


BE A HERO FOR A BETTER WORLD




MAKE A DIFFERENCE

"Prejudice is a burden that confuses the past, bewilders the future and renders the present inaccessible."
—Maya Angelou

BetterWorldCalendar.com

BE A HERO FOR A BETTER WORLD




MAKE A DIFFERENCE

"Over the years, I've seen individuals in Sri Lanka have proved that they can transcend racial, religious, linguistic and ethnic barriers to assist a common state of peace, principles, and constructive programs to build a new society as collectively embraced by them."
—Dr. Atiyeh

BetterWorldCalendar.com

BE A HERO FOR A BETTER WORLD




MAKE A DIFFERENCE

"It demands great spiritual resistance not to hate the father whose blood is on your neck, and an even greater struggle of perception and clarity not to finally your child to hate."
—James Baldwin

BetterWorldCalendar.com

BE A HERO FOR A BETTER WORLD




MAKE A DIFFERENCE

"I wish the most of great Carol Burnett were all of us. There is no one more gentle to pursue the Millennium Development Goals with fresh vision—overcoming violence, equity and hatred with the same determination that we shall be wiser than when they first spoke."
—Carol Burnett

BetterWorldCalendar.com

BE A HERO FOR A BETTER WORLD



MAKE A DIFFERENCE

"It is through that experience in the face of discrimination, we accept the responsibility ourselves. We should, therefore, proceed equally everywhere."
—Mary McLeod Bethune

BetterWorldCalendar.com

BetterWorld Issue:

Racism

...make a difference...


Do One Thing
for a Better World.

Together
We Make a World of Difference!

© The Emily Fund
Distribute freely - no endorsement implied

DoOneThing.org - EmilyFund.org

BE A HERO FOR A BETTER WORLD




MAKE A DIFFERENCE

"Hate, racism, gender violence and other forms of discrimination and violence in culture cannot be eliminated without changing culture."
—Charlotte Bunch

BetterWorldCalendar.com

BE A HERO FOR A BETTER WORLD




MAKE A DIFFERENCE

"Racism is a much more insidious, much more hidden kind of phenomenon, but at the same time it's perhaps far more terrible than it ever seems."
—Angela Davis

BetterWorldCalendar.com

BE A HERO FOR A BETTER WORLD




MAKE A DIFFERENCE

"If parents neither of racial and gender jokes, neither generation will speak to the young adults still have not had the courage to speak out."
—Rev. Luther King Jr.

BetterWorldCalendar.com

BE A HERO FOR A BETTER WORLD




MAKE A DIFFERENCE

"In education we have, we see violence and hate and prejudice and anger and all of our citizens embrace the idea of a truly national and democratic, what like to call the National Community, a nation at peace with itself."
—John L. Lewis

BetterWorldCalendar.com

BE A HERO FOR A BETTER WORLD



MAKE A DIFFERENCE

"We've come a long way, but we still have a distance to go before all of our citizens embrace the idea of a truly national and democratic, what like to call the National Community, a nation at peace with itself."
—John B. Lewis

BetterWorldCalendar.com

BE A HERO FOR A BETTER WORLD




MAKE A DIFFERENCE

"I refuse to accept the view that mankind is so tragically bound to the sinfulness of racism and war that the bright daylight of peace and the brilliant stars of freedom will never illumine our lives."
—Rev. Martin Luther King Jr.

BetterWorldCalendar.com

BE A HERO FOR A BETTER WORLD




MAKE A DIFFERENCE

"I think we have to own the fears that we have of each other, and then, in some practical way, come daily and figure out how to love people differently than the way we were brought up to."
—Rev. Luther King Jr.

BetterWorldCalendar.com

BE A HERO FOR A BETTER WORLD




MAKE A DIFFERENCE

"We must take sides. Nonviolence helps the oppressor, never the victim. Nonviolence encourages the oppressor, not the oppressed. When ever anyone is persecuted for their race or political views, that place must become the center of the universe."
—Rev. Martin Luther King Jr.

BetterWorldCalendar.com

BE A HERO FOR A BETTER WORLD




MAKE A DIFFERENCE

"Love is what we are born with. Fear is what we learn. The spiritual journey is the undoing of fear and prejudice and the acceptance of love back in our hearts."
—Rev. Martin Luther King Jr.

BetterWorldCalendar.com

BE A HERO FOR A BETTER WORLD

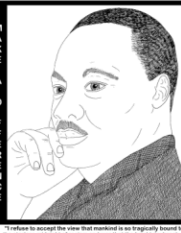


MAKE A DIFFERENCE

"...we all sometimes... harbor some prejudices and all, but we have to know in our heart it's wrong. And we all want to remember that we are connected. And that we are all of races is wrong."
—Rev. Martin Luther King Jr.

BetterWorldCalendar.com

BE A HERO FOR A BETTER WORLD

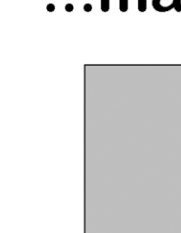


MAKE A DIFFERENCE

"I recently learned that respect for diversity is a fundamental pillar of the eradication of racism, xenophobia and intolerance."
—Rev. Martin Luther King Jr.

BetterWorldCalendar.com

BE A HERO FOR A BETTER WORLD

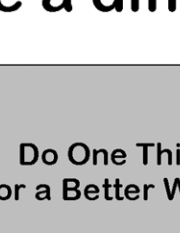


MAKE A DIFFERENCE

"I think we have to own the fears that we have of each other, and then, in some practical way, come daily and figure out how to love people differently than the way we were brought up to."
—Rev. Martin Luther King Jr.

BetterWorldCalendar.com

BE A HERO FOR A BETTER WORLD

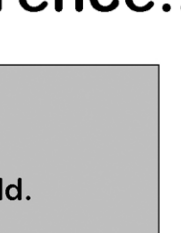


MAKE A DIFFERENCE

"I think we have to own the fears that we have of each other, and then, in some practical way, come daily and figure out how to love people differently than the way we were brought up to."
—Rev. Martin Luther King Jr.

BetterWorldCalendar.com

BE A HERO FOR A BETTER WORLD

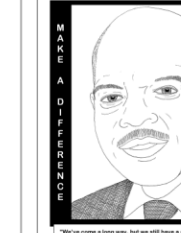


MAKE A DIFFERENCE

"Love is what we are born with. Fear is what we learn. The spiritual journey is the undoing of fear and prejudice and the acceptance of love back in our hearts."
—Rev. Martin Luther King Jr.

BetterWorldCalendar.com

BE A HERO FOR A BETTER WORLD




MAKE A DIFFERENCE

"Excelsior is the best alternative to racism or sexism."
—Oprah Winfrey

BetterWorldCalendar.com

BE A HERO FOR A BETTER WORLD

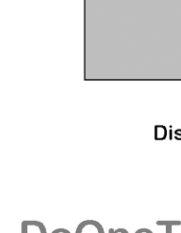


MAKE A DIFFERENCE

"I recently learned that respect for diversity is a fundamental pillar of the eradication of racism, xenophobia and intolerance."
—Rev. Martin Luther King Jr.

BetterWorldCalendar.com

BE A HERO FOR A BETTER WORLD

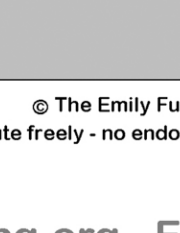


MAKE A DIFFERENCE

"I think we have to own the fears that we have of each other, and then, in some practical way, come daily and figure out how to love people differently than the way we were brought up to."
—Rev. Martin Luther King Jr.

BetterWorldCalendar.com

BE A HERO FOR A BETTER WORLD




MAKE A DIFFERENCE

"I think we have to own the fears that we have of each other, and then, in some practical way, come daily and figure out how to love people differently than the way we were brought up to."
—Rev. Martin Luther King Jr.

BetterWorldCalendar.com

BE A HERO FOR A BETTER WORLD




MAKE A DIFFERENCE

"Love is what we are born with. Fear is what we learn. The spiritual journey is the undoing of fear and prejudice and the acceptance of love back in our hearts."
—Rev. Martin Luther King Jr.

BetterWorldCalendar.com

BE A HERO FOR A BETTER WORLD



MAKE A DIFFERENCE

"Excelsior is the best alternative to racism or sexism."
—Oprah Winfrey

BetterWorldCalendar.com

WHAT'S YOUR BETTERWORLD ISSUE? ENDING RACISM



"...we all sometimes have some...harbor some prejudices...but we have to know in our heart it's wrong. And we all want to remember that we are connected. And that any kind of racism is wrong."

— Russell Simmons

Throughout history, many of the horrible things that people have done to each other have occurred because one group of people felt superior to another. They learned to see differences in others -- such as race, color, gender, age, disability, religious belief or sexual orientation -- as a reason for thinking that people with that characteristic were not worthy of the same rights as they were. This "prejudice" justified their decision to discriminate against the other group - the other group was humiliated, excluded, restricted or marginalized because of these perceived differences.

When the United Nations was formed to help countries work together to create a more peaceful, just and sustainable world, a cornerstone of its Charter declared that all people are entitled to the same human rights and freedoms, regardless of their color, sex, language or religion. Our global community has come a long way in helping to eliminate discrimination, but we still have far to go.

End Racism Day on March 21, officially known as The International Day for the Elimination of Racial Discrimination, is a perfect opportunity to help our communities celebrate human unity and the diversity of the human race, rather than allow our differences to become an excuse for racial separation. It's a chance to recognize prejudice, stereotypes and discrimination in our society, and how each of us may have our own prejudices and may be making people feel excluded without our even realizing it.

End Racism Day is a chance to reaffirm our commitment to eliminate all forms of discrimination and help create communities and societies where all citizens can live in dignity, equality and peace.

Do One Thing for a Better World

1. Find out more about hidden prejudices, discrimination and racism
2. Think about ways you might be acting with prejudice and find ways to change
3. Support organizations working to protect against discrimination

End Racism Links

- Anti-Racism Information Service (antiracism-info.org)
- AntiRacismNet (antiracismnet.org)
- Artists Against Racism (artistsagainstracism.org)
- Intl. Movement Against All Forms of Discrimination and Racism (imadr.org)
- Minority Rights Group (minorityrights.org)
- World Against Racism (endracism.org)

DO ONE THING

The Emily Fund - Education, Mentorship, Inspiration, Leadership, Youth for a better world

DoOneThing.org - EmilyFund.org

© The EMILY Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied



BE A HERO FOR A BETTER WORLD

MAKE
A
D
I
F
F
E
R
E
N
C
E



MAKE
A
D
I
F
F
E
R
E
N
C
E

**"Prejudice is a burden that confuses the past,
threatens the future and renders the present inaccessible."**

-- Maya Angelou

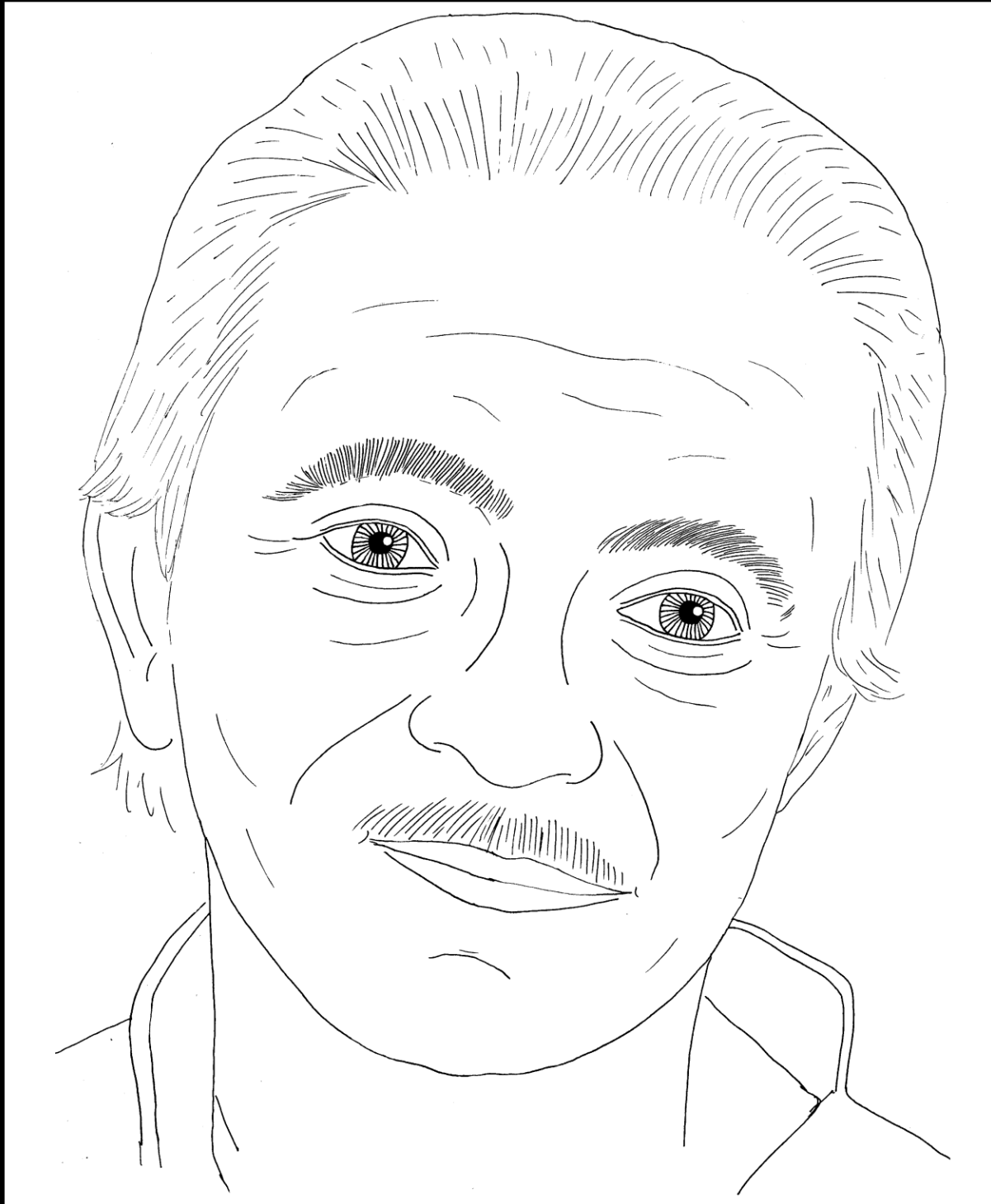
Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D
I
F
F
E
R
E
N
C
E



MAKE
A
D
I
F
F
E
R
E
N
C
E

"...Several million Sarvodaya adherents in Sri Lanka have proved that they can transcend racial, religious, linguistic and ethnic barriers to accept a common state of ideals, principles, and constructive programs to build a new society as collectively envisioned by them."

