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Hello dear community,

Whether we're inching closer to the reds and golds of fall, or the verdant unfurling of spring, the world around us hums with sound, beauty and aliveness. Every birdcall, every rustle of leaves, every distant hum is part of a chorus that invites us to remember: we are participants in the great song of life. Yet we also know this chorus is under strain: species are vanishing, waters are warming, and forests are falling silent in too many places.

Just as we lean on the more-than-human world for breath and nourishment, so too are we called to return what we can: our gratitude and appreciation, our fierce protection, our small yet significant acts of kindness.

To receive the gifts of the more-than-human world is to be changed by them—and also to be entrusted with a responsibility. It's no longer enough simply to marvel at beauty or take solace in birdsong. The chorus of life that sustains us also calls us to act on its behalf: to defend what is fragile, to repair what has been harmed, and to join our voices in protection as well as praise.



Let's Practice!

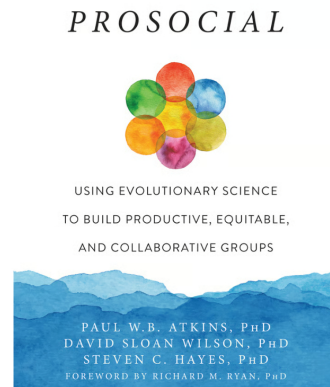
Choose one small act this week that directly supports the health or vitality of the more-than-human world: leave water or seeds for the birds, pick up litter, or plant something green and indigenous in an area where it might be needed.

Do it slowly and with awareness, as if tending to a beloved relative. Hold the intention: *This is an act of compassion for kin I cannot always see.*

Feel the connection to a vast network of life.

Have You Read It?

A comprehensive program to help groups of all sizes:
Align interests • Support cooperation • Achieve shared goals



[Prosocial: Using Evolutionary Science to Build Productive, Equitable, and Collaborative Groups](#) by David Sloan Wilson, Paul Atkins, and Steven C. Hayes blends insights from evolutionary science with practical strategies for strengthening how groups function. The authors argue that while humans are wired for cooperation in small groups, our self-interest and competitive impulses often undermine collaboration. By understanding evolutionary mechanisms like reciprocity and effective communication, they suggest, we can design systems that reduce conflict and foster trust and shared purpose.

At the heart of the book is the “Prosocial” framework, which draws on evolutionary theory, contextual behavioral science, and Elinor Ostrom’s principles for managing common resources. These practices give groups tools to align around shared values, resolve conflict constructively, and sustain cooperation. The result is a practical guide to building organizations and communities that are both more effective and more compassionate.

Good News: Breaking the Chains of Child Marriage

In Sepahijala, India, where child marriage has long been accepted as fate, Indian Administrative Service officer Siddharth Jaiswal is working to turn despair into opportunity. Under his leadership, [Mission Sankalp](#) has brought together health workers, educators, law enforcers, and community members to challenge the cycle of lost childhoods and create space for new beginnings. His urgency grew out of what he witnessed first as a doctor during the pandemic and later as a welfare officer: teenage pregnancy and early marriage quietly shaping health outcomes, and girls barely in their teens already becoming mothers.

As reported by [The Better India](#) (and highlighted by [The Daily Good](#)), the initiative has already helped 100 girls reclaim their right to dream. By addressing the links between child marriage, teenage pregnancy, and drug abuse, Jaiswal seeks lasting transformation, not just short-term rescue or control. “It’s about safeguarding our future,” he says. A future in which every girl is free to choose her own path.

Compassion Science: Is Compassion Finite or Renewable?



Is compassion a finite resource? [This video](#), by the [Compassion Research Lab](#), questions the belief that there might be boundaries to our capacity for compassion. It suggests that we can develop compassion fatigue, a condition in which our ability to empathize is weakened, as a result of being exposed to suffering on a regular basis—whether through news, caregiving, or repetitive emotional labor.

New psychological research indicates that mindset is crucial. We are more prone to feel worn out if we believe compassion to be limited. However, if we perceive compassion as regenerative, even energizing, our empathy endures. In other words, our beliefs influence how resilient we are emotionally, and how much we can give ourselves to others without burning-out.

The take-away: Redefining compassion as a self-renewing practice can help us maintain our ability to care evergreen.

Save the Date: The Festival of Compassion is in full swing!



This week we gather in Cape Town for a celebration of music, art, dialogue, and action dedicated to weaving compassion into the fabric of our communities.

This September 10–12, participants from across the globe join together for workshops, performances, and conversations that uplift both spirit and society. Can't make the dates? No worries! We're recording all the great talks, experiential activities, and more - and Festival participants will have lifetime access to the recordings. [Learn more here!](#)

Cultural thinker David Paul Schafer sent us [an article](#) reminding us that *the greatness of a culture can be found in its festivals*. Festivals have always been moments when art, imagination, and human connection flourished, even in times of hardship. When the world is marked by turbulence and division, Schafer argues, the arts can nurture empathy, joy, creativity, and compassion, and help societies find their bearings again.

The Festival of Compassion embodies this vision. By bringing together voices from diverse cultures, it honors the power of the arts as a catalyst for healing and transformation. We hope you'll join us—whether in person or virtually—in celebrating this global gathering of compassion.

Take a Stand! Back Zero Hour's Campaign for the UK's Climate and Nature Bill



Backed by thousands of activists, faith leaders, unions, and public figures, the UK's [Zero Hour](#) is advocating for the Climate and Nature Bill: a pivotal legislative proposal aiming to embed environmental justice into law.

The CAN Bill is a science-driven legislative proposal aimed at reversing biodiversity loss by 2030, limiting global warming to 1.5 °C, and involving citizens directly through a Climate and Nature Assembly. It would also require the UK to account for emissions caused by imported manufacturing goods, which will likely lead to policies like the EU's recently proposed carbon border tax (giving British companies producing lower carbon products an advantage).

What you can do: If you live in the UK, consider writing to your MP and asking them to support the bill. If you don't, you can share news of this campaign to help amplify a vital systemic solution, or seek out similar initiatives in your own country. Each step helps safeguard our planet's rich, living inheritance and the creatures with whom we share it.

A Question for You

What helps you renew your sense of compassion, when it feels depleted?

We'd love to hear your reflections: please reply to this email and we may share your words in the next edition.

Last time we asked: *When you catch yourself being self-critical, what small act of kindness or shift in perspective could help you respond with more compassion and flexibility?*

We received a deluge of lovely responses! Alas, we only have room to share one: Sophie H., from Germany, shared that she pauses and anchors herself in her heart. There, she finds comfort in unconditional acceptance, remembers that the harsh voices in her mind are fleeting, and that we live "in a floating world in an ungraspably huge universe". If this doesn't work, she calls up a loving friend who will tell her: "Darling, you are not as bad as you believe yourself to be."

Sophie's practice gently echoes the last stanza in Mary Oliver's beloved poem, "Wild Geese":

*"Whoever you are, no matter how lonely,
the world offers itself to your imagination,
calls to you like the wild geese, harsh and exciting--
over and over announcing your place
in the family of things."*

In moments of doubt or tenderness, may we each find our note in the great orchestra, and let it sing us back to belonging.

With a kindred heart,
Fabiana Fondevila
Editor, *Coming Home*



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