

THE ABC OF SPIRITUAL PRACTICE:

A = ATTENTION

**Through the mundane and
the familiar we discover a
world of ceaseless wonders.**

Need help?

Email crisis@sailors-society.org visit

www.facebook.com/SailorsSocietyCRN, go to

www.sailors-society.org/helpline

or call our helpline +1-938-222-8181

THE ABC OF SPIRITUAL PRACTICE:

B = BEAUTY

**Beauty is everywhere, just
waiting for you to notice it.**

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Wellness at Sea
FROM SAILORS' SOCIETY



THE ABC OF SPIRITUAL PRACTICE:

C = COMPASSION

**Open your heart to suffering;
move towards it by caring.**

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