

Read each morning and evening this week:

“Humanity is like a bird with two wings – the one male, the other female. Unless both wings are strong and impelled by some common force, the bird cannot fly heavenwards.”

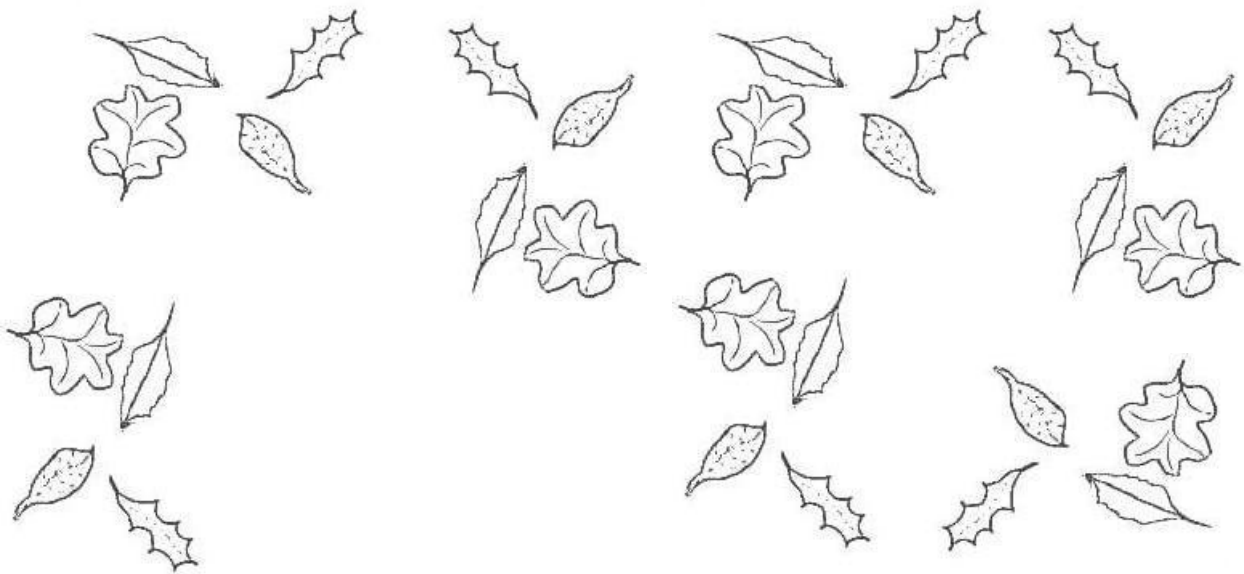
‘Abdu’l-Bahá.



Learn:

“Backbiting quencheth the light of the heart and extinguisheth the life of the soul.”

Bahá’u’lláh



Can you count the leaves? Colour them.

If we tore them each into several pieces, making over a hundred pieces in all, and then scattered them in the garden, could we find them all and stick the leaves back together again? This shows why we must not gossip; we cannot take our words back afterwards.