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**The Spark, March 22, 2026, Edition 73**



## **Can Justice Exist Without Integrity?**

I find myself returning to a simple but unsettling question:

**Can justice exist without personal integrity—and what does it look like when they are truly aligned in our lives or communities?**

In a world filled with conflict, division, and deep uncertainty, the word

*justice* is everywhere. It is invoked in protests, policies, conversations, and social media. Yet, too often, justice is claimed without the grounding force of integrity. We begin to see justice not as a shared moral pursuit, but as something shaped by position, power, or perspective.

And so the question becomes more personal.

### **What anchors justice in our own lives?**

What keeps it from becoming reactive, performative, or even harmful? I believe the answer begins with integrity—not as a fixed state, but as a daily practice. Integrity asks us to align what we say, what we believe, and how we act. It asks us to be honest not only with others, but with ourselves. And perhaps most importantly, it asks us to remain accountable when it would be easier not to be.

### **But how do we do this—especially now?**

We are living in a time when the sheer weight of global suffering can overwhelm us. War, displacement, injustice, political fracture—these are not distant realities. They live with us, in our news feeds, our communities, and often in our hearts.

**To stay engaged without becoming hardened or hopeless requires something deeper. It requires self-compassion.**

[Continue Reading Here](#)



## New episode of our podcast "WITH COMPASSION" Compassion and Resistance in Minneapolis

In this episode of the With Compassion podcast, we delve into the heart of Minneapolis, where community resilience and compassion are driving responses to federal immigration enforcement. Hear from activists, community leaders, and artists as they share stories of mobilizing against ICE raids, the impact of immigration enforcement on local residents, and the power of grassroots mutual aid. Discover how the community's response to the George Floyd protests has inspired rapid organization and resistance, highlighting the vital role of women and marginalized groups. This episode is a testament to the strength of collective action and love in the face of systemic oppression.

[Watch/listen to the latest episode with Minneapolis Here](#)

## News, Programs, and Webinars



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

**Every Wednesday**

**8am PDT / 9am MDT / 10am CDT / 11am  
EDT / 3pm GMT / 4pm CET / 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 4 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.

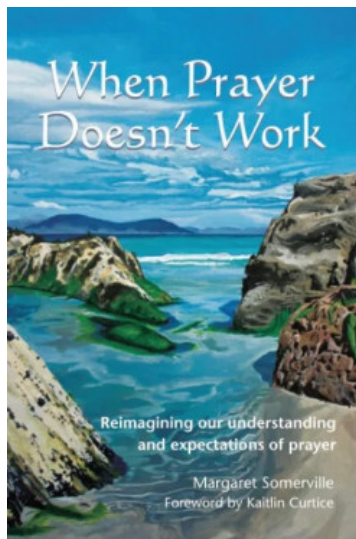
### Upcoming sessions:

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

**April 8 - [Introduction to Local Bridge Builders TLC with Mary Ann Boe](#)**

**April 13 - [Introduction to Local Bridge Builders TLC with Marilyn Turkovich](#)**

[Learn more and Register here](#)



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

**Wednesday, March 25**

**9:30am PDT / 10:30am MDT / 11:30am CDT / 12:30am EDT / 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](#)



## Compassionate Global Women: A month of reflection and conversation

**Wednesday, March 25**

**10:30am PDT / 11:30am MDT / 12:30pm CDT / 1:30pm EDT / 5:30pm GMT / 6:30pm CET / 7:30pm SAST / 11pm IST**

Throughout March, we invite you — women and men alike — to spend time with the women featured in our [Compassionate Global Women Padlet Slideshow](#). Then, join us at the end of March, for this conversation.

This will not be a lecture.  
It will not be a panel.  
It will be a shared reflection.

[Learn More & Register Here](#)



## Compassion Circle: The Charter Sangha

**Saturday, March 28**

**9am PDT / 10am MDT / 11am CDT / 12pm  
EDT / 4pm GMT / 5pm CET / 6pm SAST /  
9.30pm 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](#)



## Allies in Action: Community & Partner Chat

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.

**March 31 - UK Chat**

**9:00 AM PDT / 5:00 PM BST**

[Learn more and 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](#)



## Save the Date: A Homecoming Celebration in Seattle

We are delighted to invite you to save the date for one of the Charter for Compassion's most meaningful gatherings of the year.

**The Charter for Compassion Annual Gala and the 2026 Karen Armstrong Humanitarian Awards will be held as both in-person and virtual event on Saturday, October 24, 2026, in Seattle,**

## **Washington.**

This year's gathering holds special significance as we celebrate 12 years of the Charter for Compassion as an organization—returning to the home of the first U.S. Compassionate City: Seattle.

