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The Spark, June 15, 2026, Edition 81



Every Grandmother's Kitchen:

Discovering Our Shared Humanity Through the Stories We Inherit

When I was a little girl, television was still something of a novelty.

Every week, I would walk down to a neighborhood appliance store and stand outside its display window, watching a small black-and-white television set. There was a loudspeaker mounted atop the window so we could hear the dialogue. There, I became captivated by a family sitcom called [I Remember Mama](#).

The family lived in a modest home, and much of life seemed to revolve around the kitchen. Mama, Papa, and their children gathered around a table where stories were told, problems were solved, laughter was shared, and life's lessons quietly unfolded. To the child I was, it felt remarkably familiar. Though their Scandinavian household was far different from my own grandmother's kitchen, the similarities were unmistakable. The characters, the struggles, the celebrations, the wisdom, and the warmth all reminded me of my Baba and the world she created around her kitchen table.

There was comfort in realizing that another family, from another culture and another place, lived and loved in ways that felt so much like my own. Years later, I find myself returning to that same realization as I read [NORAH: From My Grandmother's Kitchen: Palestinian Recipes and Memories](#) by Dr. Rolla Alaydi. At first glance, the setting could not seem more different. Dr. Alaydi's memoir unfolds in a Gaza refugee camp, where her grandmother's kitchen became a sanctuary of love, resilience, memory, and learning. But as I turned the pages, I discovered something deeply familiar.

[Continue Reading Here](#)

WITH COMPASSION PODCAST



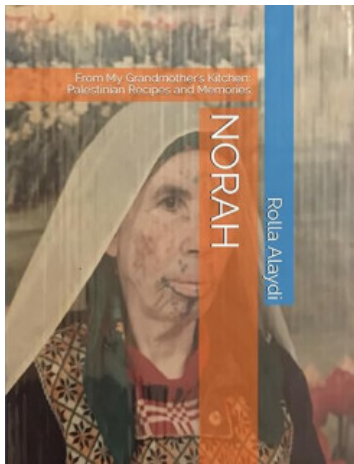


New episode of our podcast "WITH COMPASSION" Compassion as a Survival Skill with Hugh Mackay

Dive into a profound conversation exploring how kindness and compassion are essential to human survival and societal well-being. Hugh McKay, a renowned Australian social researcher, shares insights from his decades of work that reveal the deep connection between our innate capacities for kindness and our evolutionary success.

**Watch/listen to the latest
episode with Hugh Mackay Here**





NORAH. From My Grandmother's Kitchen: Palestinian Recipes and Memories by Dr. Rolla Alaydi

Wednesday, June 17

9:30 am PDT / 10:30 AM MDT / 11:30 AM CDT / 12:30 PM EDT / 5:30 PM BST / 6:30 PM SAST-CEST / 9:30 PM PKT / 10 PM IST

In *NORAH. From My Grandmother's Kitchen: Palestinian Recipes and Memories*, Rolla Alaydi shares an enchanting memoir that invites readers into the heart of her grandmother's kitchen, nestled within a Gaza refugee camp.

With vivid storytelling, she weaves a tapestry of life lessons, passed down through generations, as she reflects on the profound influence of her grandmother's tales and the culinary artistry that nourished her soul.

[Learn More and 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:

Introduction To Bridge Builders TLC

- **Monday, June 15**
- **Wednesday, June 24**
- **Tuesday, July 7**
- **Wednesday, July 22**

Train the Trainer session for Local Bridge Builders TLC

Monday, June 22
Tuesday, June 30
Thursday, July 16
Wednesday, July 29

[**Learn More and 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.

US CHAT - June 24

12 PM PDT / 1 PM MDT / 2 PM CDT / 3 PM EDT

[**Check Other Upcoming Dates Here!**](#)

EDNET FORUM



EdNet Forum: Global Nomads

Thursday, June 18

**7:30 AM PDT / 8:30 AM MDT / 9:30 AM CDT
/ 10:30 PM EDT / 3:30 PM BST / 4:30 PM
SAST-CEST / 7:30 PM PKT / 8 PM IST**

At Global Nomads Group's Content Creation Lab (CCL), youth aren't just consumers of knowledge—they are the designers, facilitators, and creators shaping courses from start to finish. Youth ages 13-24 from around the world collaboratively create open-access online courses for their global peers, reaching thousands of students in over 65 countries each year.

[Learn More and Register Here](#)





Compassion Circle: The Charter Sangha

Saturday, June 27

9 AM PDT / 10 AM MDT / 11 AM CDT / 12 PM EDT / 5 PM GMT / 6 PM CEST-SAST / 9 PM PKT / 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 and Register Here](#)



 **CHARTER FOR COMPASSION**
GLOBAL YOUTH
Conference
Radical Compassion in Action for Justice
SEPTEMBER 23-24, 2026

Announcing our Global Youth Conference 2026!

The third edition of our annual [Charter for Compassion Global Youth Conference](#) will take place virtually on **September 23-24, 2026**.

This year's theme is ***Radical Compassion in Action for Justice***.

Bringing together youth leaders, educators, activists, artists, and changemakers from around the world, we will explore how compassion can serve as a powerful force for justice, peacebuilding, advocacy, and systems change.

We are currently inviting presentation proposals from individuals and organizations passionate about creating a more just, compassionate, and connected world. We encourage youth leaders, educators, advocates, and community organizers to [submit a proposal](#) and be part of this global gathering.

[Register now](#) and join us in cultivating compassionate action for a more just and compassionate future.

[Visit Youth Conference Portal Here](#)



Voices for a World Free of Nuclear Weapons Youth Award

[Voices for a World Free of Nuclear Weapons](#) in association with Charter for Compassion, announces the call for nominations for the [2026 Mikhail Gorbachev George Shultz Youth Award](#).

At a time when nuclear tensions are rising and the risk of conflict is increasing, the world urgently needs the creativity, moral clarity, and leadership of young people.

The Mikhail Gorbachev George Shultz Youth Award is both a recognition and an invitation to stand at the forefront of a global movement for peace. We encourage all eligible youth to apply or be nominated.

Your voice, your work, and your courage matter.

[Submit a Nomination](#)

Deadline: June 26, 2026

[Visit Youth Award Site Here](#)



community of
mindful families



Charter for Compassion, 2026

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