

Read each morning and evening this week:

We are all “leaves of one tree, flowers of one garden, drops in one ocean, and sons and daughters of one Father, whose name is love!”

‘Abdu’l-Bahá.

Learn the following:

“In all matters moderation is desirable. If a thing is carried to excess, it will prove a source of evil.”

Bahá’u’lláh.

Make a list of ways in which you can be good:
