



The Spark, April 26, 2024, Edition 13



Let's Get Real, My Friends

Let's get real, my friends. *Why did you sign the Charter?* Was it to wish the world were a better place for everyone? If so, without getting involved in making the wish real, it is truly like "wishing on a star." Listed below are four opportunities for involvement. Please consider them, we want you to make a sincere effort to start engaging with us over the next years. **These options all begin with you,** then move on to acquiring skills that help you work with others, and finally, with the support of others, to begin to solve the real problems in our own backyards. From there, we network and help others. It's time. **Do something;** for yourself, your loved ones and make your wish come true. The offerings below will help you get there.

Compassion Training for Busy People: This is a 5-week course on self-reflection and action. Start by reflecting on your own actions and attitudes towards compassion. How can you embody compassion in your daily life? Take tangible steps to integrate compassion into your thoughts, words, and actions. **This course begins on June 6, and will happen every Thursday until July 11. (No class on July 4).**

Empathic Dialogue Cafes: Develop your ability to empathize and connect with others. Participate in workshops, trainings, or discussions that focus on compassion, mindfulness, and empathy. Cultivate a deeper understanding of different perspectives and experiences. **Every first and third Tuesday of the month: May 7, 21, June 4, 18, July 2, 16.**

Wicked Issues: Take action in your own community. Identify pressing issues that require compassionate solutions, whether it's homelessness, poverty, discrimination, or environmental degradation. Work collaboratively with local organizations and individuals to address these challenges. **This course begins May 21 and lasts 6 weeks.**

Peace by 2030: Extend your impact beyond your immediate surroundings. Connect with other members of the Charter for Compassion community and beyond. Share your experiences, insights, and resources to support and inspire one another in our collective pursuit of a more compassionate world. **The last informational meeting is on May 8, and the game begins on May 15.**

[Continue Reading Here](#)

Charter for Compassion News, Programs, and Webinars



Circle of Trust: The Charter Sangha

**Saturday, April 27, 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](#)

CHARTER EDUCATION INSTITUTE



Compassionate Spiritual Ecology with Jennifer Wilhoit

Course Begins Monday, April 29, 2024

Back by popular demand! This course offers students an overview of the body of work comprising the discipline of spiritual ecology. The field is interdisciplinary, encompassing thinkers and practitioners from conservation, ecology, and religion; students will be introduced to these founders and become familiar with their work.

[Learn More and Register Here](#)



Allies in Action: UK Community Chat

Tuesday, April 30, at 5pm BST / 9am PDT

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 the UK.

[Learn More and Register Here](#)



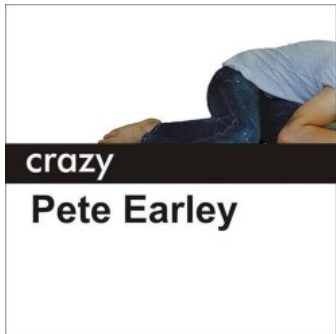
The Magical Ability of Music to Inspire Action with Marilyn Turkovich

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](#)

GLOBAL READ



Crazy: A Father's Search Through America's Mental Health Madness by Pete Earley

Wednesday, May 8, 9am PT / 12pm ET / 5pm GMT / 9.30pm IST

Former Washington Post reporter Pete Earley had written extensively about the criminal justice system. But it was only when his own son—in the throes of a manic episode—broke into a neighbor's house that he learned what happens to mentally ill people who break a law.

This is the Earley family's compelling story, a troubling look at bureaucratic apathy and the countless thousands who suffer confinement instead of care, brutal conditions instead of treatment, in the “revolving doors” between hospital and jail.

[Learn More and Register Here](#)

WATCH CHARTER LIVE WITH FELIPE

EVERY THURSDAY AT

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

ON OUR SOCIAL MEDIA CHANNELS






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



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



Charter for Compassion, 2024

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