-- Dr. Ari Ariyaratne

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
DIFFERENCE



MAKE
A
DIFFERENCE

"It demands great spiritual resilience not to hate the hater whose foot is on your neck, and an even greater miracle of perception and charity not to teach your child to hate."

-- James Baldwin

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
DIFFERENCE



MAKE
A
DIFFERENCE

"Anti-Semitism has no historical, political and certainly no philosophical origins. Anti-Semitism is a disease."

-- Daniel Barenboim

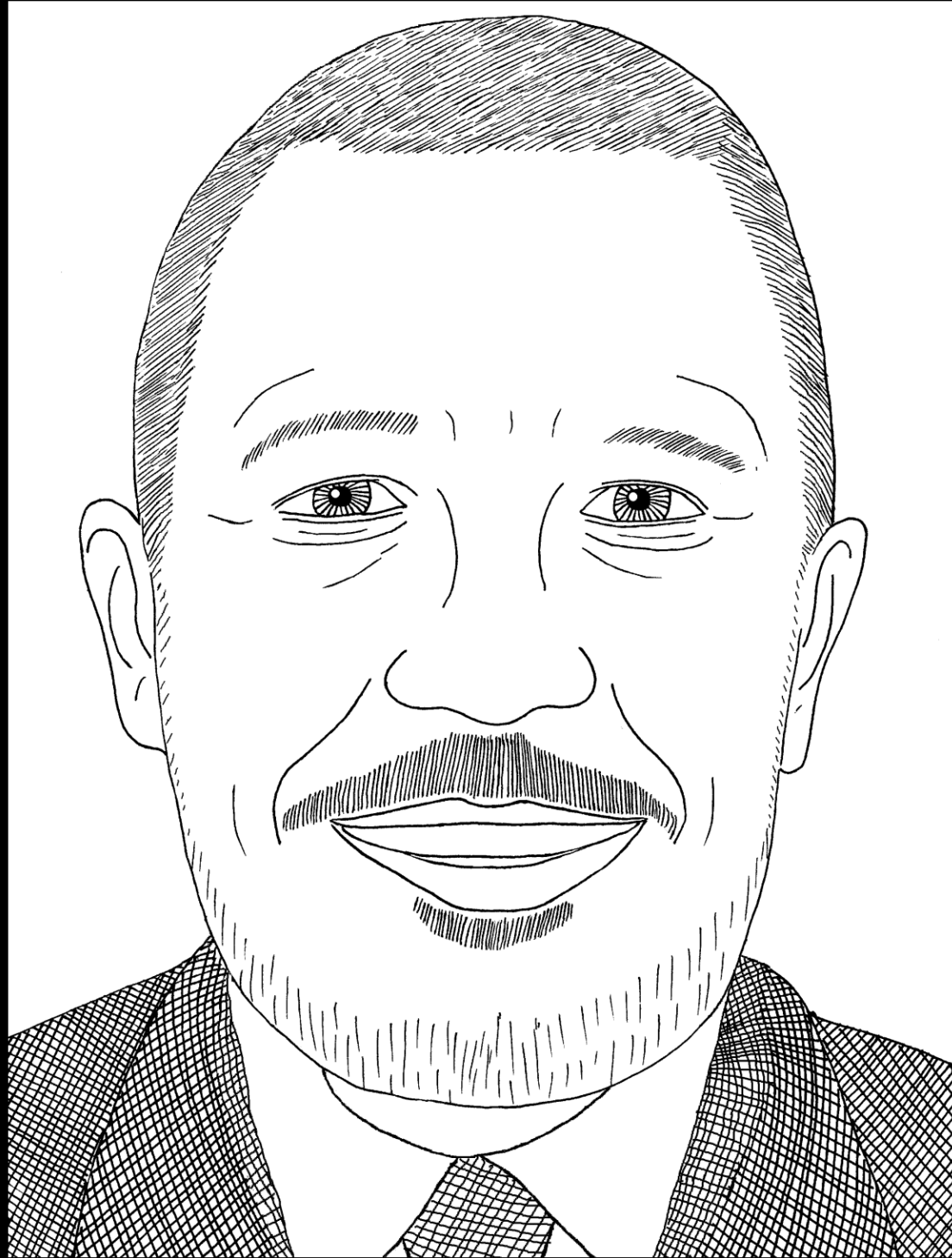
Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D
I
F
F
E
R
E
N
C
E



MAKE
A
D
I
F
F
E
R
E
N
C
E

"If you want to address racial disparity in the juvenile justice system, everybody has to have a role in it. Everybody has some responsibility."

-- James Bell

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

M
A
K
E

A

D
I
F
F
E
R
E
N
C
E



M
A
K
E

A

D
I
F
F
E
R
E
N
C
E

"Despite the threat of global terror hanging over all of us, there is only one path: to pursue the Millennium Development Goals with fresh resolve –confronting violence, bigotry and hatred with the same determination that we attack the causes from which they spring – conflict, ignorance, poverty and disease."

-- Carol Bellamy

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D-I-F-F-E-R-E-N-C-E



MAKE
A
D-I-F-F-E-R-E-N-C-E

“Racism is an ism to which everyone in the world today is exposed; for or against, we must take sides. And the history of the future will differ according to the decision which we make.”

-- Ruth Fulton Benedict

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D-I-F-F-E-R-E-N-C-E



MAKE
A
D-I-F-F-E-R-E-N-C-E

**"If we accept and acquiesce in the face of discrimination, we accept the responsibility ourselves. We should, therefore, protest openly everything ... that smacks of discrimination or slander."
-- Mary McLeod Bethune**

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

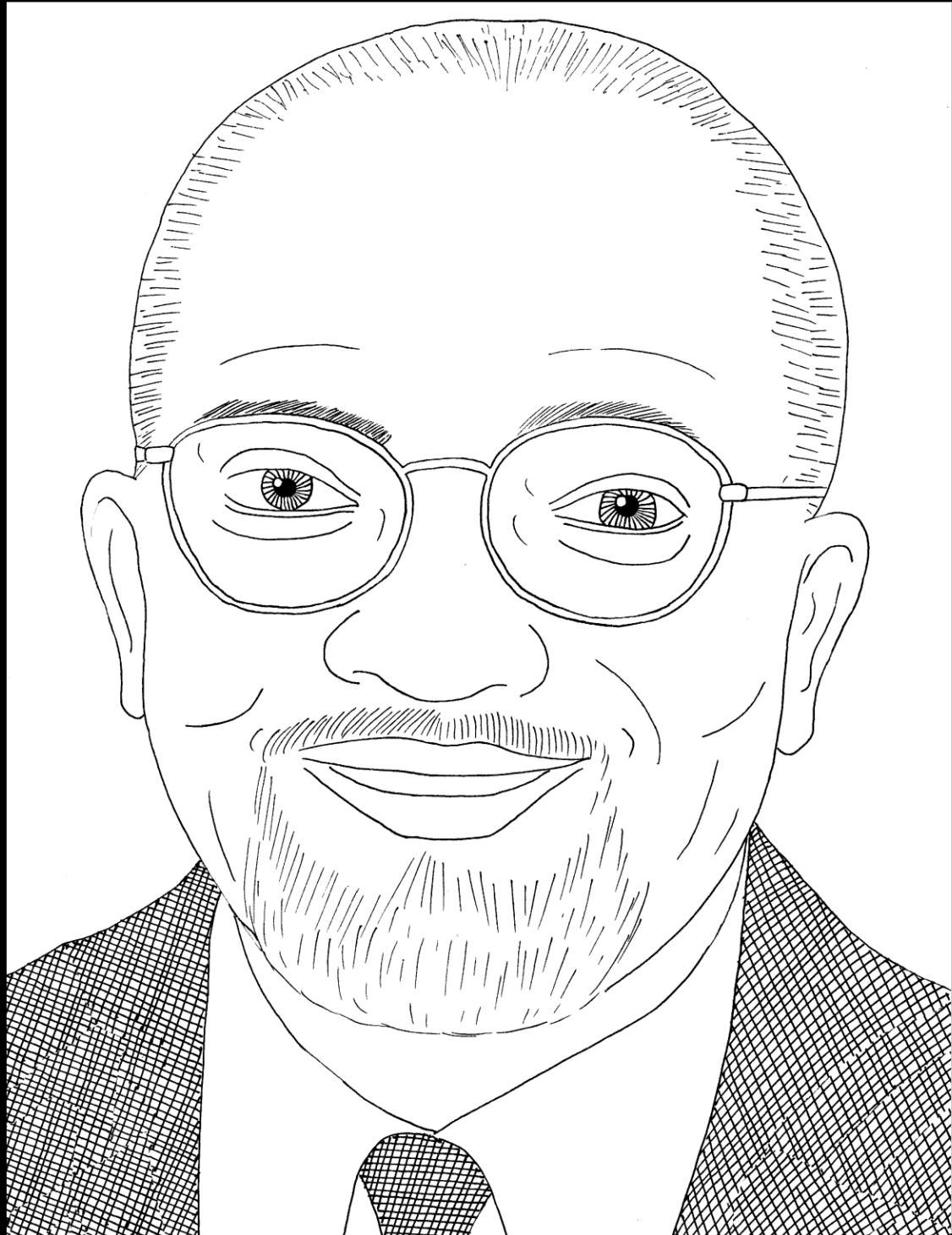
© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**



**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**

"At the heart of the problem is the fact that the United States is a racially divided nation where extreme racial inequalities continue to persist."

-- Robert Bullard

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**



**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**

**"Sexual, racial, gender violence and other forms of discrimination and violence in a culture cannot be eliminated without changing culture."
-- Charlotte Bunch**

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D
I
F
F
E
R
E
N
C
E



MAKE
A
D
I
F
F
E
R
E
N
C
E

"Man has but little heeded the advice of the wise men. He has been - fatefully, if not willingly - less virtuous, less constant, less rational, less peaceful than he knows how to be, than he is fully capable of being. He has been led astray from the ways of peace and brotherhood by his addiction to concepts and attitudes of narrow nationalism, racial and religious bigotry, greed and lust for power."

-- Ralph Bunche

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

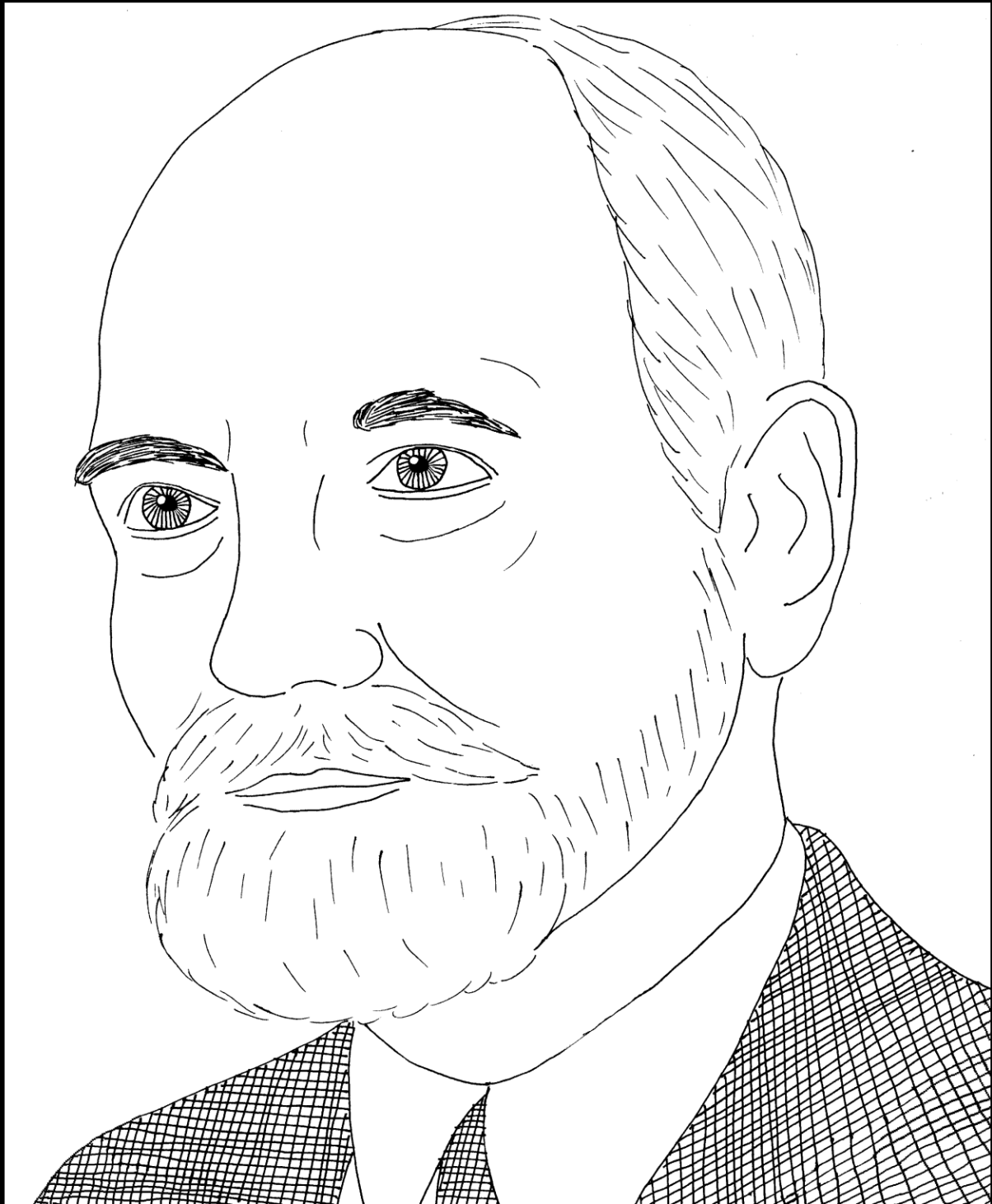
© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

M
A
K
E

A

D
I
F
F
E
R
E
N
C
E



M
A
K
E

A

D
I
F
F
E
R
E
N
C
E

**"The exploitation of women, mass hunger, disregard for freedom of conscience and for freedom of speech, widespread and racial discrimination -- all these evils are far too prevalent to be overlooked."
-- René Samuel Cassin**

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D
I
F
F
E
R
E
N
C
E



MAKE
A
D
I
F
F
E
R
E
N
C
E

"Non-violence can truly flourish when the world is free of poverty, hunger, discrimination, exclusion, intolerance and hatred - when women and men can realize their highest potential and live a secure and fulfilling life.

