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The Spark, February 2024, Edition 08



## Life is Unpredictable but Filled with Lessons

Life is filled with surprises. A few weeks ago, I decided to attempt to look to the ability of music to help guide our way through life, no matter the obstacles or the grand surprises it offered to us. I invited all who read this to join me that day. [The invite is open to you, too, as we embark on this webinar series every Wednesday at 8am PST / 11am EST / 4pm GMT / 9.30pm IST until the end of March! Simply click/tap here!](#) Please do consider coming to listen to some outstanding works of art, that make us reflect, challenge us, and, more importantly, inspire us to act.

In organizing these sessions, I've been trying to put the musical renderings each week into a theme. This week it has been on important lessons we learn from just waking up each day and making our way through the daily cycle. While what we learn about living is deeply personal and differs from person to person, there are some overarching lessons that we all tend to discover along the way. I think it's worth looking at some of these. Probably, one of the most important lessons is taking the time to reflect and to bring balance to our lives. Understanding ourselves, our strengths, weaknesses, values, and motivations is essential for growth and fulfillment. Above all, self-awareness enables us to make more informed decisions to live authentically.

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## Charter for Compassion News, Programs, and Webinars



### Compassion Circle: The Charter Sangha

**(Tomorrow) Saturday, Feb. 24, 9 am PST / 5 pm GMT**

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. Things you can experience here: Meditations, moments of silence, sharing with the circle, mindfulness.

[Learn More and Register Here](#)



## The Magical Ability of Music to Inspire Action with Marilyn Turkovich

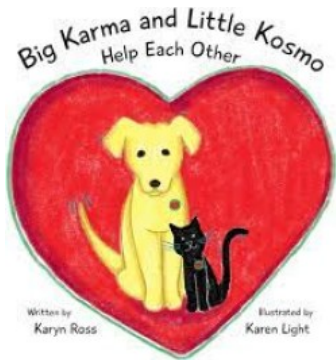
**Every Wednesday at 8am PST / 11pm EST / 4pm GMT / 9.30pm IST until the end of March**

It is time to embark on an experiment. How about we come together to experience music together. Let music become the balm for your souls. We are living in sorrowful times so let us allow ourselves the solace to support the individual and global challenges we face.

[Learn More and Register Here](#)

***This month we have a (TRIPLE) special occasion!***

**Three Global Reads within a week's time!**



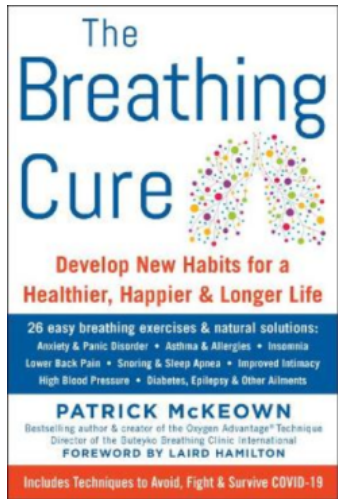
## Big Karma and Little Kosmo By Karyn Ross

**Saturday, March 2, 9am PST / 12pm EST / 5pm GMT / 10.30pm IST**

Big Kosmo and Little Karma Help Each Other is a 'family book'. It's meant for adults and children to read and talk about together as a family. Answer the questions at the back of the book, and then turn your ideas for helping others into action.

*Facilitated by Karen Light, the illustrator of the book!*

[Learn More and Register Here](#)



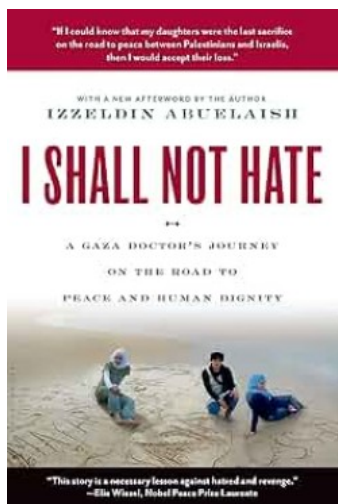
## The Breathing Cure By Patrick McKeown

**Wednesday, March 6, 9am PST / 12pm EST  
/ 5pm GMT / 10.30pm IST**

The Breathing Cure will guide you through techniques that embody the key to healthy breathing and healthy living. McKeown's goal is to enable you to take responsibility for your own health, to prevent and significantly reduce a number of common ailments, to help you realize your potential and to offer simple, scientifically-based ways to change your breathing habits.

*Facilitated by Shane O'Connor, GoldenRuleism*

[Learn More and Register Here](#)



## I Shall Not Hate: A Gaza Doctor's Journey on the Road to Peace and Human Dignity By Professor Dr. Izzeldin Abuelaish

By turns inspiring and heart-breaking, hopeful and horrifying, I Shall Not Hate is Izzeldin Abuelaish's account of an extraordinary life. A Harvard-trained Palestinian doctor who was born and raised in the Jabalia refugee camp in the Gaza Strip and "who has devoted his life to medicine and reconciliation between Israelis and Palestinians" (New York Times), Abuelaish has been crossing the lines in the sand that divide Israelis and Palestinians for most of his life - as a physician who treats patients on both sides of the line, as a humanitarian who sees the need for improved health and education for women as the way forward in the Middle East.

*Facilitated by Marj Andre, Compassionate York Region.*

[Learn More and Register Here](#)

## On The Shop - 4 Pack Deals!



### Compassion Earrings (4pk)

Our Compassion Earrings are exclusively designed for us by a Charter Partner art studio.

Buy 4 at a reduced price and match with friends!

**Shop Compassion Earrings 4-pack!**



### Love Notes (4pk)

These love notes are handmade and have a variety of different messages. There are 25 Love Notes in a packet, so you get a total of 100!

Take advantage of this package deal!

**Shop 4-pack of Love Notes!**



### Compassion Pins (4pk)

These metal pins say Compassion and our logo infinity sign.

Take advantage of this package deal, match with friends, and save on your order!

**Shop 4-pack Compassion Pins!**



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12.30 AM IST / 6 AM AEDT

ON OUR SOCIAL MEDIA CHANNELS



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





Charter for Compassion, 2024

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