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**The Spark, February 2, 2026, Edition 69**



## **Citizenship During Trying Times**

### ***A Note on Compassionate Action***

There are moments when democracy feels steady and familiar. And then there are moments—like this one—when it feels fragile, contested, and deeply personal. People around the world are stepping forward in difficult circumstances.

Citizens are protesting, organizing, teaching, listening, and caring for one another amid fear, uncertainty, and deep disagreement. From communities in the United States to demonstrations in Hungary and Iran, ordinary people are responding not because they are certain of outcomes, but because silence feels like a greater risk.

In times like this, democracy does not ask us to have all the answers. It asks us to stay present.

**When Democracy Is Tested**

Hard times reveal an essential truth: democracy is not only a system of laws and elections—it is a living relationship between people. When fear rises and institutions strain, how we treat one another matters as much as the policies we debate.

History reminds us that protest and dissent are not signs of democratic failure. They are often signs of democratic care—citizens refusing to give up on dignity, voice, and shared responsibility.

Being a good citizen during hard times does not mean...

[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.

## Watch/listen to the last episode:

### [Episode 6 - Dr. Janus Adams on Reclaiming History and Justice](#)

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

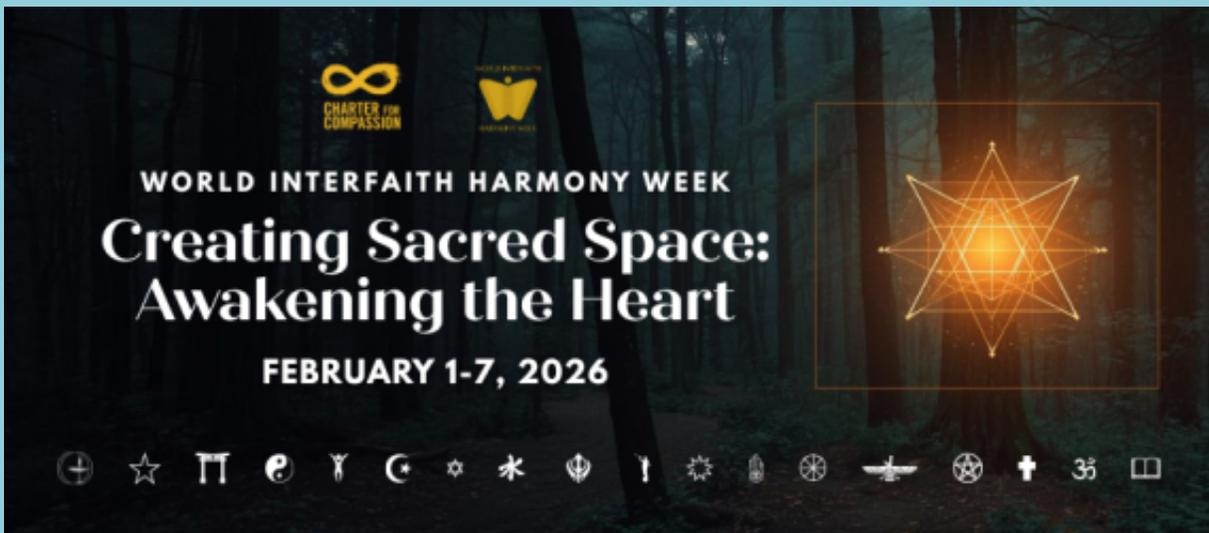
4. [Stories That Heal: \*\*Marina Cantacuzino\*\* on Compassion, Courage & Forgiveness](#)

3. [Compassion: A Psychological Perspective With \*\*Professor Paul Gilbert OBE\*\*](#)

2. [An Accidental Activist: \*\*Joan Blades\*\*' Journey](#)

1. [Greg Fischer: The Mayor Who Made Compassion His Mission](#)