Until then, each and every one of us would have to contribute - collectively and individually - to build peace through non-violence."

-- Anwarul Chowdhury

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

M
A
K
E

A

D
I
F
F
E
R
E
N
C
E



M
A
K
E

A

D
I
F
F
E
R
E
N
C
E

"A white person listens to my act and he laughs and he thinks, 'Yeah, that's the way I see it too.' Okay. He's white. I'm Negro. And we both see things the same way. That must mean that we are alike..... So I figure I'm doing as much for good race relations as the next guy."

-- Bill Cosby

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D-I-F-F-E-R-E-N-C-E



MAKE
A
D-I-F-F-E-R-E-N-C-E

"Racism is a much more clandestine, much more hidden kind of phenomenon, but at the same time it's perhaps far more terrible than it's ever been."

-- Angela Davis

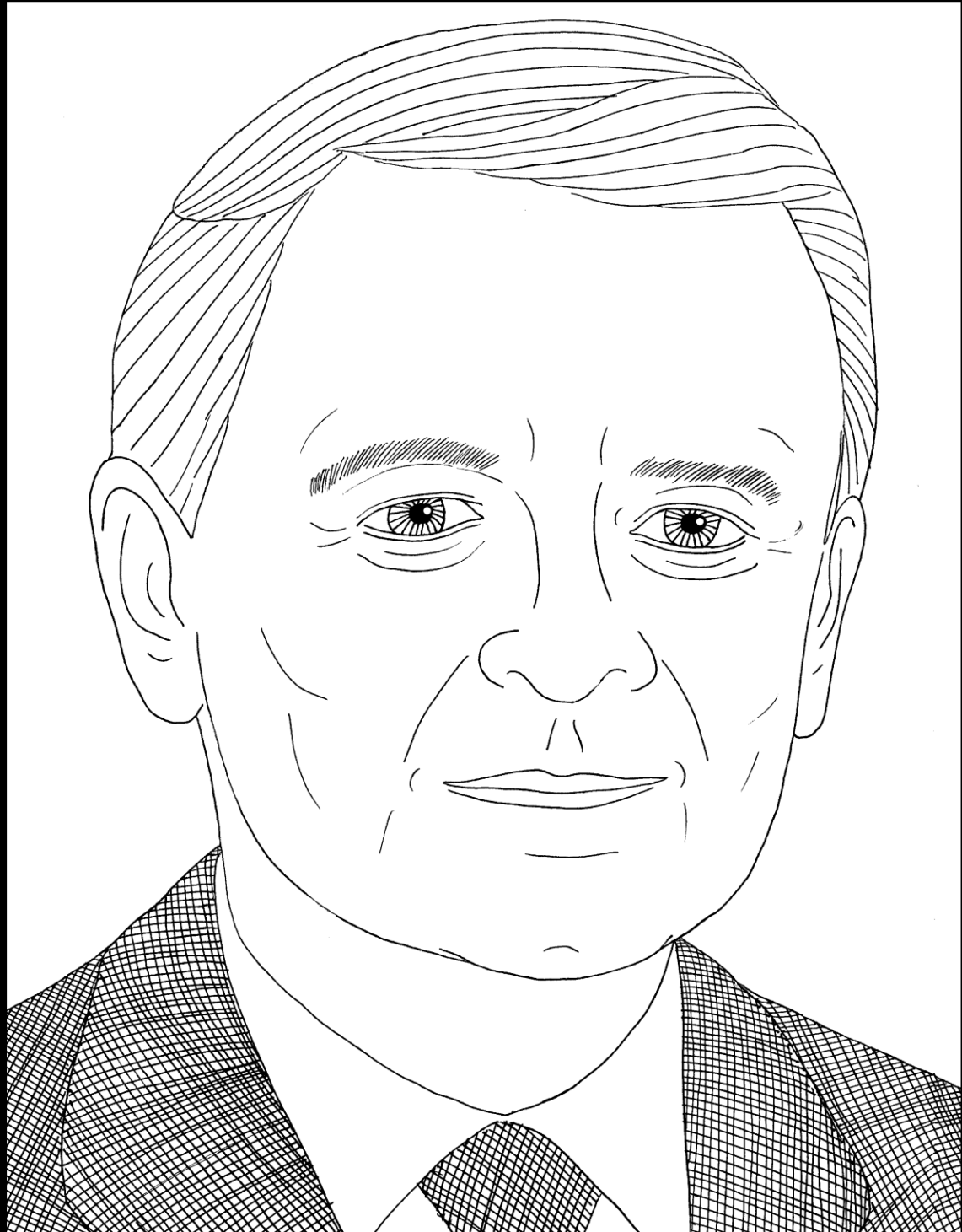
Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D-I-F-F-E-R-E-N-C-E



MAKE
A
D-I-F-F-E-R-E-N-C-E

"Racism is cruel and unjust. It cuts deep and lingers long in individual and community memories. And it is not a thing of the past....We all have a duty to do what we can to turn this around."

-- William Deane

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

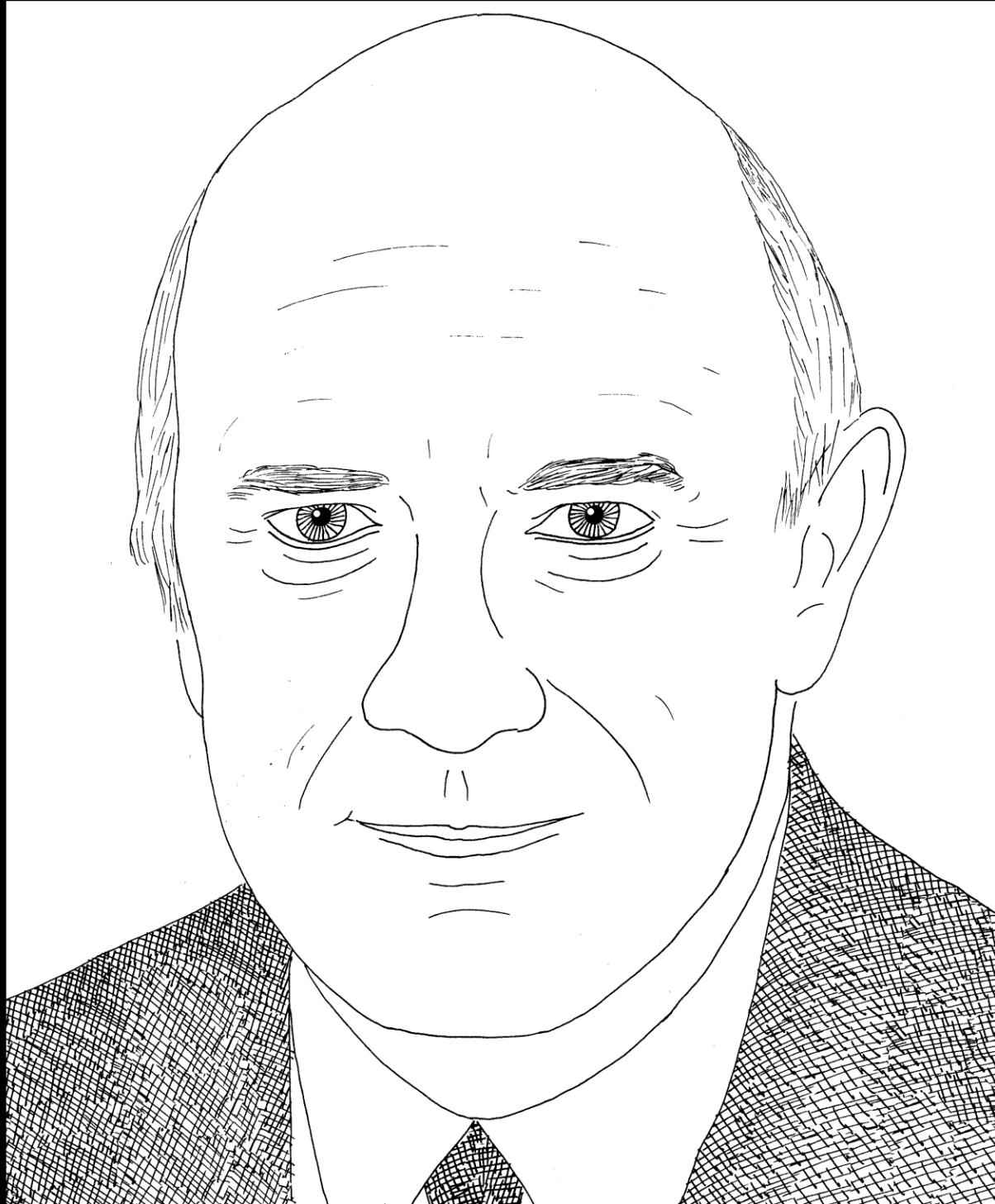
© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

M
A
K
E

A

D
I
F
F
E
R
E
N
C
E



M
A
K
E

A

D
I
F
F
E
R
E
N
C
E

"Peace does not fare well where poverty and deprivation reign...Racial, class and religious intolerance and prejudice are its mortal enemies."

-- Frederik Willem de Klerk

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D-I-F-F-E-R-E-N-C-E



MAKE
A
D-I-F-F-E-R-E-N-C-E

**"If parents snicker at racial and gender jokes,
another generation will pass on the poison
adults still have not had the courage to snuff out."**

-- Marian Wright Edelman

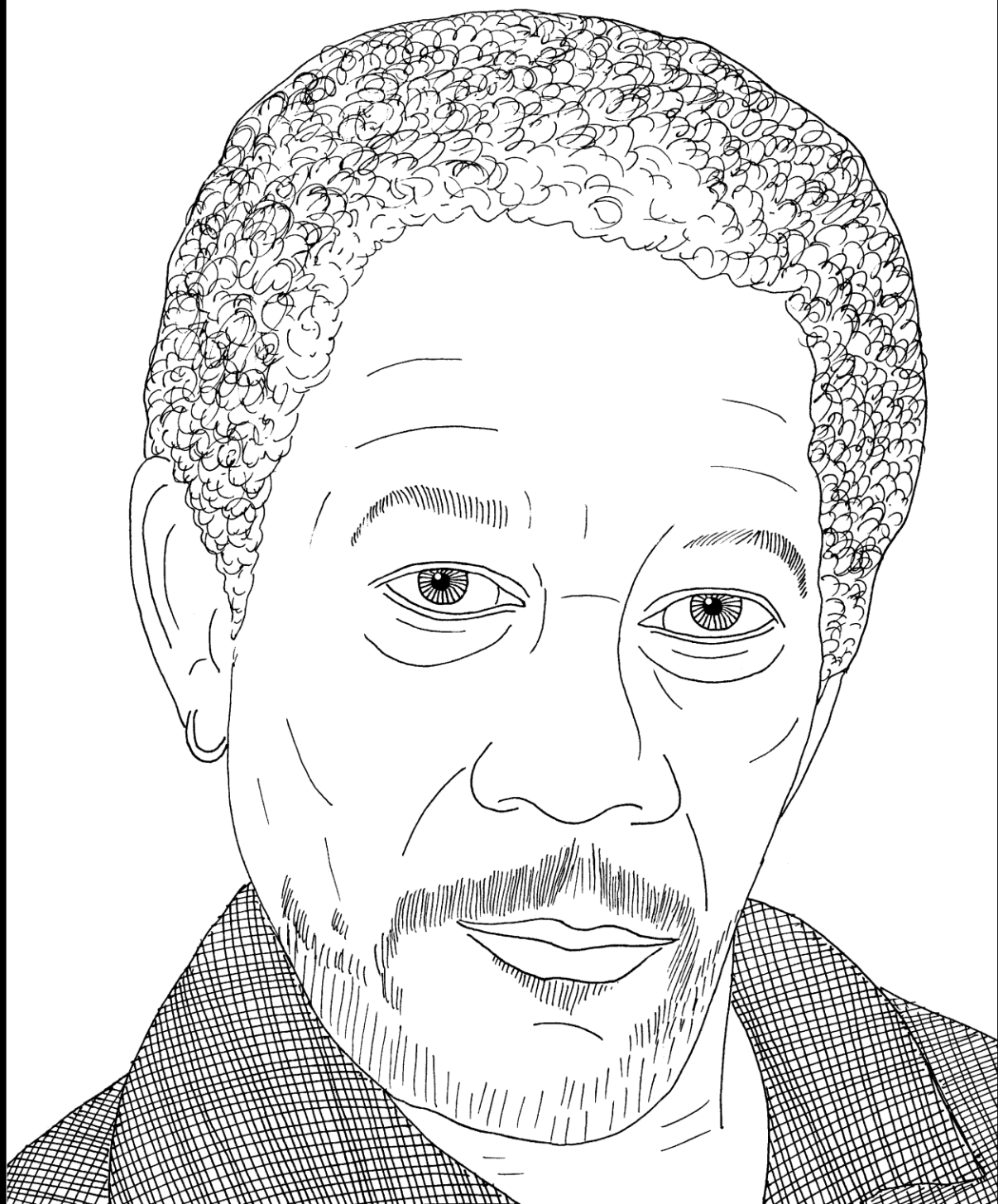
Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
DIFFERENCE



MAKE
A
DIFFERENCE

**“I am going to stop calling you a white man
and I'm going to ask you to stop calling me a black man.”
-- Morgan Freeman**

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D
I
F
F
E
R
E
N
C
E



MAKE
A
D
I
F
F
E
R
E
N
C
E

"Everywhere we turn, we see violence and hate and prejudice and anger and all of these negative emotions that are destroying humanity. And we have to wake up and take note of this and try to change our course, so that we can create a world of peace and harmony where future generations can live happily together."

