

# BE A HERO FOR A BETTER WORLD

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"In our innermost Spirit - we nourish the gentleness and understanding of Peace.  
Those around us feel a gentle breeze whispering as if rustling leaves -  
Peace comes not from contemplation- but action!"

-- Pauline Tangiora

## Do One Thing for a Better World

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

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