## 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

## Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org
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