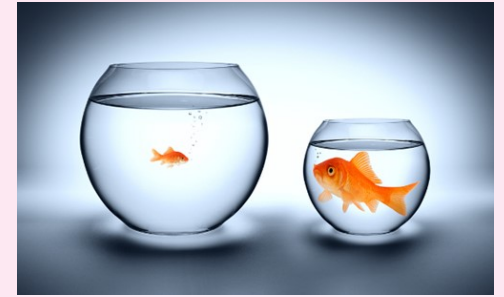


I try to stand up for myself and others.

The way we treat each other is very important. Just because we are bigger than someone else or feel we are more powerful than them doesn't mean we can have our own way, especially if that means making someone else unhappy. We all have a responsibility to be big enough and strong enough to respond to the needs of others.



St. Paul was a follower of Jesus;
In the letter to his friends he said that
we must help
each
other and share
each
others problems.



Help me for the rest of this day to
stand up for myself and others
because you said that whatever
we do to others we do to you.

Amen.