

[Unsubscribe](#)[View in your browser](#)

The Spark, April 26, 2024, Edition 13



Photo credit: Joel Sackett

The Value of a Brain Box

I moved to Bainbridge Island, WA from Chicago, IL. To say that it was more than a geographic change is an understatement. I had relocated from one of the country's largest cities, to a small island, from living in the heart of the city, to taking up residence in one of the island's oldest homes, a former nursery and organic orchard. What was I thinking? It didn't take long to know I had made a huge cultural shift.

Just a few days into my getting settled, as I was driving into our four-block town, I saw a very tall, muscular man, wearing an unusual outfit of either a farmer or fisherman—heavy serge material, a dimpled long-sleeved shirt with thick leather suspenders. He had an unusual steady gait, close-cropped hair, and carried a canvas bag. He looked determined and at the

time I didn't know he was an Island fixture. His name was Dave Ullin. Dave lived on a tugboat in Eagle Harbor. He was locally known as a "live aboard." He frequented local meetings and as I learned, had a reputation for helping everyone: the harbor master, local school teachers, farmers, and anyone who he knew needed a helping hand. A book by island photographer and author, Joel Sackett, an island treasure, as in my mind is Dave, captured Dave's life in a book called, Dave's Brain Box. [...]

Continue Reading Here



Charter for Compassion News, Programs, and Webinars



The Magical Ability of Music to Inspire Action with Marilyn Turkovich

Every Wednesday at 8am PT/11am ET/4pm BST/8.30pm IST

Our Executive Director, (and now DJ) Marilyn Turkovich, brings to the session a few pieces of music that allow space for reflection, helping to transcend cultural barriers, inspire kindness, and evoke a sense of peace. Let's see what happens when we come together!

Learn More and Register Here

CHARTER EDUCATION INSTITUTE



Spiritual Wisdom for Troubled Times with Rabbi Laura Duhan-Kaplan, Rev. Don Mackenzie, and Imam Jamal Rahman

Course Begins Monday, May 20, 2024

How do we practice spiritual presence in challenging times? When communities are polarized, and peace is unpopular? We remember that humans have been here before. And ancient spiritual guidance is relevant now. In this course, we will reach across difference to explore spiritual insights and practices from three traditions: Judaism, Christianity, and Islam. These spiritual tools can help us know our selves better, strengthen our inner resources, and reach out to others with compassion.

[Learn More and Register Here](#)



Wicked Issues: Adaptive Action for Compassionate Communities with Glenda Eoyang

Course Begins Tuesday, May 21, 2024

Compassion is difficult and exhausting work at the best of times. In these times of turbulence and uncertainty, the challenges are magnified. We know it is hard enough for one person to take effective action in our complex world. Bringing a group together in collective action often seems intractable. At the Charter for Compassion, in collaboration with Human Systems Dynamics Institute, we are convinced that "nothing is intractable," and transforming our hope for compassion into effective action is no exception.

[Learn More and Register Here](#)



Allies in Action: CANADA Partner & Community Chat

Wednesday, May 22, at 4.30pm PT/7.30pm ET

We are excited to extend an invitation to our esteemed members, partners, and compassionate communities, to come together for a special gathering focused on dialogue, idea generation, project sharing, and mutual support.

This chat is specifically for everyone in CANADA.

[Learn More and Register Here](#)



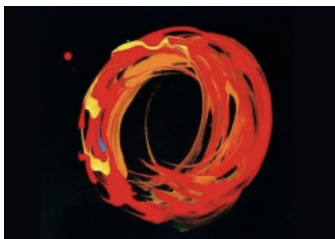
Allies in Action: Partner & Community Chat

Thursday, May 23, at 10am PT/1pm ET/6pm BST/7pm SAST

Same invitation but to all our esteemed members, partners, and compassionate communities, to come together for a special gathering focused on dialogue, idea generation, project sharing, and mutual support.

This chat is for anyone around the world!