-- Arun Gandhi

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
DIFFERENCE



MAKE
A
DIFFERENCE

“Whatever community organization, whether it's a women's organization, or fighting for racial justice ... you will get satisfaction out of doing something to give back to the community that you never get in any other way.”

-- Ruth Bader Ginsburg

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

M
A
K
E

A

D
I
F
F
E
R
E
N
C
E



M
A
K
E

A

D
I
F
F
E
R
E
N
C
E

"If we talk about the environment, for example, we have to talk about environmental racism - about the fact that kids in South Central Los Angeles have a third of the lung capacity of kids in Santa Monica."

-- Danny Glover

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
DIFFERENCE



MAKE
A
DIFFERENCE

"We often think of peace as the absence of war; that if the powerful countries would reduce their arsenals, we could have peace. But if we look deeply into the weapons, we see our own minds - our prejudices, fears, and ignorance...Seek to become more aware of what causes anger and separation, and what overcomes them. Root out the violence in your life, and learn to live compassionately and mindfully."

-- Thich Nhat Hanh

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**



**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**

**"Let America be America, where equality is in the air we breathe."
-- Langston Hughes**

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**



**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**

**"The ugliness of bigotry stands in direct contradiction to the very meaning of America."
-- Hubert Humphrey**

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

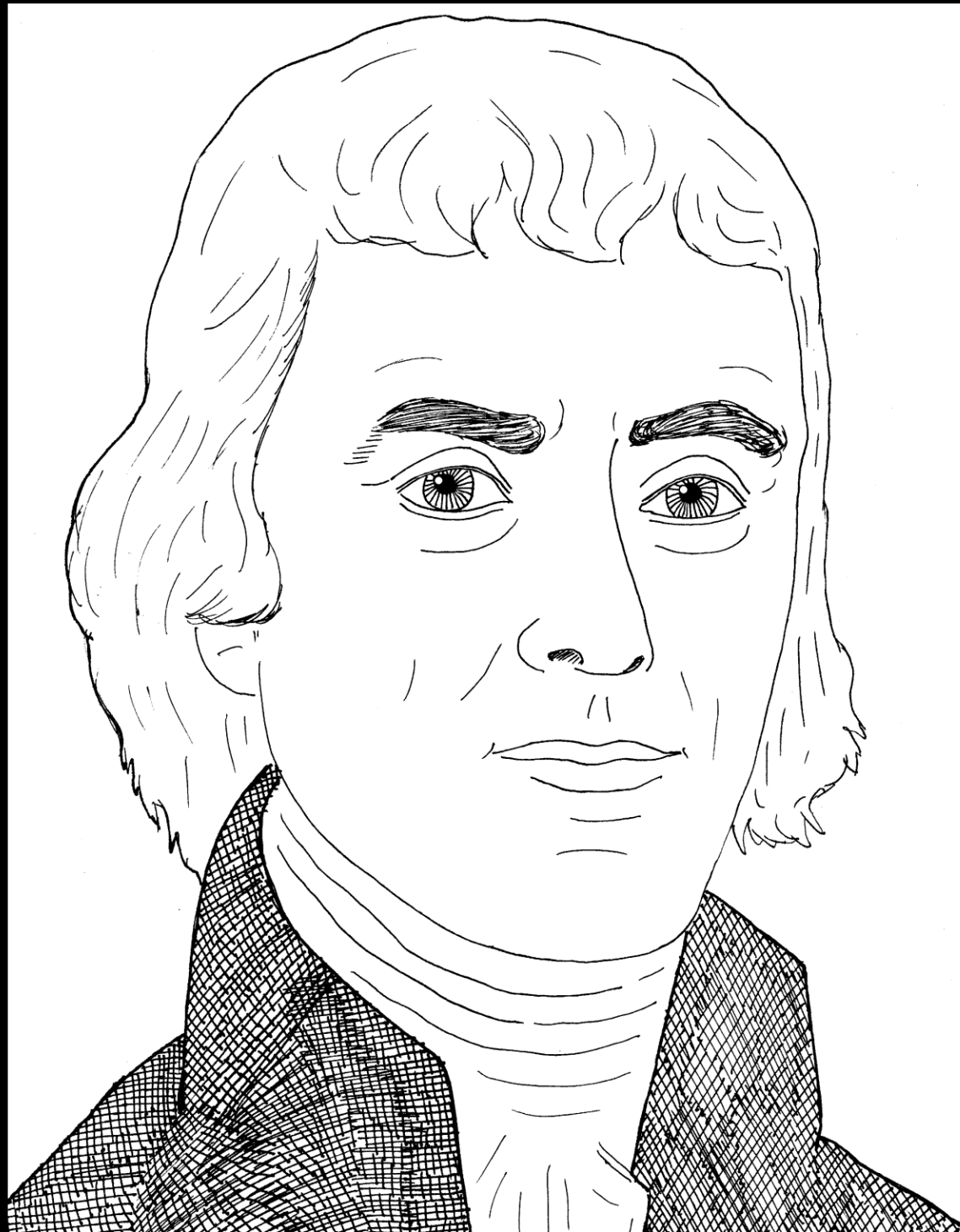
© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

M
A
K
E

A

D
I
F
F
E
R
E
N
C
E



M
A
K
E

A

D
I
F
F
E
R
E
N
C
E

**"Bigotry is the disease of ignorance, of morbid minds...
Education and free discussion are the antidotes of both."**

-- Thomas Jefferson

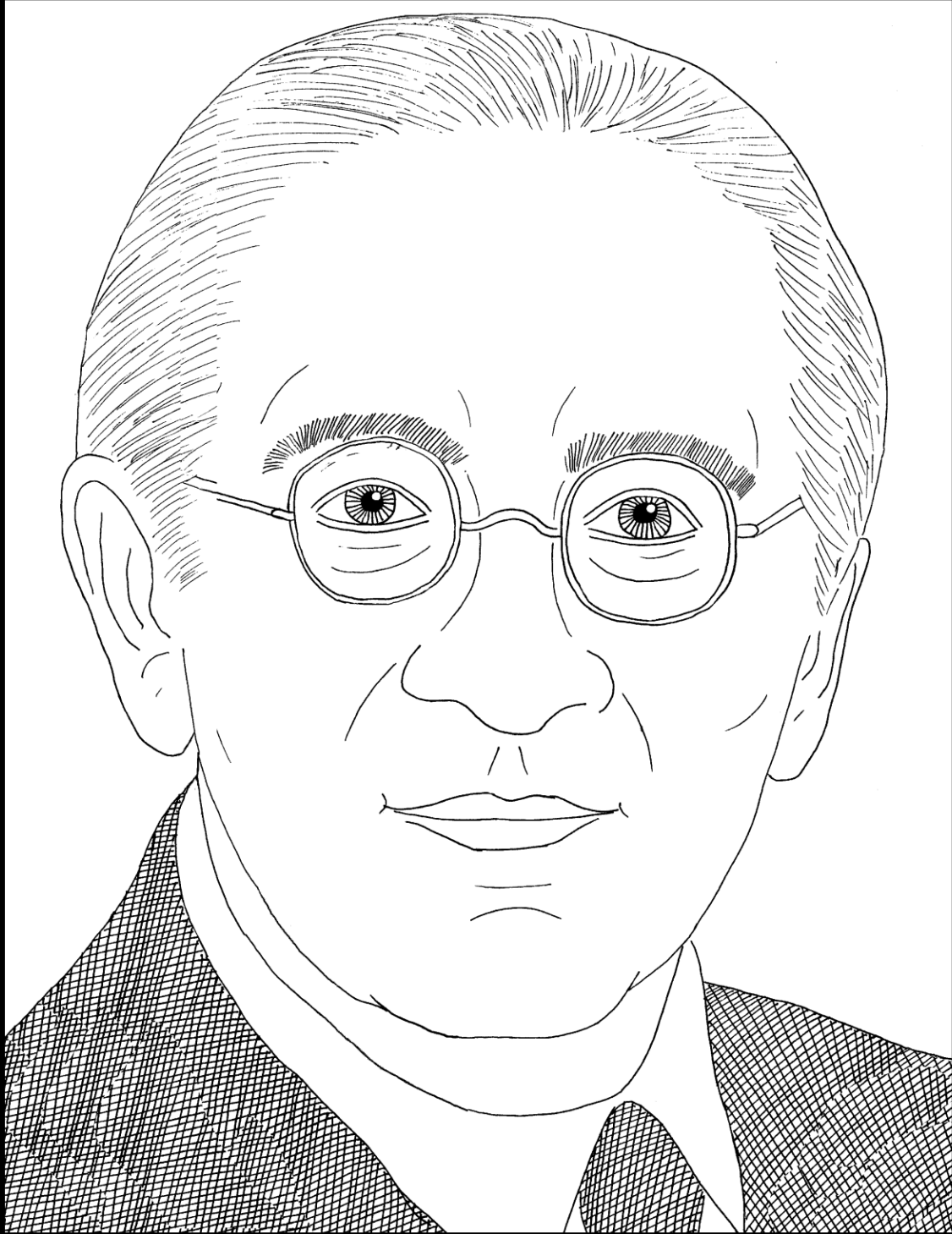
Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D-I-F-F-E-R-E-N-C-E



MAKE
A
D-I-F-F-E-R-E-N-C-E

"In order to create a new history for mankind, human beings will first have to create a new history within themselves. They will have to liberate themselves from national, religious, racial, and class prejudices..."

-- Frederick Kettner

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
DIFFERENCE



MAKE
A
DIFFERENCE

"I believe all Americans who believe in freedom, tolerance and human rights have a responsibility to oppose bigotry and prejudice..."
-- Coretta Scott King

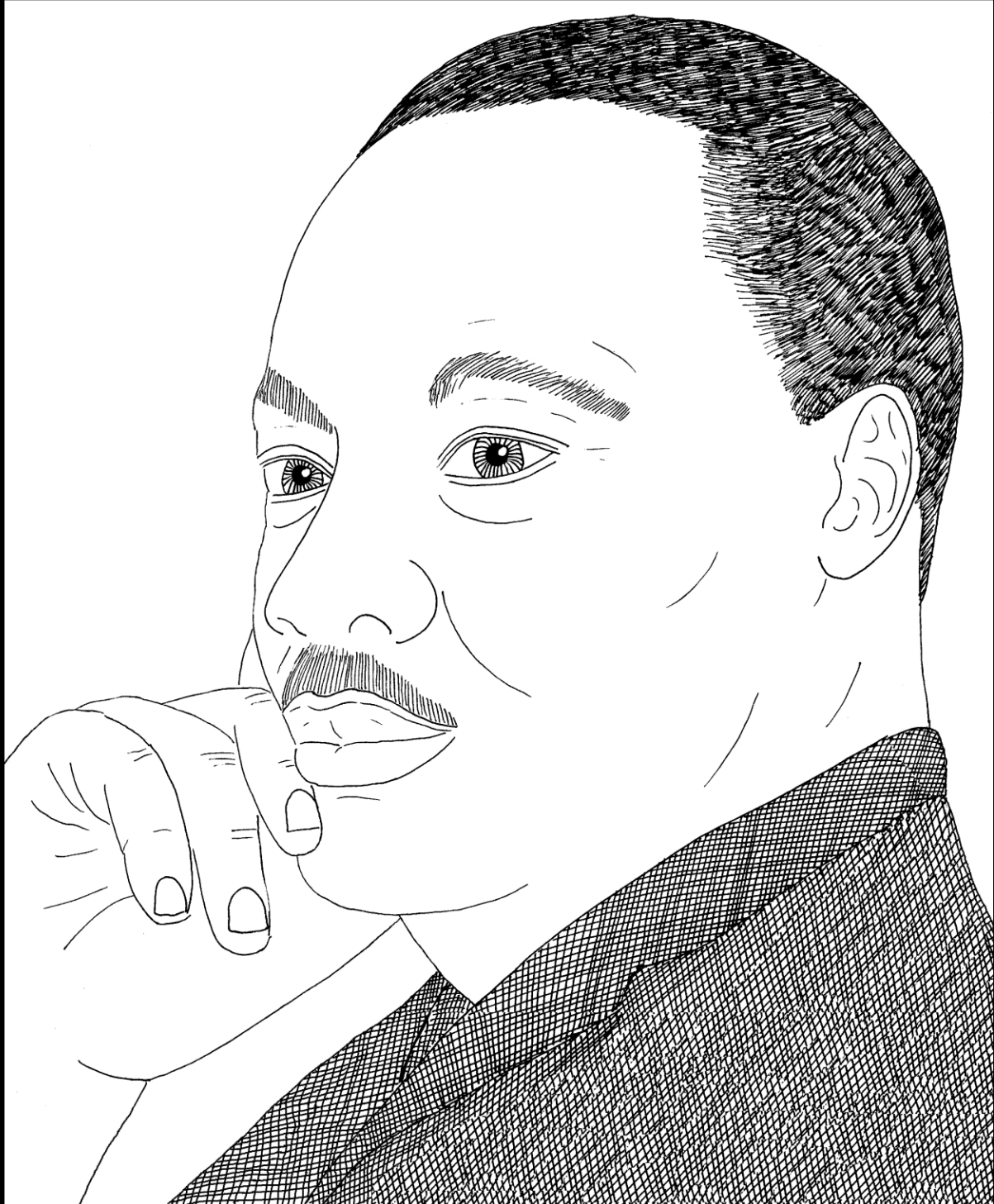
Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D
I
F
F
E
R
E
N
C
E



MAKE
A
D
I
F
F
E
R
E
N
C
E

"I refuse to accept the view that mankind is so tragically bound to the starless midnight of racism and war that the bright daybreak of peace and brotherhood can never become a reality.... I believe that unarmed truth and unconditional love will have the final word."

