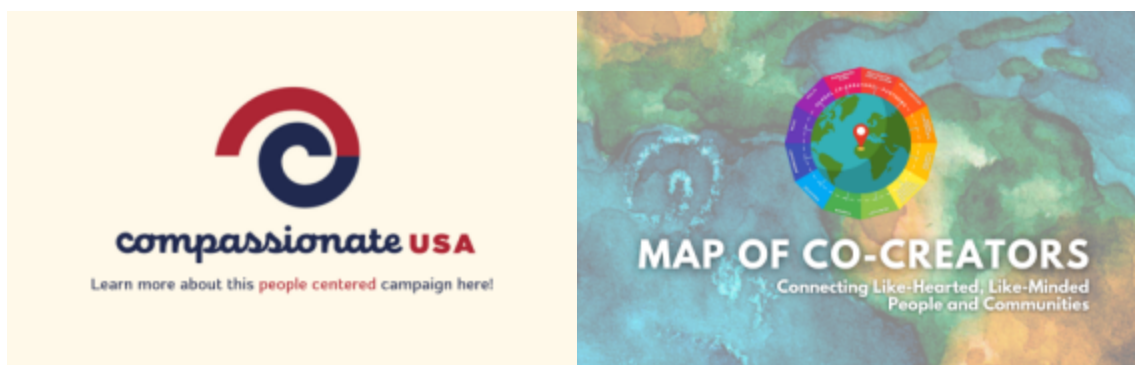
The Game empowers you to become a person of peace in your life, with your community —family, friends, co-workers, and neighbors — and the planet. Your life is the playing field for The Game. For the two months of The Game, you learn the seven competencies to become a person of peace.

The global online game consists of 8 two-hour meetings where you debrief the action you have just taken, prepare for the next action and exchange your learnings with the global community of players. The meetings are facilitated by David Gershon.

[Register Here](#)



[Sign up for weekly meditations \(Every Friday\) Here](#)
[8.30 am PST / 11.30 am EST / 4.30 pm GMT / 10 pm IST Here](#)



Charter for Compassion, 2024

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