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The Spark, November 22, 2024, Edition 30



We asked ChatGPT "What Would a World That Prioritizes Compassion Look Like?" and the answer is...

I've been reading a lot about A.I. or Artificial Intelligence lately. With so much being implemented, I am curious to know how we can use this wealth of knowledge and technology for the betterment of everything, starting with ourselves, our work, how to achieve more peaceful and equitable communities, and even world peace with a thriving

✨ The Spark: We asked ChatGPT "What Would a World That Prioritizes Compassion Look Like?" and the answer is... understanding of our interconnectivity and the effects we have on everything around us and vice versa.

I asked ChatGPT "What would a world that prioritizes compassion look like" and I was vastly surprised with what I got. It left me wondering if this idea was too utopic or if it could actually be achieved.

Below is the answer I got. I added links to different spots on our website, in case you see fit some of the tools, programs, and ideas we have here at the Charter for Compassion with what the article mentions...

Continue Reading Here!



We are making the move from Twitter/X to Bluesky. If you are too, make sure to follow us! [Click/Tap in the image to go to our profile!](#)

Charter for Compassion News, Programs, and Webinars



Compassion Circle: The Charter Sangha

**Saturday, November 30 at 9am PT / 12pm
ET / 5pm GMT / 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 and Register Here**](#)



Dealing with Anxiety with Rick Hanson, PhD

**This 5-week course begins December 2.
USE DISCOUNT CODE: CFC10 for 10% off.**

Anxiety, fear, and worry are normal reactions, but they don't have to be your constant companions.

Explore ideas and practical, evidence-based methods for replacing anxiety with a sense of ease and confidence.

Join New York Times bestselling author and psychologist, Dr Rick Hanson, to let go of anxiety and grow a greater sense of calm, strength, and being protected and supported by other people – to be more able to deal with threatening situations around you.

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



On Love, Hope, and Compassion - Part 3: Choosing Love and Shining Hope—Insights from Scarlett Lewis & Kathryn Goetzke

Tuesday, December 3 at 8.30am PT / 11.30am ET / 4.30pm GMT / 10pm IST

In this session, we are honored to welcome Scarlett Lewis, founder of the Choose Love Foundation, and Kathryn Goetzke, founder of iFred and CEO of the Shine Hope Company. Scarlett Lewis, who started her foundation after the tragic loss of her son, will share her journey of transforming grief into a global movement for love and resilience. Kathryn Goetzke will speak about her work in measuring hope and teaching it through her innovative company and nonprofit. Together, they will offer profound insights into how hope and love can lead to healing, growth, and societal change.

[Learn More and Register Here](#)



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

Every Wednesday at 8am PT / 11pm ET / 4pm GMT / 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.

[Learn More and Register Here](#)



Global Read: Awakening Wholeness by Arun Wakhlu

Wednesday, December 4 at 9am PT / 11am ET / 5pm GMT / 10.30pm IST

Embark on an extraordinary adventure with "Awakening Wholeness," designed for trailblazers aged 15-35, and the young at heart. More than a book, "Awakening Wholeness" is a living invitation to join others in reclaiming a world brimming with compassion and love. Within its transformative pages lies a roadmap that illuminates how listening to your inner guidance, caring for yourself, others, and Mother Earth are potent tools for transformative change that serves all beings.

[Learn More and Register Here](#)

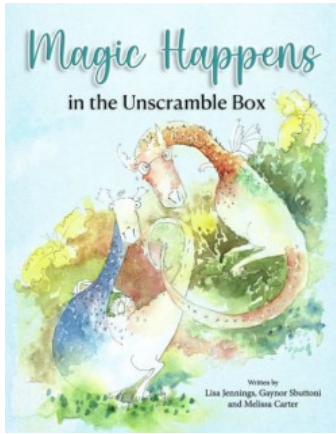


Kitchen Table Chat with the Health Sector

Friday, December 6 at 8.30am PT / 11.30am ET / 4.30pm GMT / 10pm IST

Every First Friday of Every 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](#)



Global Read for Kids+Co: Magic Happens in the Unscramble Box by Lisa Jennings, Gaynor Sbuttoni, and Melissa Carter

Saturday, December 7 at 9.30am PT / 12.30pm ET / 5.30pm GMT / 11pm IST

As the first book in this enchanting new series, "Magic Happens in the Unscramble Box" tells the tale of two lovable dragons, called Bella and Bean, who fly off the pages and into the minds and hearts of children and adults alike.

In a time when children struggle with feelings of anger, sadness, and frustration, this story offers a whole box of tools, which children can make their own, to help ease their feelings and manage better. Every reader will learn how to become resourceful and mindful.

[Learn More and Register Here](#)



Allies in Action: UK CHAT

Tuesday, December 10 at 4pm GMT / 8am PT

This is an invitation to everyone in the United Kingdom - that's all partners, community and city leaders, as well as individuals - to come and have a chat with us, update on what the Charter is doing; what you are doing, and we'll share all the new projects we have initiated this year to help you extend compassion in your communities

[Learn More and Register Here](#)



Social Justice Partner & Sector Meeting

Friday, December 13 at 8am PDT / 11am EST / 4pm GMT / 9.30pm IST

We are excited to invite you to an important meeting aimed at convening our partners and sharing current and upcoming initiatives from the Charter for Compassion and the Social Justice Sector.

Your presence and input would be greatly appreciated as we chart the way forward together.

[Learn More and Register Here](#)



EdNet Forum: "Compassion in Action" with Andrea Monsanto from Prosocial

Thursday, December 19 at 7.30am PT / 10.30am ET / 3.30pm GMT / 9pm IST

The "Inspire, Compassion in Action" project exemplifies how educational interventions can cultivate collaboration, compassion, and psychological flexibility while providing valuable service to under-resourced communities. The fact that college students played a key role in designing and delivering experiential learning activities for different groups—parents, teachers, and children—demonstrates the power of active teaching in fostering deeper learning and internalization of social-emotional skills.

[Learn More and Register Here](#)



Spotlight: Ziyaan Virji Inspiring Changemaker

At 22, Ziyaan Virji, founder of Leaders of Today, has made a global impact, working with organizations on Climate, Health, and Education initiatives.

He's spoken on platforms like TEDx, the UN, and USC, with over 200 engagements across 7 countries. His accolades, including the Princess Diana Award and Global Teen Leader, reflect his dedication to social impact.

At our Global Youth Conference, Ziyaan inspired attendees with his journey and strategies for creating change, highlighting the role of empathy during his Keynote address. [Click/Tap here to watch his Keynote Address.](#)

Discover More:

- Visit his website ziyaanvirji.com
- [Explore Ziyaan's curated list of 25+ Opportunities for Youth.](#) It includes scholarships, conferences, grants, and awards
- [Click/Tap here to subscribe to the Leaders of Today's newsletter for more inspiring stories and resources](#)

From our Partners



Our Pride: 2024 Shorts & Arts Fest

1 MORE WEEK! EXTENDED UNTIL NOV 30!

The Global LGBTQIA+ Festival for Filmmakers, Content Creators, Artists, Young Adults & Teen Students

Learn more about this virtual fest by reading a blog entry by John Boswell, Lead of the LGBTQ+ sub-sector for the Charter for Compassion.

[Read Entry and Buy Tickets 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
11 AM PDT / 8PM CEST / 11.30 PM IST / 4 AM AEST
ON OUR SOCIAL MEDIA CHANNELS

FRIDAY

CHARTER FOR COMPASSION

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



Featured items on the Store



Compassion Pin

US\$10

These metal pins say Compassion and our logo infinity sign.

[Shop Pins](#)



Compassion Earrings

US\$16

Our Compassion Earrings are exclusively designed for us by a Charter Partner art studio.

[Shop Earrings](#)



Charter for Compassion, 2024

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