

# BE A HERO FOR A BETTER WORLD

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"I think people are genuinely seeking spirituality. There's a simple reason for this. In the midst of the daily grind of life, it's easy to forget we have a spirit, and we can get depressed, even sick. We are spirits as well as bodies, and spirits need nourishment."

-- Bill Ayres

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

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