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



## [World Interfaith Harmony Week with the Charter for Compassion](#)

Each year, World Interfaith Harmony Week invites us to pause, breathe,

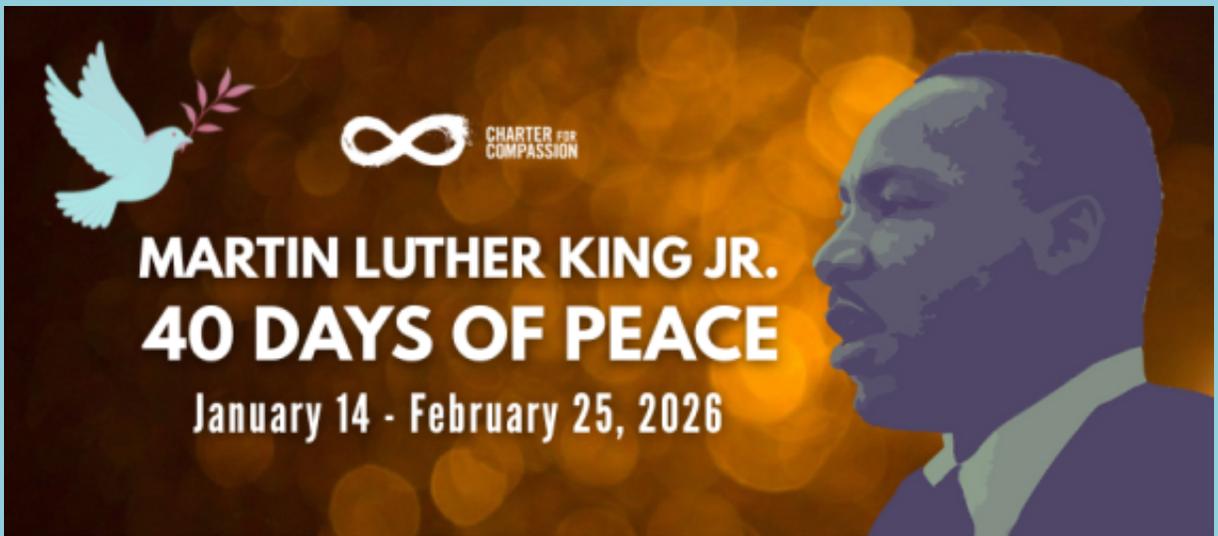
and remember what binds us together across traditions, cultures, and distances. In a world often shaken by division and uncertainty, this week offers a sanctuary—a sacred space we create *together*—where listening, learning, and honoring one another becomes an act of healing.

**“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, FEB 1-7, 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.

### Ongoing Events you can still join

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

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

### **February Events**

**February 1-7 - [World Interfaith Harmony Week](#)**

**February 3 for 7 weeks - [Harriet Tubman's 'A Way Out of No Way' Workshop with Dr. Janus Adams](#)**

**February 11 - [Global Read: Getting It, then Getting Along with Linda Reynolds Andiric](#)**

**February 18 - [TLC: Training for Local Bridge Builders](#)**

**February 25 - [Harmony of Humanity: Some Things To Think About](#)**

[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!](#)

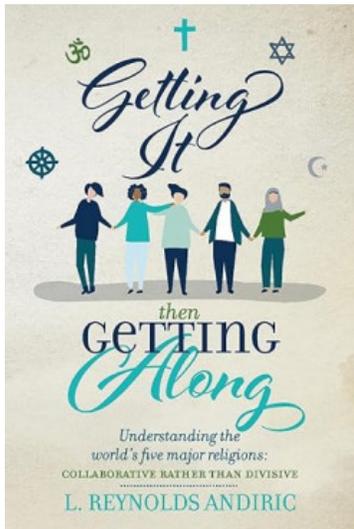


## Kitchen Table Chat with the Health Pillar

**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](#)



## Global Read: Getting It, then Getting Along with Linda Reynolds Andiric

**Wednesday, February 11**  
**11am PST / 12pm MST / 1pm CST / 2pm EST / 7pm GMT / 8pm CET / 9pm SAST / (Feb.12)6am AEDT / 8am NZDT**

Although this book is about religion, it is not a book of religious dogma. The intent is to explain the foundation, the evolution and how each of the five major systems of faith is practiced today. It examines the Abrahamic religions (Judaism, Christianity and Islam) and the ancient, yet still practiced by many, religions of Hinduism and Buddhism. Even though the book describes the philosophy of each religion, it is written in laymen terms that are understandable and of interest for anyone.

Conversation will be facilitated by Nancy E. Murphy, MA, from Compassionate St. Augustine.

[Learn More & Register Here](#)



## TLC: Training for Local Bridge-Builders

**Wednesday, February 18**  
**9am PST / 10am MST / 11am CST / 12pm EST / 5pm GMT / 6pm CET / 7pm SAST / 10.30pm IST**

Far far away, behind the word mountains, far from the countries [Vokalia and Consonantia](#), there live the blind texts. Separated they live in Bookmarksgrove right at the coast of the Semantics, a large language ocean. A small river named Duden flows by their place and supplies it with the necessary regelialia.

[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.

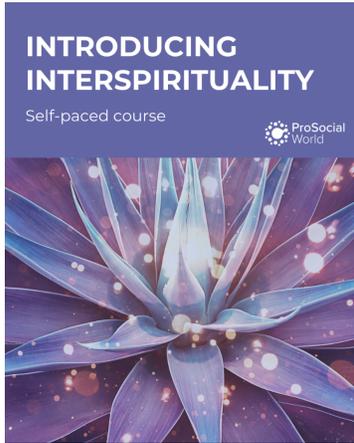
This course invites you to step into the power of presence—living with greater awareness, compassion, and inner strength. You may choose to engage individually or within small groups, making it ideal for personal growth, community circles, or study gatherings.

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](#)

## 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](mailto: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



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