-- Martin Luther King, Jr.

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
DIFFERENCE



MAKE
A
DIFFERENCE

"What we need to do is learn to respect and embrace our differences until our differences don't make a difference in how we are treated."
-- Yolanda King

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**



**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**

"The United States of America is a nation where people are not united because of those three glaring frailties: racism, injustices and inequities."

-- Yuri Kochiyama

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D
I
F
F
E
R
E
N
C
E



MAKE
A
D
I
F
F
E
R
E
N
C
E

"Poverty is a weapon of mass destruction. Joblessness is a weapon of mass destruction, homelessness, a weapon of mass destruction...racism, a weapon of mass destruction...We must disarm these weapons and renew our commitment to quality public schools and dedicated teachers and good housing and quality health care and decent jobs and stronger neighborhoods."

-- Dennis Kucinich

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

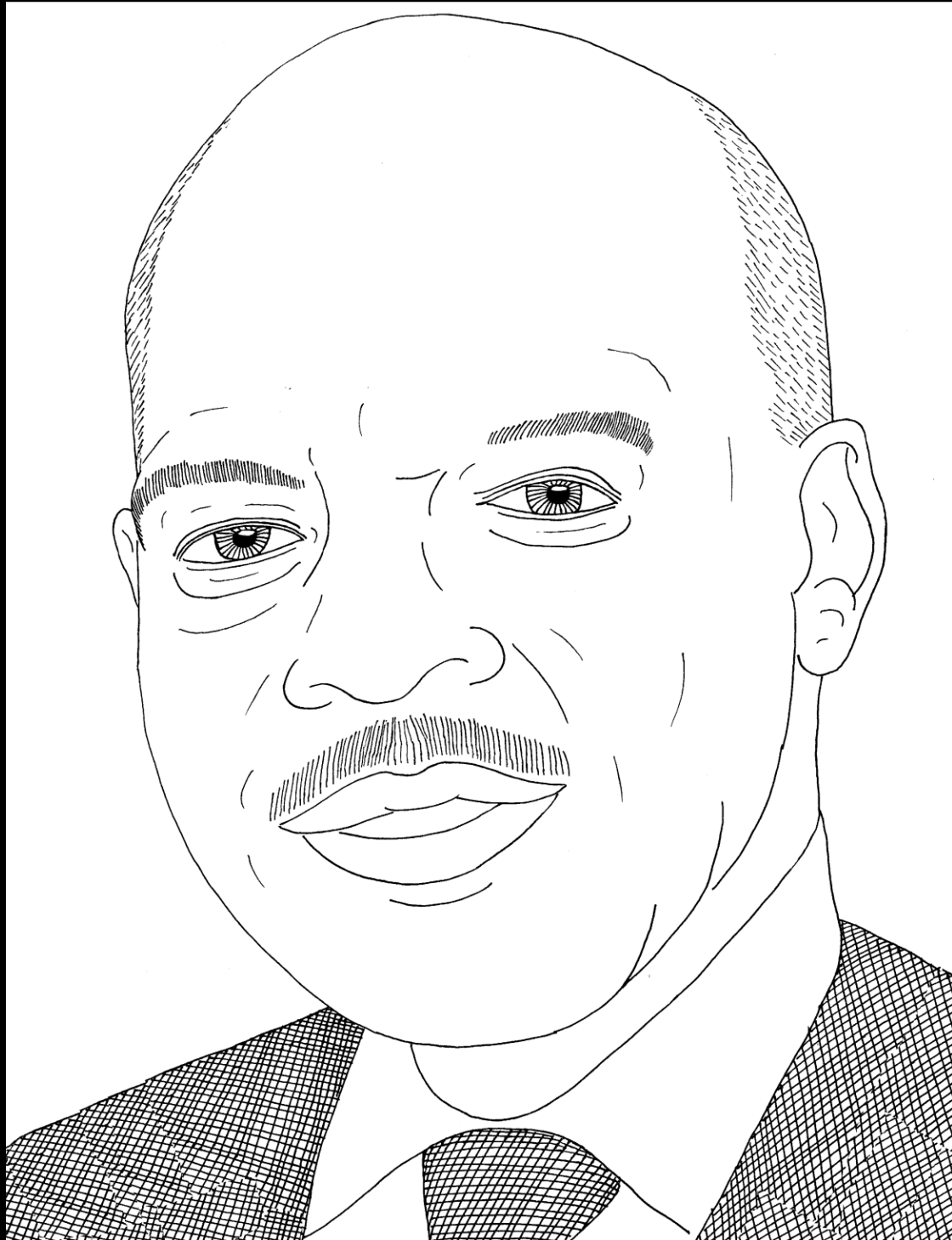
© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

M
A
K
E

A

D
I
F
F
E
R
E
N
C
E



M
A
K
E

A

D
I
F
F
E
R
E
N
C
E

"We've come a long way, but we still have a distance to go before all of our citizens embrace the idea of a truly interracial democracy, what I like to call the Beloved Community, a nation at peace with itself."
-- John R. Lewis

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
DIFFERENCE



MAKE
A
DIFFERENCE

"No one is born hating another person because of the color of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite."

-- Nelson Mandela

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**



**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**

**"An intensive human rights education for all communities
needs to be provided to overcome the old prejudices."**

-- Ruth Manorama

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D
I
F
F
E
R
E
N
C
E



MAKE
A
D
I
F
F
E
R
E
N
C
E

"...war is never won... Only peace can be won and winning peace means not only avoiding armed conflict but finding ways of eradicating the causes of individual and collective violence: injustice and oppression, ignorance and poverty, intolerance and discrimination."

-- Federico Mayor

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
DIFFERENCE



MAKE
A
DIFFERENCE

"I resolutely believe that respect for diversity is a fundamental pillar in the eradication of racism, xenophobia and intolerance."

-- Rigoberta Menchú

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

M
A
K
E

A

D
I
F
F
E
R
E
N
C
E



M
A
K
E

A

D
I
F
F
E
R
E
N
C
E

"We have to build things that we want to see accomplished, in life and in our country, based on our own personal experiences ... to make sure that others ... do not have to suffer the same discrimination."

-- Patsy Mink

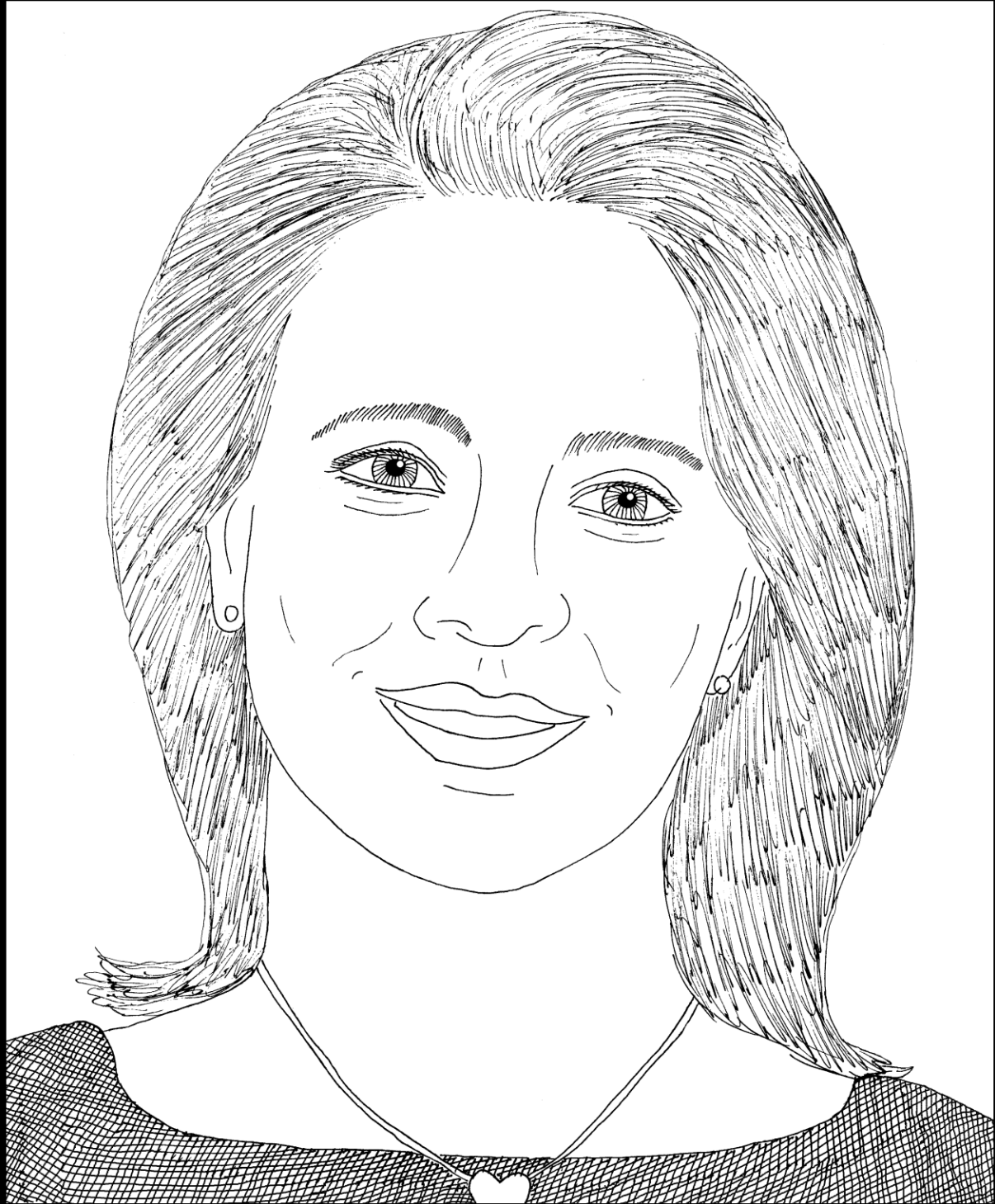
Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
DIFFERENCE



MAKE
A
DIFFERENCE

"As believers we all have an opportunity and moral obligation to recognize our spiritual common ground; to rise above our differences; to combat prejudice and intolerance."

-- Queen Noor of Jordan

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D-I-F-F-E-R-E-N-C-E



MAKE
A
D-I-F-F-E-R-E-N-C-E

**"Affirmative action is the most important modern anti-discrimination technique ever instituted in the United States. It is the one tool that has had a demonstrable effect on discrimination."
-- Eleanor Holmes Norton**

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**



**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**

**"Our goal is to have a country that's not divided by race."
-- Barack Obama**

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

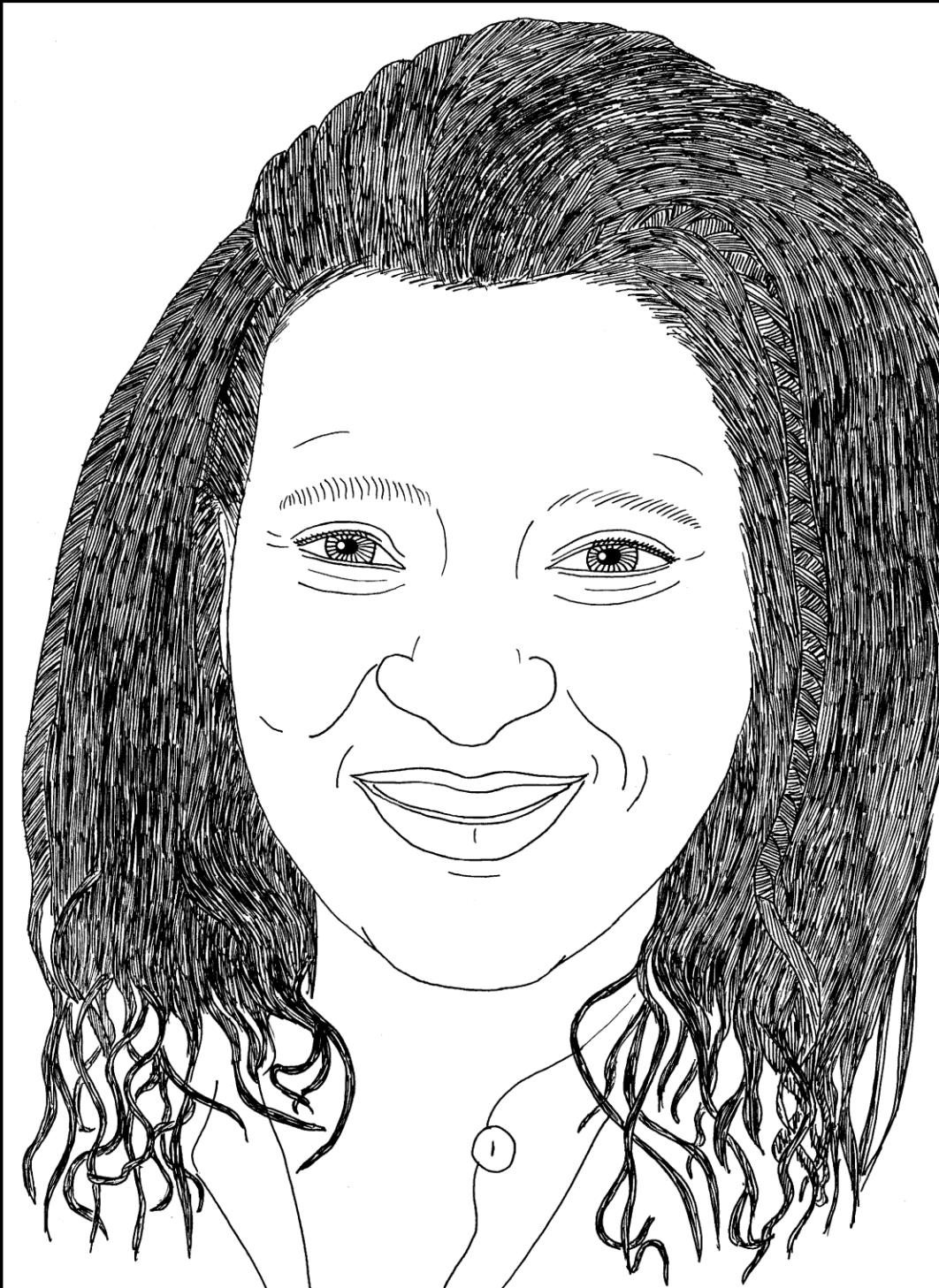
© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

M
A
K
E

A

D
I
F
F
E
R
E
N
C
E



M
A
K
E

A

D
I
F
F
E
R
E
N
C
E

"Race is the great taboo in our society. We are afraid to talk about it. White folks fear their unspoken views will be deemed racist. People of color are filled with sorrow and rage at unrighted wrongs... Once we decide to transform ourselves from fearful caterpillars into courageous butterflies, we will be able to bridge the racial gulf and move forward together towards a bright and colorful future."

