

T H I N K

BEFORE YOU



= is it **TRUE?**



= is it **HELPFUL?**



= is it **INSPIRING?**



= is it **NECESSARY?**



= is it **KIND?**



At the end of every text or post is a person, whether they are sending it or receiving it. Make sure the world sees in you a young woman who is true and just, not harsh and cowardly.

All guests who present themselves are to be welcomed as Christ, for he himself will say: "I was a stranger and you welcomed me" (Matt. 25:35).

The Rule of St. Benedict 53:1