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GLOBAL  
COMPASSION  
COALITION



## Hello dear reader,

Welcome to the first edition of “Coming Home,” the GCC’s new bimonthly newsletter!

My name is [Fabiana Fondevila](#), and I’m honored (and a little awed) to write to you for the first time — in what I hope will be a joyful, fruitful exchange.

I come to this role as a fellow traveler — someone who, like you, believes compassion can heal us and transform our communities and world. My own path has been shaped by years of listening, learning, and striving to live by this simple truth: compassion brings us home — to ourselves, our caring nature, and life in harmony with all beings.

In this spirit, let’s use our imagination to loosen old patterns and tell a new story. In our communities, conversations, and quiet moments, we can practice this radical act: envisioning a future where compassion is the foundation of all we do.

*What if our families healed old wounds? What if our neighborhoods brimmed with trust? What if our children inherited not cycles of trauma but a legacy of care? What if the lands and waters we depend on were cherished and restored for generations?*

Every act of imagining opens a door — and together, we can walk through.

Starting today, you’ll find this newsletter in your inbox twice a month. May it be a way to stay connected — a space to share what’s alive in the Coalition, celebrate good news, honor those who inspire us, imagine new possibilities, and exchange ideas that keep compassion growing.



### A practice for today

Think of someone who might welcome a moment of warmth. In a note, text, or in person, share three heartfelt lines:

- One to acknowledge them.
- One to affirm their value.
- One to wish them well.

Then pause to notice how you feel. Compassion nourishes giver and receiver alike.

**GCC Events**



## Intergenerational Healing Summit

Patterns of pain and disconnection can echo through generations — but so can strength, wisdom, and compassion.

The [Intergenerational Healing Summit](#) invites you to break cycles and create a caring legacy for you and those to come.

Over five powerful days, you'll learn from world-renowned psychologists, mindfulness teachers, and trauma experts - including Jamie Lynn Tatera, Chris Willard, Carmen Jimenez Pride, Kristin Neff, Sara King, Deb Dana, Kathryn Lovewell, Karen Bluth, Chris Germer, our own Rick Hanson, and many others.

Each day explores a key pillar of healing — from self-compassion and clear communication to embracing identity, calming the nervous system, and deep inner repair. Join us to heal the past, care for the present, and shape a kinder future — one generation at a time.



## Festival of Compassion 2025

I hope you'll join us for the inaugural Festival of Compassion, coming this September 10-12, 2025! Around the world, we'll be gathering online to explore and celebrate the power of compassion to ease and heal our suffering . . . and to bring us together as a mighty force to change systemic sources of suffering.

In person, we'll be meeting in Cape Town, South Africa - with artists, scholars, clinicians, educators, business leaders, policymakers, and activists - for three days of reflection, connection, and co-creation.

With the theme “Come Home,” the Festival invites us to a deep dive into the wisdom within, the relationships that hold us, and the living planet that sustains us.

Save the date, so you don't miss this important gathering!

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## Connector Highlights: A Light in the Darkness for Uganda's Widows

[Compassion Connectors](#) are individuals who make a personal commitment to expressing compassion and kindness in everyday life - particularly toward people they do not yet know well - and to taking the actions they can to relieve suffering, sometimes by joining with others to do so. As with everyone in the larger compassion coalition, they are acting on their own behalf, and not as representatives or agents of the GCC nonprofit organization. We celebrate their efforts to create communities of inclusion, care, and connection. In this section – “Connector Highlights”-- we'll be featuring some of their important work.

For example, in many parts of Africa, gender inequality remains deeply rooted. Widows, in particular, are often isolated, cut off from vital resources, and left to struggle alone. To change this, the Compassion Connectors in Uganda launched the [“Widow's Compassionate Sharing Program”](#), which builds communities of care and creates opportunities for widows to find strength in one another. At a recent gathering, the Connectors distributed household essentials — sugar, salt, maize

flour, cooking oil, beans, and soap — which were warmly welcomed. Most importantly, the women felt seen and heard for the first time in years.

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A new report by the [Global Covenant of Mayors for Climate & Energy](#) shows cities stepping up where national governments fall short — tackling climate change while making urban life more livable. From planting trees to electrifying buses, mayors are taking practical steps that cut emissions and protect residents from heat, floods, and storms.

Across nearly 100 major cities in the C40 network, per capita emissions dropped by 7.5% between 2015 and 2024 — outpacing national progress. Shenzhen has electrified its bus fleet, Melbourne is building “20-minute neighborhoods” for walking and biking, and Freetown has planted over half a million trees. The message is clear: local action makes a global difference — and everyday life better for all.

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### Compassion Science: Revenge as addiction; forgiveness as medicine

James Kimmel Jr.’s [The Science of Revenge](#) reframes revenge as a behavioral addiction rooted in neurobiology. Drawing on neuroscience, psychology, and his own near-violent experience, Kimmel shows that holding grudges activates the brain’s pleasure and reward circuits — just like addictive substances. This craving for retribution, often disguised as justice, fuels much human aggression.

The takeaway? Forgiveness — far from a platitude — can quiet these circuits and help us heal.

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### With Gratitude

It has been a week of deep losses — and immense thankfulness for lives that lit the way for so many.



We honor [Dr. James Doty](#), beloved GCC Board member, neurosurgeon, author, founder of Stanford’s Center for Compassion and Altruism Research and Education (CCARE), whose work and kindness inspired countless people to believe in compassion as a force for healing and change.



We remember [Joanna Macy](#), writer, teacher, eco-philosopher, and pioneer of the Work That Reconnects, who reminded us that our pain for the world is a measure of our belonging, and who showed generations how to turn grief into courageous action.



We celebrate [Andrea Gibson](#), award-winning poet and





activist, whose raw, luminous words gave voice to love, truth, hope, and the fierce beauty of living fully — even and especially in the face of loss.

"My love, I was wrong. Dying is the opposite of leaving", they wrote to their wife Meg, in one of their last poems. These lines have become medicine, reminding us that love and presence are expressions of Mystery, with or without form.

May we carry forward their light, with brave and tender hearts.



In Gaza, over 58,000 people have been killed and 140,000 wounded since October 2023, as unrelenting bombardment and siege plunge the region into catastrophe. On July 20 alone, 93 Palestinians were killed while waiting in line for food—echoing numerous attacks on civilians seeking aid. Families now face starvation, dehydration, and trauma in what has become a deadly struggle for survival.

We join voices around the world to demand an immediate ceasefire, the release of hostages, swift humanitarian aid, and above all an end to the killing.

### A Question for You

**What is an act of compassion — big or small — that you received, offered, or witnessed lately?**

I look forward to reading your answers and sharing them in future editions!



Thank you for reading. Thank you for being part of this coalition of the heart. May these words remind you: *you're not alone*. Wherever you are, thousands of us are weaving this net of care and courage together.

Until next time — with warmth,

Fabiana





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