Together, we will “come home” to honor the roots of the compassionate cities movement, reflect on the journey that has brought us here, and share a bold vision for the future.

This will be an evening of inspiration, recognition, and renewed commitment as we celebrate individuals and initiatives that embody compassion in action.

We hope you will plan to join us—whether in person or from wherever you are in the world—as we acknowledge our history and look ahead to what we will build together.

More details will be shared in the coming months.

## **From our Partners**



**UBUNTU**  
International

PRESENTS  
**FILM PREMIERE**  
**LOVE, COMPASSION, HOPE**

HIGHLIGHTING THE  
WIDOW'S HOUSING PROJECT

WITNESS UBUNTU IN ACTION

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**MARCH 26TH** | 12PM NYC | 9AM CALIFORNIA,  
7PM UGANDA / KENYA

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**WIDOW'S HOUSING PROJECT** | SCAN FOR  
MORE INFO

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## Ubuntu International Presents: *Love, Compassion, Hope* – Widow's Housing Project in Uganda

**Thursday, March 26**

**9am PDT / 10am MDT / 11am CDT / 12pm EDT / 4pm GMT / 5pm  
CET / 6pm SAST / 7pm Kenya/Uganda / 9:30pm IST**

Ubuntu International would like to invite you to a very meaningful moment — the **World Premiere of the Widow's Housing Project in Uganda**.

This event is not just about showcasing a project; it is about inviting people into a movement built on empathy and unity.

Every person who joins becomes part of a larger story — one that proves change happens when ordinary people choose to care deeply about others.

[Learn More and Register Here](#)



**Friday, April 3**  
**5pm PDT / 6pm MDT / 7pm CDT / 8pm EDT / (April 4) 11am AEDT**  
**/ 1pm NZDT**

You're invited to join a small circle of **partners, innovators,** and **community leaders** for a **live, co-creative evening** exploring a powerful idea:

***What if cooperation is the key to our collective future?***

**Join in person in Seattle at Water Sines Studio, Pioneer Square—or from anywhere via global livestream**

[Learn More and Join Here](#)



## URI Intro Workshop Series 2026

URI is launching the 2026 Intro Workshop Series, a global online learning program for interfaith peacebuilders.

Across seven interactive workshops, participants gain practical tools to prevent violence, interrupt hate speech, navigate difficult conversations, strengthen interfaith collaboration, and support earth restoration.

Participants can attend individual sessions or complete pathways to earn certificates.

**Learn More About Upcoming Offerings  
with URI Here**



## Voices for a World Free of Nuclear Weapons Announces Call for Nominations for the 2026 Mikhail Gorbachev / George Shultz Youth Award

**Nominations are now open and will close on June 30, 2026. The**

**Nominations are now open and will close on June 30, 2026. The selection committee will announce its decision prior to August 6, 2026.**

Voices for a World Free of Nuclear Weapons, a Cooperation Circle of the United Religions Initiative (URI), proudly announces the opening of nominations for the Mikhail Gorbachev / George Shultz Youth Award, given each year on August 6, the anniversary of the atomic bombing of Hiroshima.

The award honors the courage of young people (ages 18–35) who are working to eliminate nuclear weapons and shape a safer, more compassionate world.

[Learn More About the Nomination Process Here](#)



## 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](#)



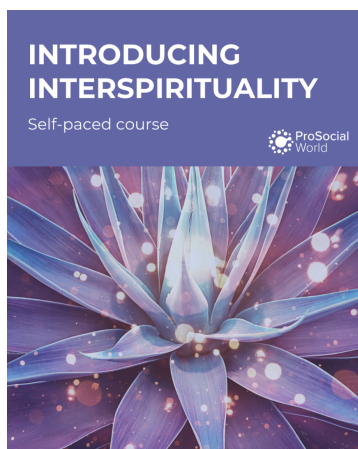
## One Million Acts of Kindness

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](mailto:contact@charterforcompassion.org)*



**WATCH CHARTER LIVE WITH FELIPE**

EVERY THURSDAY AT

11 AM PST / 8 PM CEST / 11.30 PM IST / 4 AM AEST <sup>FRIDAY</sup>

ON OUR SOCIAL MEDIA CHANNELS








*Thursday, March 26, we host special guest Milia Islam-Majeed, North America Regional Coordinator for the United Religions Initiative (URI).*

*Join us LIVE via [Facebook](#), [LinkedIn](#), or [YouTube](#) !*

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