THINK

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