

# ✠ FOOD FOR THOUGHT ✠

ALWAYS BE HELPFUL

BE A PEACEMAKER NOT A WARMONGER

GO ON RETREAT OFTEN

NEVER SPEAK BADLY ABOUT ANYONE

HELP DON'T HURT

ACT WITH DIGNITY

FORGIVE ALWAYS

BE JOYFUL

PRAY UNCEASINGLY

SAY "THANK YOU" AND PLEASE" REGULARLY

BE LESS DEMANDING

BE PATIENT WITH THE ELDERLY

VOLUNTEER REGULARLY

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Greek Orthodox  
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ST. ATHANASIUS THE GREAT  
GREEK ORTHODOX CHURCH  
4 Appleton Street  
Arlington, MA 02476

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