[Learn More and Register Here](#)



Circle of Trust: The Charter Sangha

Saturday, May 25, at 9am PT/12pm ET/5pm BST/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](#)



Empathic Dialogue Cafes

Tuesday, June 4, 9am PT/12pm ET/5pm GMT/9.30pm IST

On the First Tuesday of every month, Crossing Borders Education offers empathic dialogue cafés so you can deeply connect with caring people. Your regular participation, however small, can strengthen our vision to build caring Charter for Compassion peer communities, spread goodness within society and simultaneously enhance your personal well-being through social connections and a sense of purpose.

[Learn More and Register Here](#)



Compassion Training for Busy People with Sara Schairer and Burrell Poe

Trainings every Thursdays beginning June 6, 9am PT/12pm ET/5pm GMT/9.30pm IST

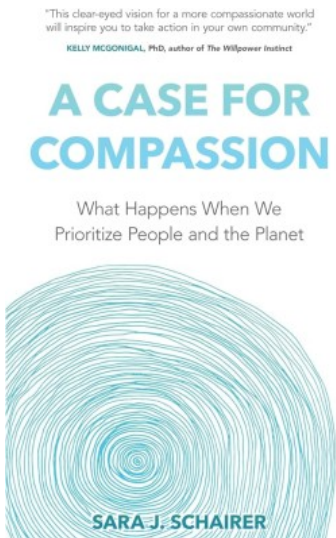
In order to find joy and meaning in life, it's important to carve out time for self-reflection and self-development. Sometimes, though, we can only spare an hour.

We invite you to spend an hour each week connecting with others while you learn about and practice compassion and mindfulness.

Sign up for five weeks of connection, accountability, learning, and laughter. (Yes, this will be fun!)

[Learn More and Register Here](#)

GLOBAL READ



A Case for Compassion: What Happens When We Prioritize People and the Planet By Sara Schairer

Date pending in June!

What would happen if the systems within our society focused on care and healing instead of growth and profit?

In this book, Sara Schairer—a leader in the compassion field—examines five of our most influential systems: education, health care, corrections, law enforcement, and the workplace.

Using personal narratives, research, thought-leader interviews, and examples of compassionate institutions, Schairer shows us that compassion can solve many of our society's most pressing problems.

[Learn More and Register Here](#)



WATCH CHARTER LIVE WITH FELIPE

EVERY THURSDAY AT

FRIDAY
11 AM PDT / 8PM CEST / 11.30 PM IST / 4 AM AEST

ON OUR SOCIAL MEDIA CHANNELS

CHARTER FOR COMPASSION

f t in

May 16 - with Special Guest Glenda Eoyang, instructor for "Wicked Issues: Adaptive Action for Compassionate Communities"

May 23 - Sara Schraier & Burrell Poe, Instructor for "Compassion Training for Busy People"

May 30 - Linda Huskes & Arnd Wächter, facilitators for "Empathic Dialogue Cafés"

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

From our Partners



Peace on Earth by 2030 -The Peace Game informational meeting!

Wednesday, May 8, 12:00 to 1:30 pm ET

The Peace Game encourages 'triads' to join - groups of three people from the same area or with the same affinity - so you are encouraged to invite your friends, coworkers and family to join you so the triads are complete. Though, don't worry if you don't have a triad, on the actual Peace Game you can be added to a triad of other individuals from different parts of the world.

[Register for this info meeting Here!](#)

If you 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

Featured items on the Store



Compassion Sticker

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. The high-quality vinyl ensures there are no bubbles when applying the stickers.

[Shop Stickers](#)



Love Notes (5 Pk.)

There are 25 Love Notes in a packet, so you get a total of 125!

These love notes are handmade and have a variety of different messages.

[Shop Love Notes](#)



**Free Weekly
Meditations, Courses,
and Community**



Charter for Compassion, 2024

To Unsubscribe, head to the top left corner of the newsletter.



[Unsubscribe](#)

Charter for Compassion
PO Box 10787
Bainbridge Island, Washington
98110