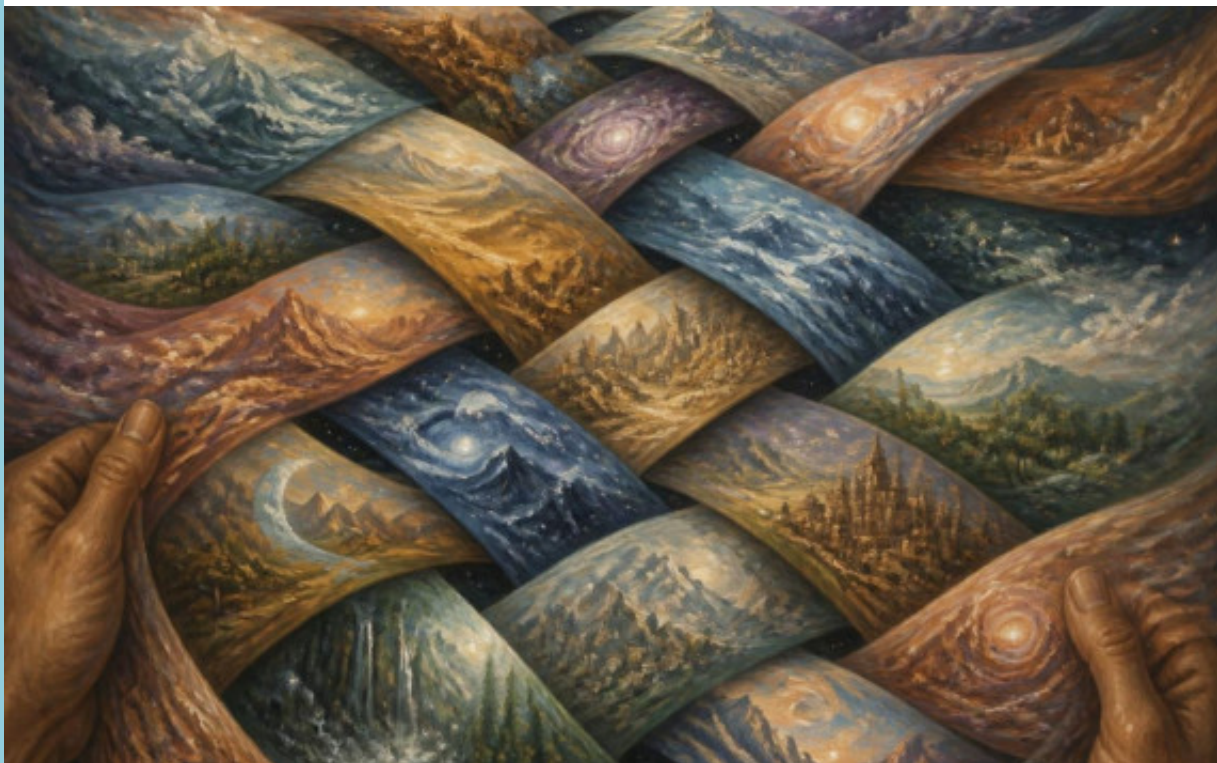


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The Spark, July 13, 2026, Edition 83



Woven by Many Worlds

In her debut novel [Gajarah](#), a finalist for the 2026 Next Generation Indie Book Awards, [Somia Sadig](#) weaves together memory, migration, resilience, and belonging into a story that reminds us that compassion is often found in the threads that connect us.

As I began reading *Gajarah*, I found myself returning not only to its deeply moving story, but to the spaces between its words, the memories, the silences, and the inheritance of both the joy and grief that shape who we become. Through Emahn's story in *Gajarah*, Somia beautifully showcases that healing is rarely linear. It is carried in fragments, in family stories told around kitchen tables, in languages that survive migration, in flowers woven into garlands, and in the courage to remember what we might rather forget.

At its core, *Gajarah* is a novel about what it means to remain whole in a world that can feel so deeply broken. The novel takes its name from a fragrant floral garland (*gajarah*) traditionally woven from jasmine (*motia*), rose (*gulab*), and sometimes marigold (*genda*). Somia explores migration, trauma, family, memory, and healing with deep tenderness and honesty; interwoven with prose, folklore, and poetry, her storytelling reminds us that resilience is born from learning to carry our past with both courage and compassion, and that our lives are not defined by a single moment or a single place...

[Continue Reading Here](#)



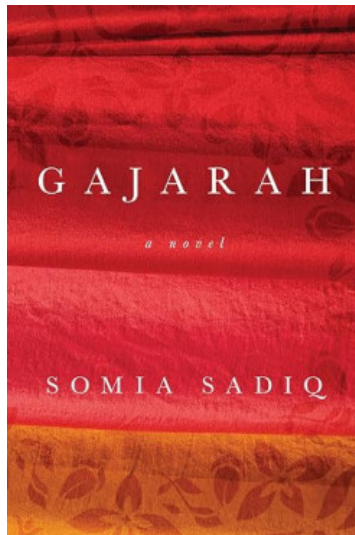


New episode of our podcast "WITH COMPASSION": Compassion in Crisis: Lessons from the frontlines with Dr. Tim Cunningham

Compassion in crisis is not soft or simple — it is often inventive, courageous, and deeply human. In this latest episode of the With Compassion podcast, Dr. Tim Cunningham shares stories from war zones, hospitals, and humanitarian settings that reveal how kindness can survive even in the most difficult conditions. From improvisation in crisis care to the bravery required to speak out against injustice, this episode is a reminder that compassion is both a personal practice and a collective responsibility.

**Watch/listen to the latest episode
with Dr. Tim Cunningham Here**





Gajarah by Somia Sadiq

Wednesday, July 15

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

Gajarah is a lyrical and deeply moving debut novel following Emahn, a spirited and resilient woman navigating life between Pakistan and Canada while carrying the hidden weight of childhood trauma. When tragedy strikes, she must draw on her ancestral strength to heal and survive — a beautifully braided story of belonging, forgiveness, and the courage to confront the past. Now a National Amazon Bestseller and a Finalist for the 2026 Next Generation Indie Book Awards, this is a must-read.

[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

Wednesday, July 22

Train the Trainer session for Local Bridge Builders TLC

Thursday, July 16
Wednesday, July 29

Facilitator Peer Support Session

Wednesday, July 22

[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: JULY 13](#)

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

[UK Chat: July 14](#)

5 PM BST / 9 AM PDT

[Check Other Upcoming Dates Here!](#)



Compassion Circle: The Charter Sangha

Saturday, July 25

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](#)



Charter for Compassion, 2026

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