-- Eva Paterson

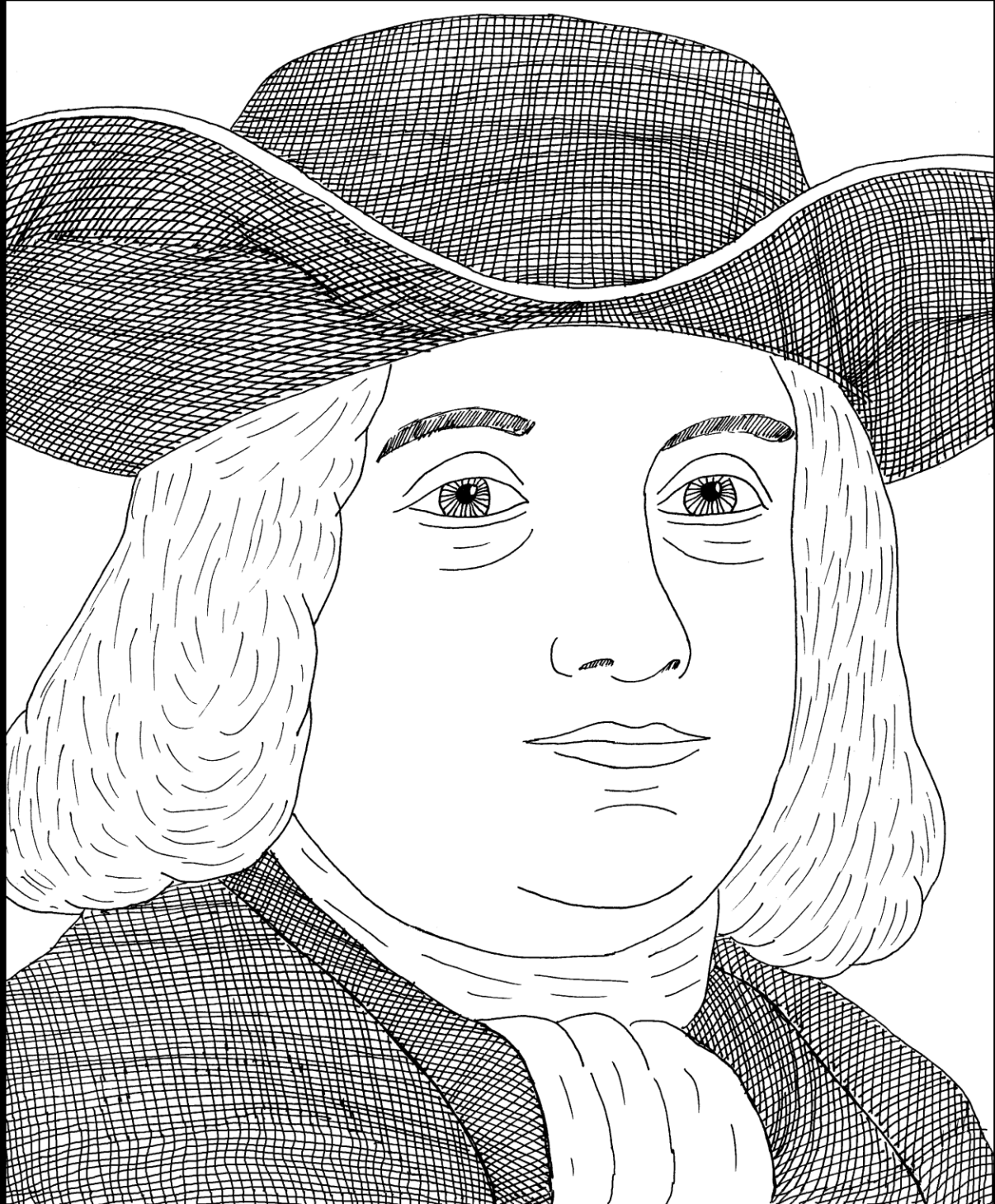
Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D
I
F
F
E
R
E
N
C
E



MAKE
A
D
I
F
F
E
R
E
N
C
E

"O Lord, help me not to despise or oppose
what I do not understand."

-- William Penn

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

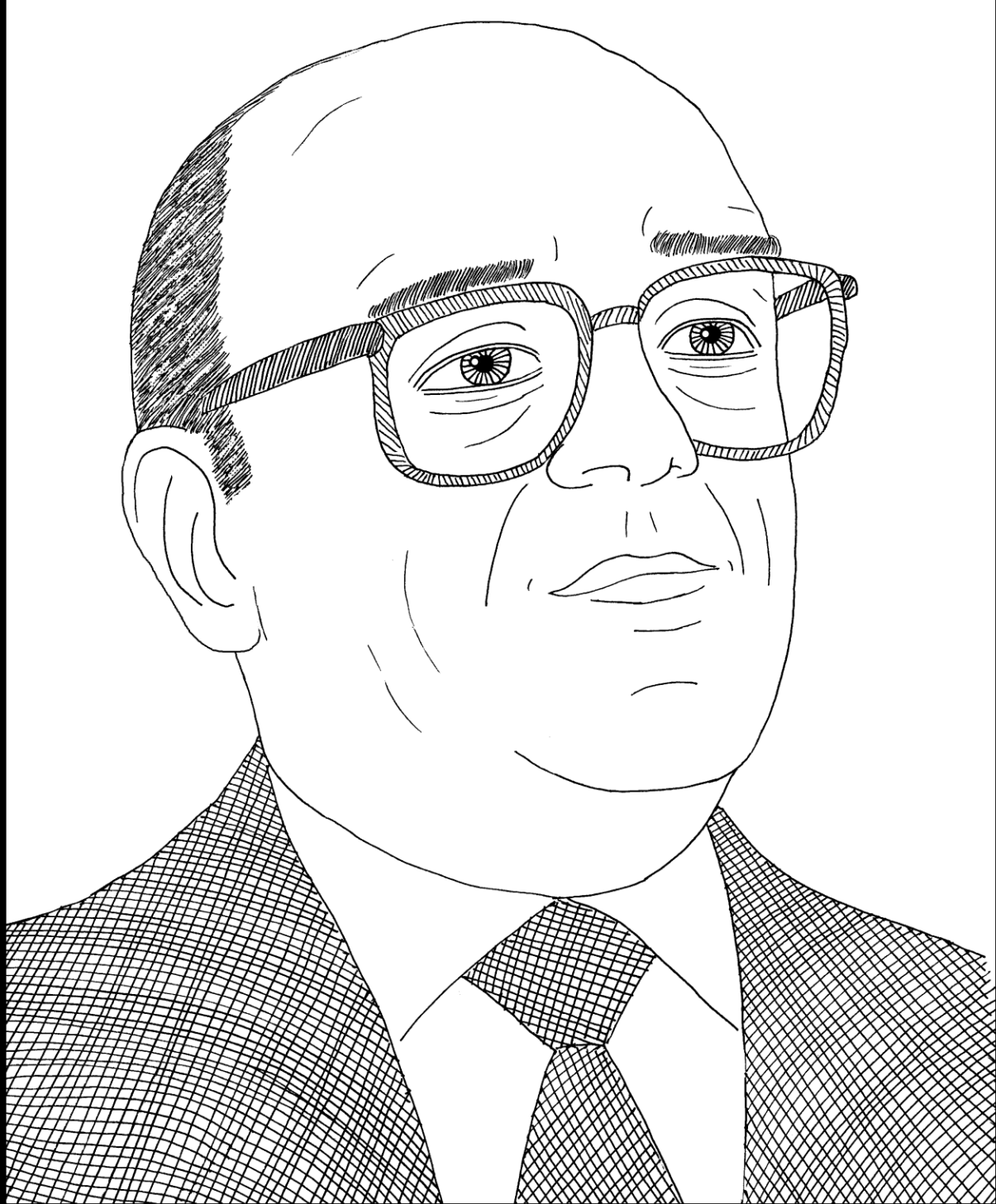
© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

M
A
K
E

A

D
I
F
F
E
R
E
N
C
E



M
A
K
E

A

D
I
F
F
E
R
E
N
C
E

"...we need to realize that we have a role to play in overcoming our own discrimination which is sometimes very subtly held..."

-- Bishop Samuel Ruiz Garcia

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
DIFFERENCE



MAKE
A
DIFFERENCE

"...we all sometimes ... harbor some prejudices and all, but we have to know in our heart it's wrong. And we all want to remember that we are connected. And that any kind of racism is wrong."
-- Russell Simmons

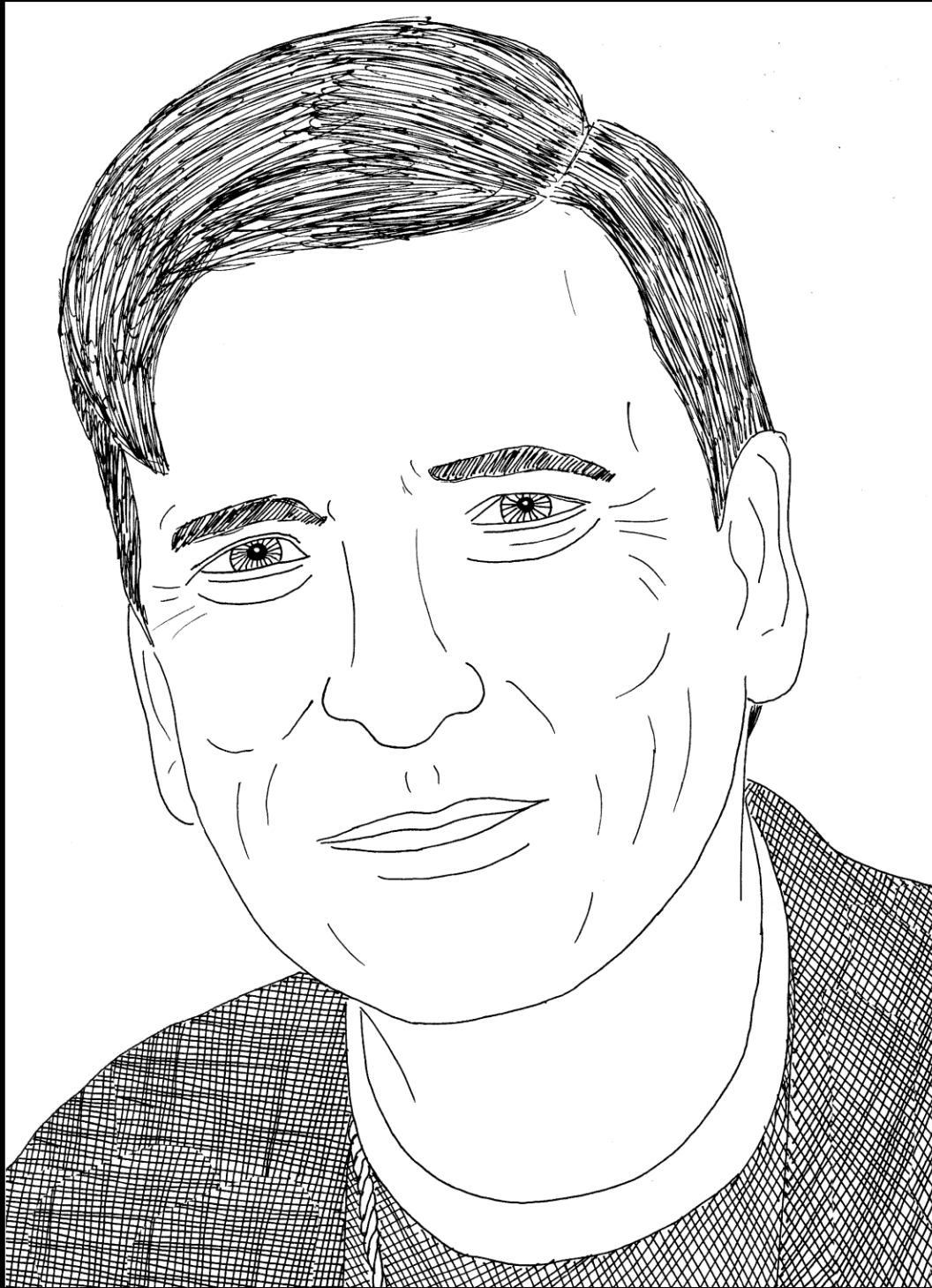
Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
DIFFERENCE



MAKE
A
DIFFERENCE

"All human beings bear God's image and must be respected for what each person is. Therefore, no external description of one's being, whether based on race, ethnicity, gender or sexual orientation, can properly be used as the basis for either rejection or discrimination."

