

WORLD SPIRITUALITY DAY - DEC 31

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"To be a light to others you will need a good dose of the spiritual life. Because as my mother used to say, if you are in a good place, then you can help others; but if you're not well, then go look for somebody who is in a good place who can help you."

-- Rigoberta Menchú

Be a Hero for a Better World - betterworld.net

...every act of compassion makes a difference...every day counts for a better world...

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