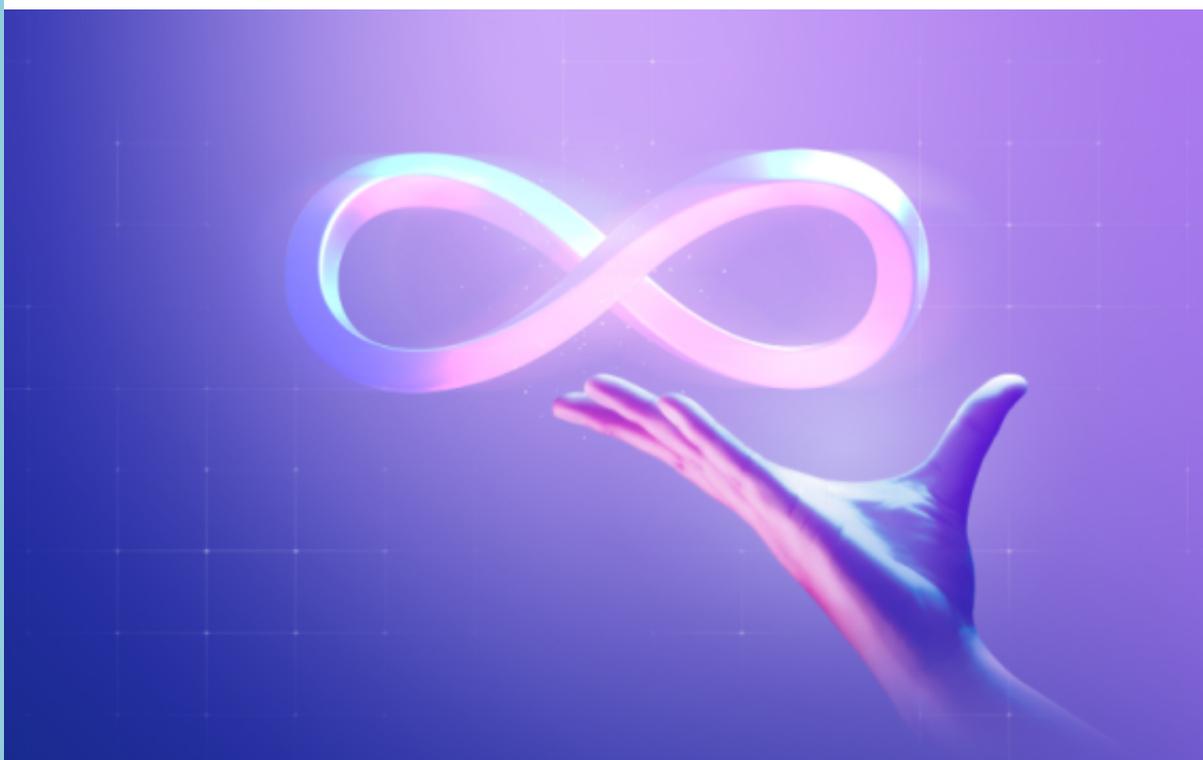


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The Spark, January 19, 2026, Edition 68



Where Compassion Becomes Muscle: Training for the Beloved Community

Skill-building. Soul-strengthening. Community-rooting. Each year, during the Charter for Compassion's 40 Days of Peace, we pause—not to retreat from the world, but to train ourselves for it.

This year, we are offering three distinct, yet complementary pathways designed to help people build compassion as a skill, widen their circle of concern, and strengthen their resilience for nonviolent action. Think of these offerings as morale boosters, ethics enhancers, and practical training grounds for the Beloved Community.

You're invited to take one, two, or all three—and we especially encourage you to bring a friend. The work of peace deepens when it's shared...

[Continue Reading Here](#)



Watch or Listen to the first episodes of "With Compassion" the Charter's New Podcast!

We are thrilled to announce the launch of With Compassion, a new podcast hosted by Jennifer Nadel, founder of *Compassion in Politics – UK* and proudly sponsored by the Charter for Compassion.

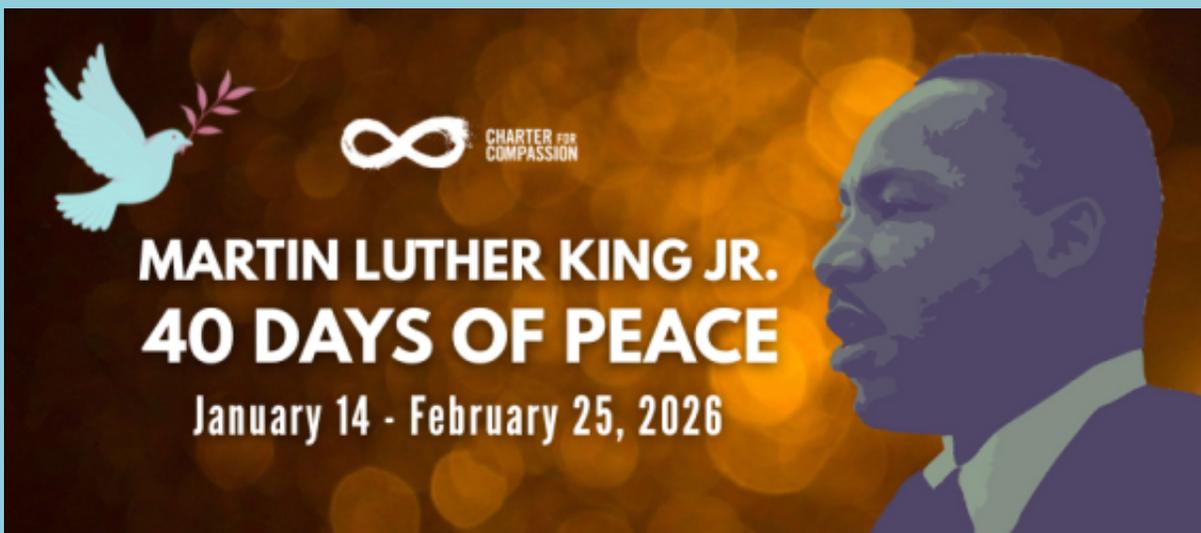
There are 5 episodes now ready to watch/listen:

1. [Greg Fischer: The Mayor Who Made Compassion His Mission](#)
2. [An Accidental Activist: Joan Blades' Journey](#)
3. [Compassion: A Psychological Perspective With Professor Paul Gilbert OBE](#)

4. [Stories That Heal: Marina Cantacuzino on Compassion, Courage & Forgiveness](#)

5. [Rethinking Evolution: Cooperation over Competition with David Sloan Wilson](#)

[Watch/Listen to "With Compassion" Here!](#)



Martin Luther King Jr. 40 Days of Peace

As it is now tradition at the Charter for Compassion, we begin 2026 with our special programming inspired by the legacy left by Dr. Martin Luther King Jr. for our 40 days of peace, beginning on Jan. 14 until February 25.

Events in January

January 15 to February 23 - [Feast for the Soul](#)

January 15 for 7 weeks - [Searching for Beloved Community Course](#)

January 20 - [Rhythm of Our Humanity](#)

January 20 - [Harriet Tubman's 'A Way Out of No Way' Workshop](#)

January 28 - [Global Read w/ Janus Adams: Sister Days](#)

[Check out the rest of this year's offerings here](#)

News, Programs, and Webinars



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

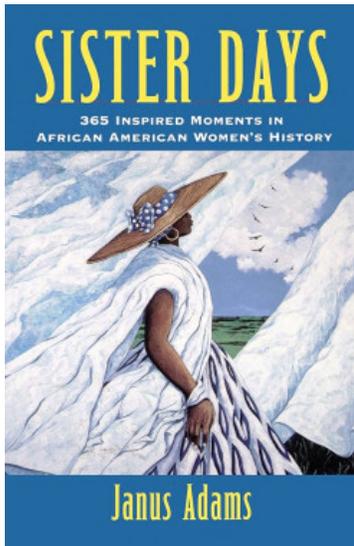
Every Wednesday

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 Read: *Sister Days*: 365 Moments in African American Women's History with Janus Adams

Wednesday, January 28
9:30am PST / 10:30am MST / 11:30am CST
/ 12:30pm EST / 5:30pm GMT / 6:30pm CET
/ 7:30pm SAST / 11pm IST

Across centuries, African American women have lived brilliantly, creatively, lovingly, and intentionally—shaping families, communities, nations, and the world. Too often our lives have been framed solely through the lens of struggle, as if our place in world history exists solely in opposition to oppression.

Sister Days is the book that changes the way we think of Black women—our past, present, and our future—each and every day.

[Learn More & Register Here](#)



Compassion Circle: The Charter Sangha

Saturday, January 31
9am PST / 10am MST / 11am CST / 12pm
EST / 5pm GMT / 6pm CET / 7pm SAST /
10.30pm IST

With a new year comes a new registration. Even if you registered for 2025, you will have to register again for 2026. 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](#)



Kitchen Table Chat with the Health Pillar

Friday, February 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 & Register Here](#)



EdNet Forum: Championing Thriving You Deserve with Craig Aarons-Martin

February 19

7:30am PST / 8:30am MST / 9:30am CST / 10:30am EST / 3:30pm GMT / 4:30pm CET / 5:30pm SAST / 9pm IST

Prepare to embark on an inspiring journey designed specifically for those at the forefront of educational innovation: teacher leaders, school leaders, performing arts influencers, mindfulness mentors, and student support advocates. This is not just a workshop—it's a communal beacon of inspiration and action for those sculpting the future of education.

[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](#)



World Interfaith Harmony Week with the Charter for Compassion

Each year, World Interfaith Harmony Week invites us to pause, breathe, and remember what binds us together across traditions, cultures, and distances. In a world often shaken by division and uncertainty, this week offers a sanctuary—a sacred space we create *together*—where listening, learning, and honoring one another becomes an act of healing.

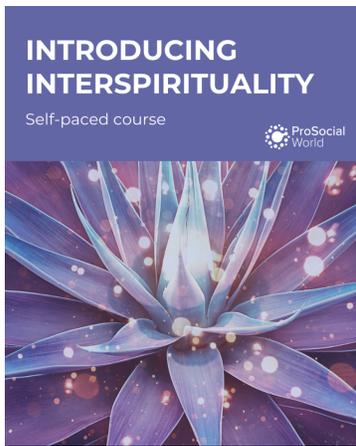
“Creating Sacred Space: Awakening the Heart” is an invitation into a shared journey. Throughout the week, we will explore how compassion, wisdom, and spiritual insight live at the center of all our traditions. We will gather across faiths and philosophies to reflect, to witness, and to renew our commitment to a world rooted in understanding and kindness.

Whether you join us for a conversation, a moment of silence, a story from another tradition, or a practice that opens your heart just a little wider, you are helping build the beloved community we long for. This is a week to soften the edges, expand our circles, and awaken what is most humane and hopeful within us.

Together, let us cultivate spaces—inner and outer—where all are welcome, all are respected, and all can flourish.

[Review our Offerings for World Interfaith Harmony Week Here](#)

From our Partners



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



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](#)

Compassion Water Bottle

US\$25

This 17-ounce, double-walled stainless steel water bottle is perfect for your daily outings. It features an odor- and leak-proof cap and Compassion in rainbow colors as design.

[Shop Bottles](#)



community of mindful families



COMPASSIONATE LAS VEGAS

Charter for Compassion, 2025



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