ne of the major causes of burnout is that we don't have the joy in medicine anymore. We need to bring back joy to prevent burnout,” said Dr. Mukta Panda.

Medicine is a demanding and often emotionally draining profession. Long hours, years of training, intense competition, high stakes and tremendous levels of stress—it’s no wonder that physician was named the second most suicidal occupation in the U.S., or that burnout is happening at alarming rates.

Thanks to your gifts, physicians have rediscovered the joy in medicine, helping them be more resilient and humane in their practice.

You did this by reaching into the life of one amazing leader, who in turn has helped the next generation of doctors serve their patients with heart.

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By helping Mukta and her medical residents, you’re serving patients today and tomorrow!

“Courage & Renewal practices reconnect us to the deepest core of why we went into medicine,” Mukta said. “It reminds us to be deeply present—and we feel joy with that. When we connect who we are as physicians, why we’re doing it, we are able to do our work with intentionality.”

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"I came here because I was losing hope. My hope has been restored with fire." Those are the words of gratitude one individual shared after she attended a racial healing retreat based on the Courage & Renewal approach.

Your support has changed the way race conversations happen in Kalamazoo, Michigan, helping people practice empathy and forgiveness across racial lines.

How did it happen? Your support helped equip facilitators Bev Coleman and Caren Dybek with Circle of Trust practices. And with that powerful gift you gave their community—and others like it—a transformative experience of what it’s like to have dialogues based on mutual trust.

One participant attested, “I am taking away a feeling of peace and healing. I think it is so important to have these conversations as a way of caring for ourselves and others.”

Bev and Caren’s racial healing retreats began when the two facilitators were invited by a local organization called SHARE: Society for History And Racial Equity, to offer retreats as part of a new Racial Healing Initiative. The idea was that through storytelling, people could come to a deeper understanding of how racism affects their lives and the lives of others.

“There’s other anti-racism work in Kalamazoo that offers an institutional analysis of racism. As wonderful as that work is, a lot of people feel there’s something more they want,” Caren explained.

“There’s a human need to connect, and that’s what Circles of Trust give people.”

“The heart of the work we do is setting up the opportunity and safety for people to share their stories,” said Bev.

“Courage & Renewal practices create the container for trust. They are the bedrock. I can’t imagine having that kind of depth, honesty, trust and safety, without the Touchstones,” said Caren.

Executive Director
Center for Courage & Renewal

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A few years ago Kate Carter was on the verge of a breakdown. She was grieving her brother’s recent death and the stress of nonprofit leadership was also taking its toll.

Thanks to you, Kate was able to attend a Courage to Lead series that renewed her inner strength and resilience. Because of that gift, she was able to keep serving others with a courageous heart.

Kate is the founder of LifeChronicles, a nonprofit that for no charge helps families heal by videotaping the life stories of a dying or seriously ill loved.

“It’s hard enough to be an executive director, but to be a founder is even harder,” said Kate. “I had given my life to this for 18 years. And when things aren’t going well, you begin doubting yourself all the time.”

So Kate decided to attend a Courage to Lead series in Santa Barbara led by facilitators Ken Saxon and Kim Stokely.

“When I got to Courage to Lead, I realized I was not an island unto myself. Other leaders were going through very similar challenges,” said Kate.

“Courage to Lead also taught me to look after myself. It was about personal renewal and support. I credit Courage to Lead for teaching me to make better choices for myself.”

Now Kate can continue being fully present with the people she serves, like Raven.

Raven had ALS, or Lou Gehrig’s disease. Kate was filming Raven so that her 2-year-old daughter would have a video to help her remember her mother’s face and voice.

“Raven could only move her eyes and lips, and she was crying,” Kate recalled. “All I could see was the energy of a 28-year-old trapped in a body that would do nothing. It was terribly sad.”

“Then it came to me to say, ‘Raven, you and I both know there’s nothing good about ALS and I would never ask you to say there’s anything good about ALS. But at this time in your life, what is it that brings you joy?’”

Raven replied, “My daughter brings me joy.” And she proceeded to talk about her daughter.

“Wow, I don’t know where that came from,” Kate recalls thinking. “But now I know where it came from. Part of it was being present and the other part was surrendering to the process. I’ve gotten so much from Courage to Lead personally, but to have it apply to my work like that was just amazing.”

By pausing to get present, Kate could ask an honest open question that shifted the conversation from sadness to joy.

It happened because you gave Kate the courage to lead! Now she has the resilience and presence to keep helping families connect and heal. Thank you!
Not only did Mukta’s students and resident trainees learn to be more resilient under stress, they also learned the value of compassion in medicine.

“Sometimes you tend to see a patient as an entity, not a person. We’re taught to follow protocol, do A then B,” said Dr. Rehan Kahlool, one of the resident trainees. “Mukta taught us that to be a good physician you have to have an element of humanism.”

You are serving patients—today and tomorrow—by equipping future doctors with skills to stay present and compassionate. Thank you for helping Mukta and her medical students!

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**Parker J. Palmer on the "Broken Open Heart"**

When the heart is brittle and shatters, it can scatter the seeds of violence and multiply our suffering among others. And yet... there is an alternative image for a broken heart.

When the heart is supple, it can be “broken open” into a greater capacity to hold our own and the world’s pain: it happens every day.

When we hold our suffering in a way that opens us to greater compassion, heartbreak becomes a source of healing, deepening our empathy for others who suffer and extending our ability to reach out to them.

— from *Healing the Heart of Democracy*

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**Will You Give Courage to People Who Need It?**

**Yes!** I will create positive change for leaders and their communities by giving Courage & Renewal resources and training to more people.

Please accept my gift of:

☐ $ 50  ☐ $ 100  ☐ $ 250  ☐ $___________ to help people thrive.

All gifts to the Center for Courage & Renewal are tax-deductible to the fullest extent allowed by law. 1402 Third Avenue, Suite 925 Seattle, WA 98101


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**Your Gift Supported Racial Healing and Reconciliation**

“The real takeaway,” Bev added, “is that it’s possible to have these conversations without hostility, anger or judgment—things people usually experience when they start to talk about race.”

In these difficult times, it’s vital to address racism not just at the institutional level, but at the human level too. To understand each other as human is how we build trust, paving the way for larger changes.

So thank you for giving people a courageous way to engage around race, one not based on hostility or judgment, but founded on trust, understanding and healing!