

# WORLD SPIRITUALITY DAY - DEC 31

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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

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

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