-- Bishop John Shelby Spong

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D-I-F-F-E-R-E-N-C-E



MAKE
A
D-I-F-F-E-R-E-N-C-E

"This is no simple reform. It really is a revolution. Sex and race because they are easy and visible differences have been the primary ways of organizing human beings into superior and inferior groups and into the cheap labor in which this system still depends. We are talking about a society in which there will be no roles other than those chosen or those earned."

-- Gloria Steinem

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**



**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**

**"How I wish we lived in a time when laws were
not necessary to safeguard us from discrimination."
-- Barbra Streisand**

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

**M
A
K
E
A
D
I
F
F
E
R
E
N
C
E**



**M
A
K
E
A
D
I
F
F
E
R
E
N
C
E**

**"If you judge people you have no time to love them."
-- Mother Teresa**

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

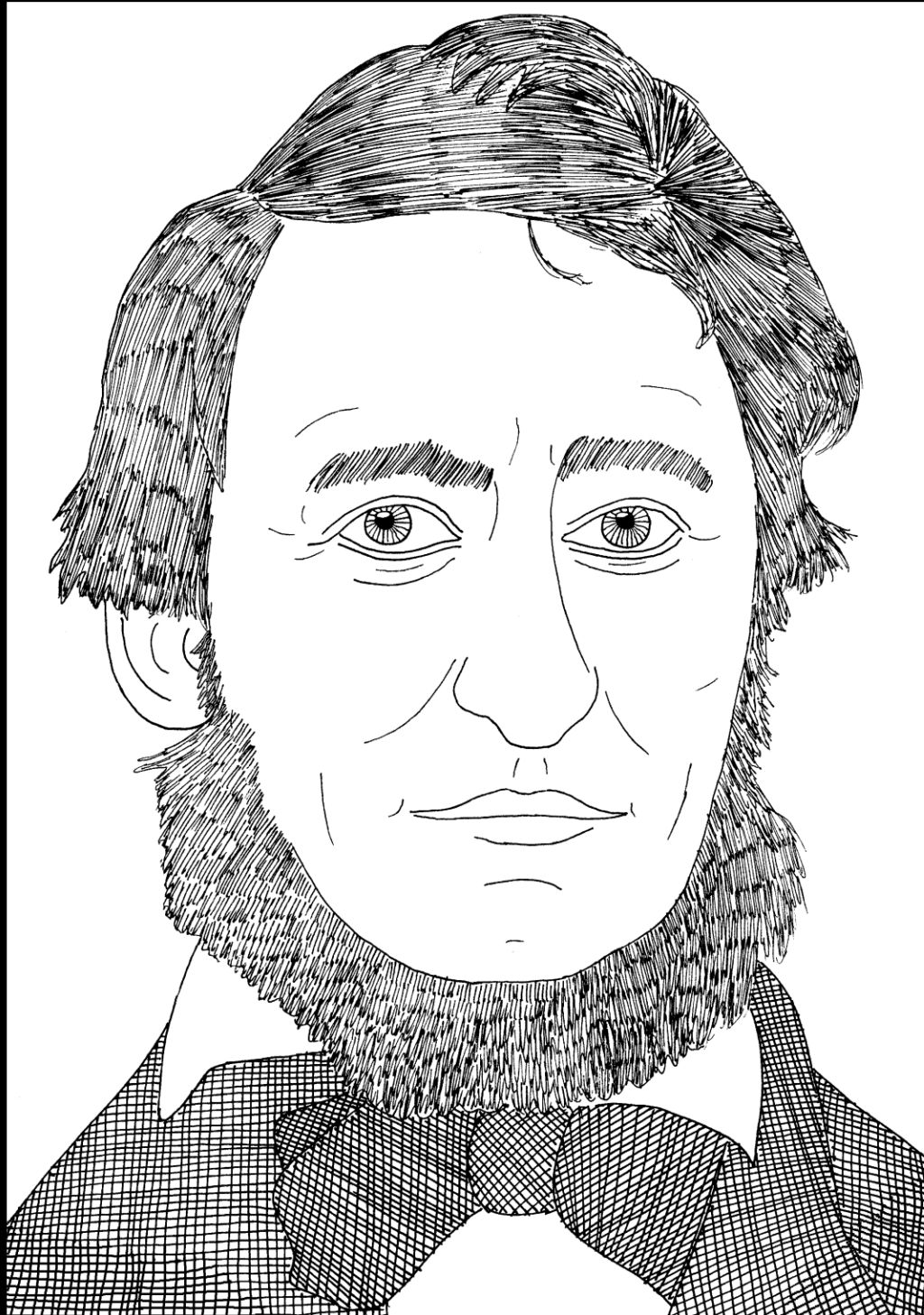
© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**



**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**

**"It is never too late to give up our prejudices."
-- Henry David Thoreau**

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D-I-F-F-E-R-E-N-C-E



MAKE
A
D-I-F-F-E-R-E-N-C-E

"We have not yet tamed our own demons of racism, nationalism, sexism, and materialism. We have not yet made peace with a land we took by force and have only partly paid for. We are a teeming conglomeration of people from different tribes who have yet to embrace fully the humanness in one another. And none of us can be really free until all of us are."

-- Robert Thurman

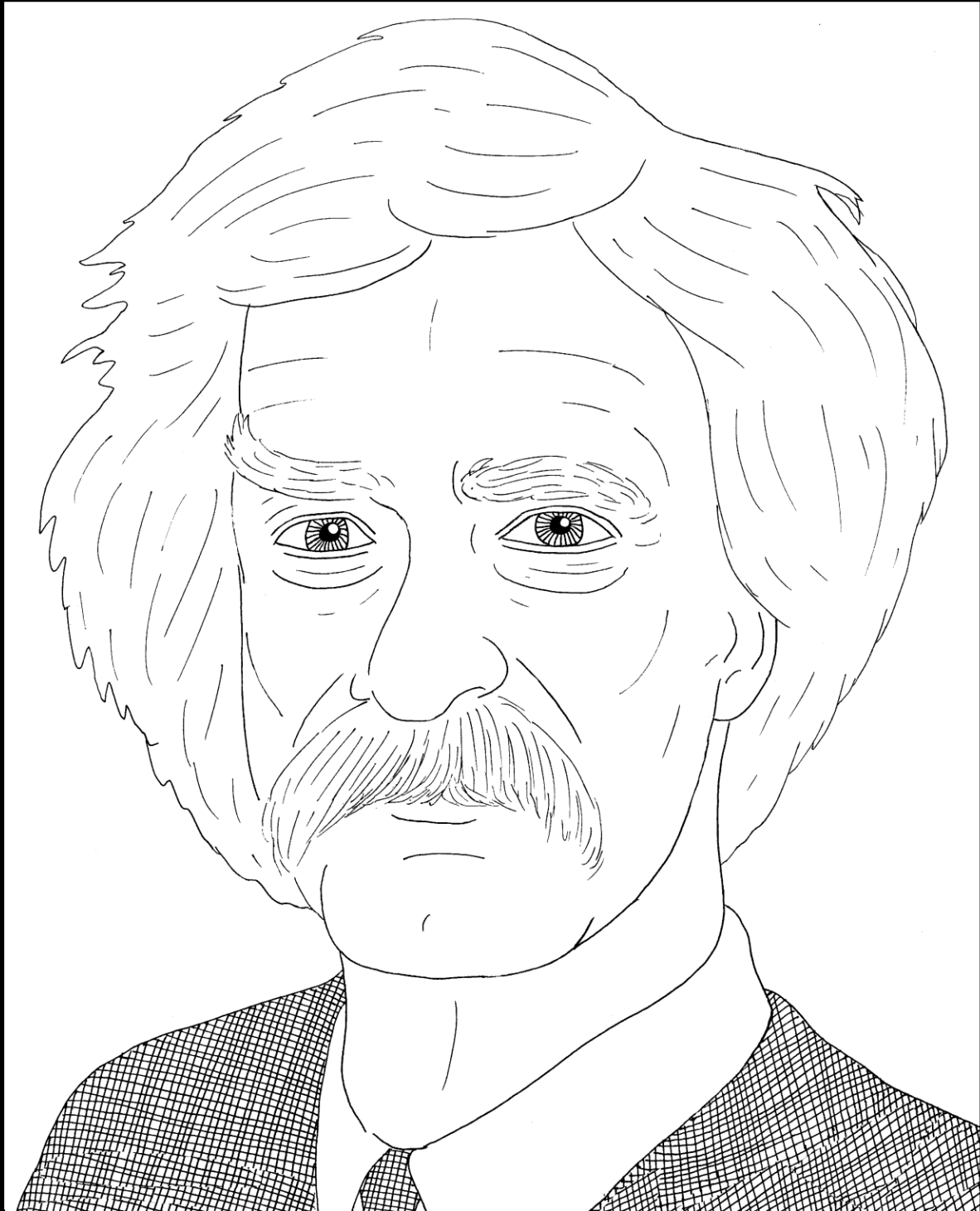
Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D-I-F-F-E-R-E-N-C-E



MAKE
A
D-I-F-F-E-R-E-N-C-E

"I have no color prejudices nor caste prejudices nor creed prejudices. All I care to know is that a man is a human being, and that is enough for me; he can't be any worse."

-- Mark Twain

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

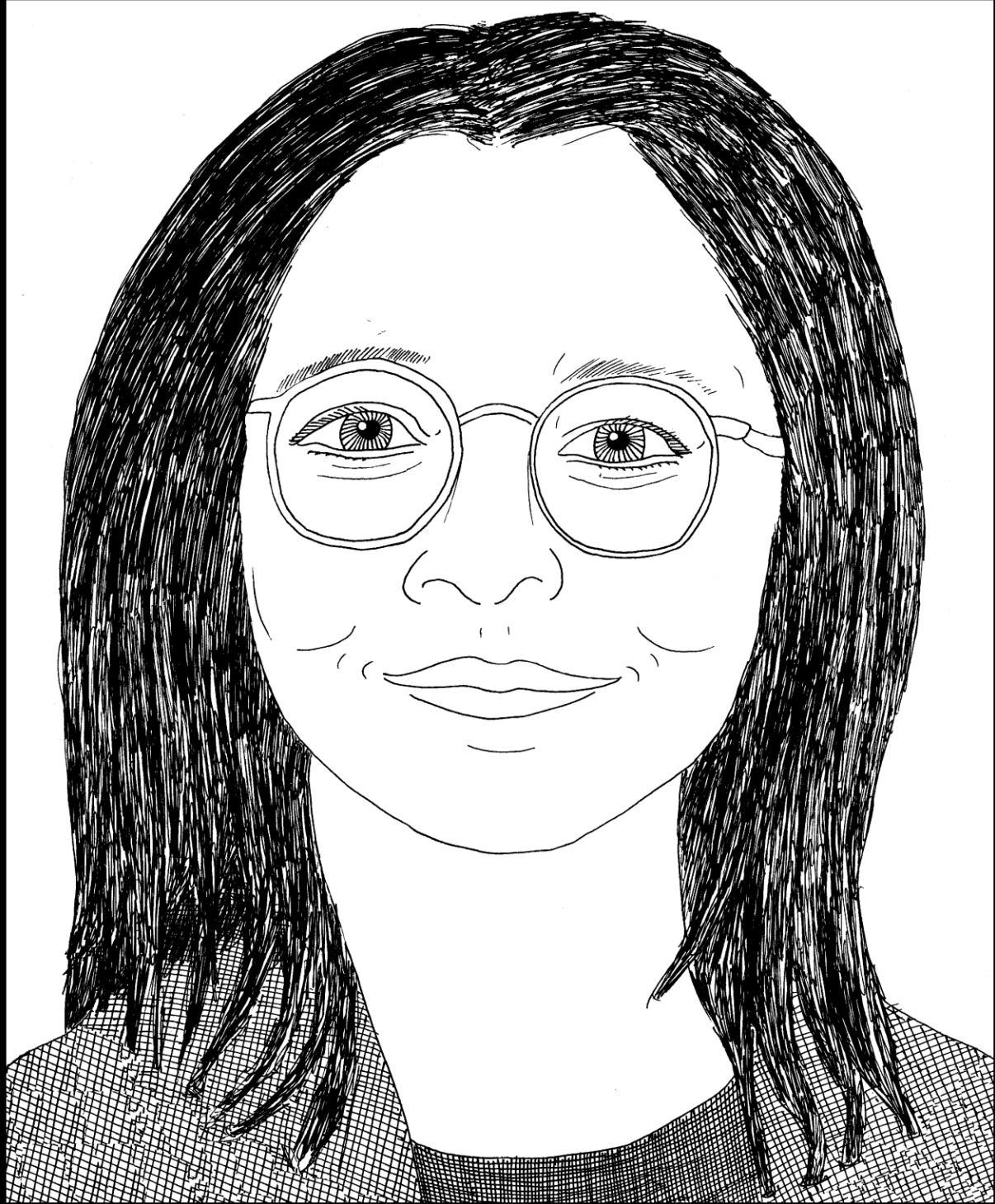
© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

M
A
K
E

A

D
I
F
F
E
R
E
N
C
E



M
A
K
E

A

D
I
F
F
E
R
E
N
C
E

"I think we have to own the fears that we have of each other, and then, in some practical way, some daily way, figure out how to see people differently than the way we were brought up to."
-- Alice Walker

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**



**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**

**"I refuse to allow prejudice to defeat me."
-- Dionne Warwick**

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D
I
F
F
E
R
E
N
C
E



MAKE
A
D
I
F
F
E
R
E
N
C
E

"I've been in this struggle for many years now. I understand racism. I understand that there are a lot of people in this country who don't care about the problems of the inner city. We have to fight every day that we get up for every little thing that we get. And so I keep struggling."
-- Maxine Waters

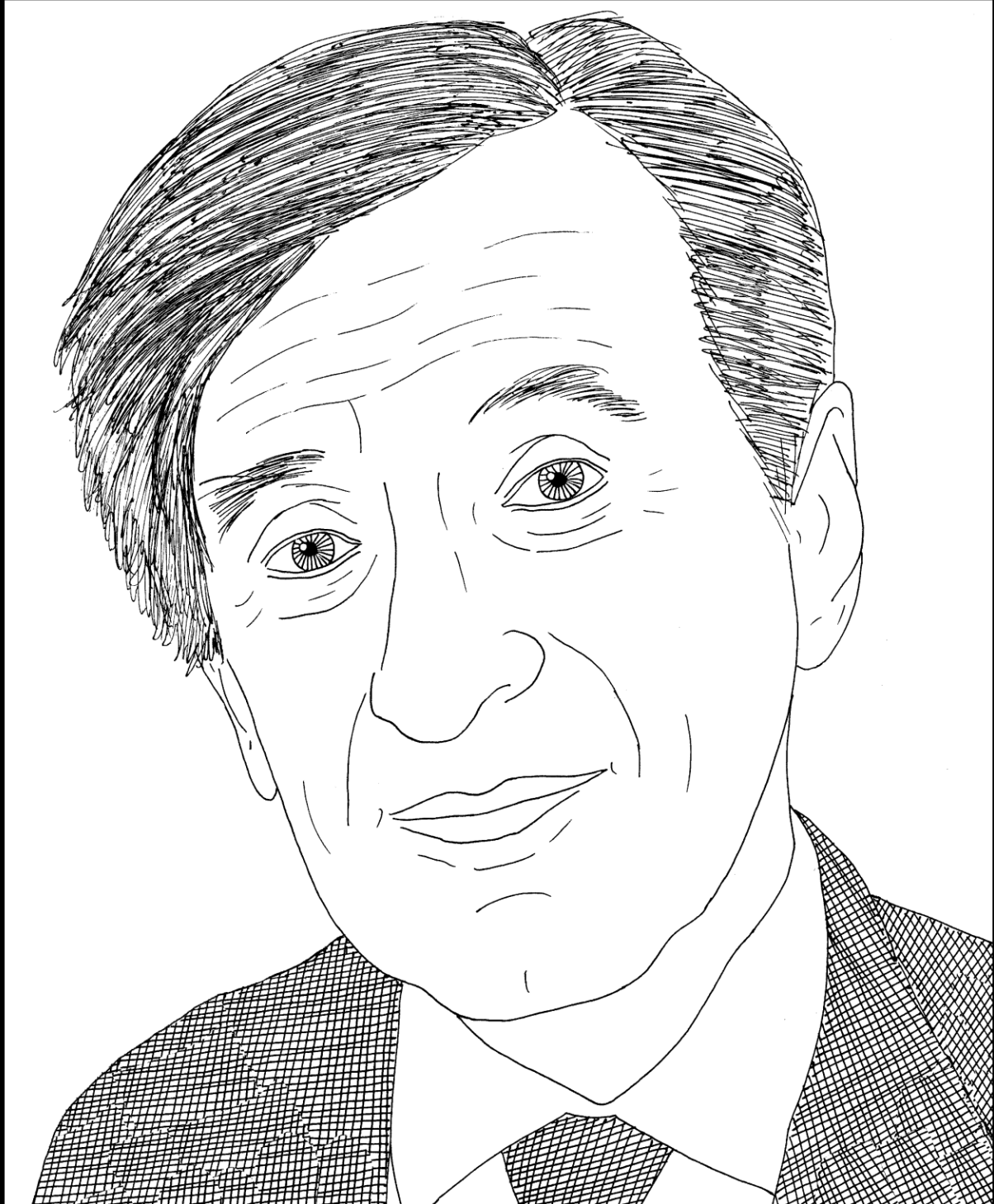
Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D
I
F
F
E
R
E
N
C
E



MAKE
A
D
I
F
F
E
R
E
N
C
E

“We must take sides. Neutrality helps the oppressor, never the victim. Silence encourages the tormentors, not the tormented. Wherever anyone is persecuted for their race or political views, that place must become the center of the universe.”

-- Elie Wiesel

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D
I
F
F
E
R
E
N
C
E



MAKE
A
D
I
F
F
E
R
E
N
C
E

"Freedom is an indivisible word. If we want to enjoy it, and fight for it, we must be prepared to extend it to everyone, whether they are rich or poor, whether they agree with us or not, no matter what their race or the color of their skin."

-- Wendell Wilkie

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
DIFFERENCE



MAKE
A
DIFFERENCE

**"Love is what we are born with. Fear is what we learn.
The spiritual journey is the unlearning of fear and prejudices
and the acceptance of love back in our hearts."**

-- Marianne Williamson

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**



**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**

**"Excellence is the best deterrent to racism or sexism."
-- Oprah Winfrey**

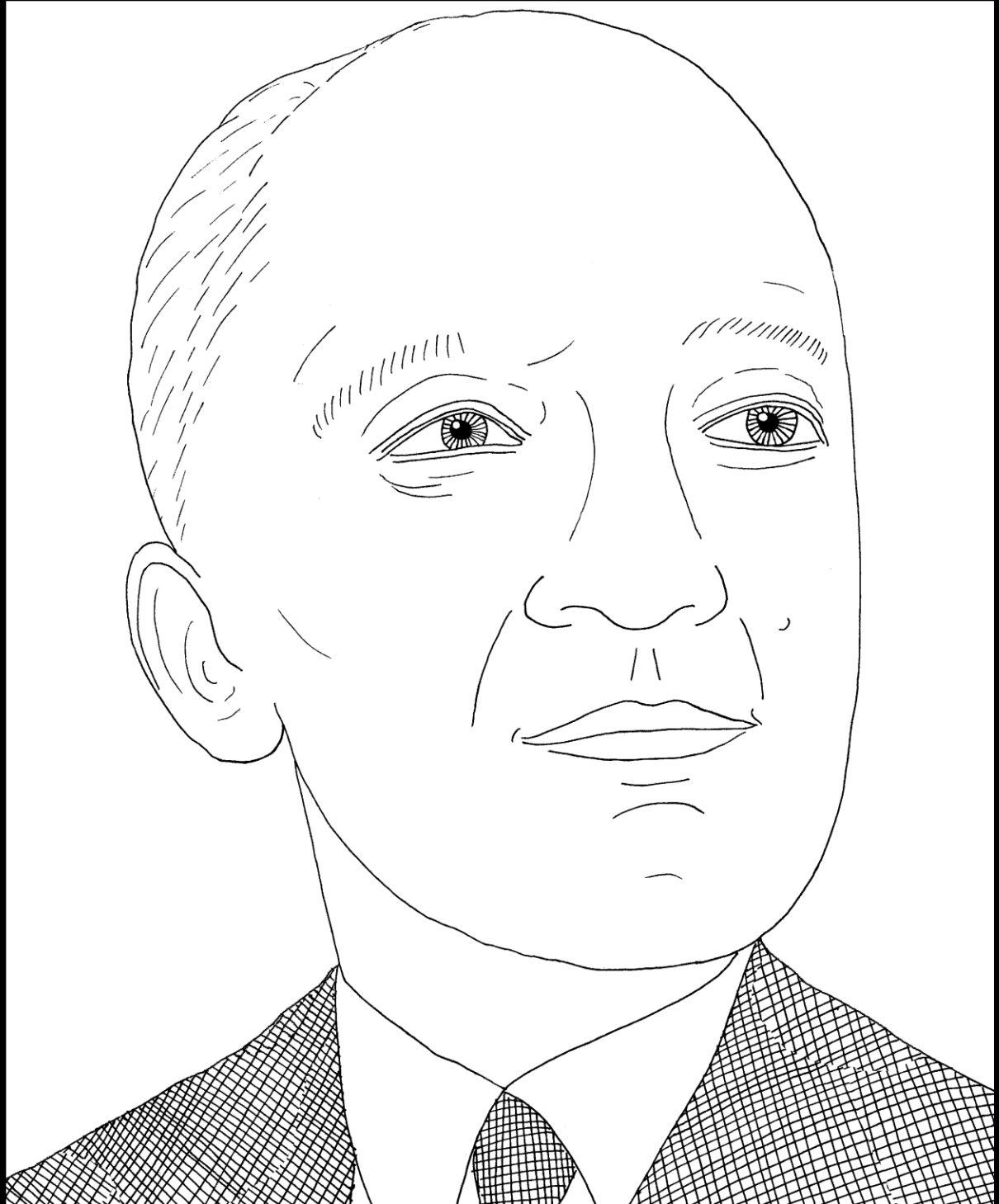
Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D-I-F-F-E-R-E-N-C-E



MAKE
A
D-I-F-F-E-R-E-N-C-E

"What we need is not a history of selected races or nations,
but the history of the world void of national bias, race hate,
and religious prejudice."

-- Carter Woodson

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"Prejudice is a barrier that confuses the past, breaks the future and renders the present inaccessible." —Mayor Angelino</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"One of our nation's foremost scientists, Dr. An Rodriguez has shown that they can transcend racial, religious, linguistic and ethnic barriers to assist a common cause of health, principles, and constructive programs to build a new society as collectively embraced by them." —Dr. An Rodriguez</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"I am proud of my spiritual heritage and to hold the faith whose God is on your side, and an even greater attribute of personality and character and to help your child to believe." —James Bakula</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"With the trust of great faith, she has led us, there is one word to pursue the Millennium Development Goals with fresh resolve, confidence, dignity and respect with the same determination that we shall be issues from which they spring." —Carol Bellini</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"It is a great and glorious in the face of discrimination, we accept the responsibility ourselves. We should, therefore, proceed equally everywhere. The words of discrimination or status." —Mary Wiland Bellina</p> <p>BetterWorldCalendar.com</p>
<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"At the heart of the problem is the fact that the United States is a racially divided nation where serious racial inequalities continue to persist." —Robert Bullock</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"Racial, ethnic, gender violence and other forms of discrimination and violence is a culture created by attitudes without changing culture." —Charlene Busch</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"Not too far from behind the scenes of the show, we had been 'David Burtka' for the last few years. It was a great experience and we were able to see the way that the show and the people who worked on it were able to make a difference in the world." —David Burtka</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"I am proud to be a part of the team that has made a difference in the lives of so many people. I am proud to be a part of the team that has made a difference in the lives of so many people." —Carol Calvo</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"There is a small, hidden, hidden kind of phenomenon, but at the same time it's perhaps far more terrible than it ever been." —Angela Davis</p> <p>BetterWorldCalendar.com</p>
<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"If anyone attacks or racial and gender jokes, whether public or private, adults still have not had the courage to speak out." —Michael J. Freeman</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"I am going to stop calling you a white man and I'm going to stop calling you a black man." —Robert J. Freeman</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"I am proud to be a part of the team that has made a difference in the lives of so many people. I am proud to be a part of the team that has made a difference in the lives of so many people." —David Burtka</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"If we talk about the environment, for example, we have to talk about the environment. We have to talk about the environment. We have to talk about the environment." —Carol Calvo</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"The other two women in the room were of the same race as I was. I was a woman of color and I was a woman of color. I was a woman of color and I was a woman of color." —Angela Davis</p> <p>BetterWorldCalendar.com</p>
<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"I refuse to accept the view that mankind is so tragically bound to the sinfulness of racism and that the only solution is to put away the bomb and let the world be ruled by a few supermen. I believe that we can and we must overthrow the system and let the people rule." —Michael J. Freeman</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"What we need to do is learn to respect and embrace our differences and our differences don't make a difference in how we are treated." —Yolande King</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"The United States of America is a nation where people are not united because of their three glaring failures: racism, hypocrisy and inequality." —Yolande King</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"I am proud to be a part of the team that has made a difference in the lives of so many people. I am proud to be a part of the team that has made a difference in the lives of so many people." —Billie Samuel Wald Garcia</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"We've come a long way, but we still have a distance to go before all of our citizens embrace the idea of a truly inclusive and democratic, what I like to call the New Community, a nation of peace with itself." —Fustani Simons</p> <p>BetterWorldCalendar.com</p>
<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"I stand firm because that respect for diversity is a fundamental pillar in the eradication of racism, xenophobia and intolerance." —Rigoberta Menchu</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"We have to build things that we need to be accomplished, in the end, and in our country, based on our own personal experiences, and we need to see that others — we need to see that others." —Philby White</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"Our goal is to have a country that is not divided by race." —Yolande King</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"I am proud to be a part of the team that has made a difference in the lives of so many people. I am proud to be a part of the team that has made a difference in the lives of so many people." —Billie Samuel Wald Garcia</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"...we all sometimes... better some problems and us, but we have to know in our heart it's wrong. And we all want to remember that we are connected. And that we are of the same race with each other." —Fustani Simons</p> <p>BetterWorldCalendar.com</p>
<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"If you judge people you have no time to love them." —Belber Tarasa</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"I think we have to see the faces that we have of each other, and there, in every particular way, fight and how to see people differently than the way we were brought up to." —Alice Walker</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"We must take action. Nonviolence helps the oppressed, never the oppressor. Show your anger to the oppressor, and the oppressor will respect you for your anger and your anger will respect you for your anger." —Yolande King</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"Love is what we are born with. Fear is what we learn. The spiritual journey is the journey of love and compassion and the acceptance of love back in our hearts." —Margaret Wilginton</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"Emotion is the best deterrent to racism or sexism." —Oprah Winfrey</p> <p>BetterWorldCalendar.com</p>