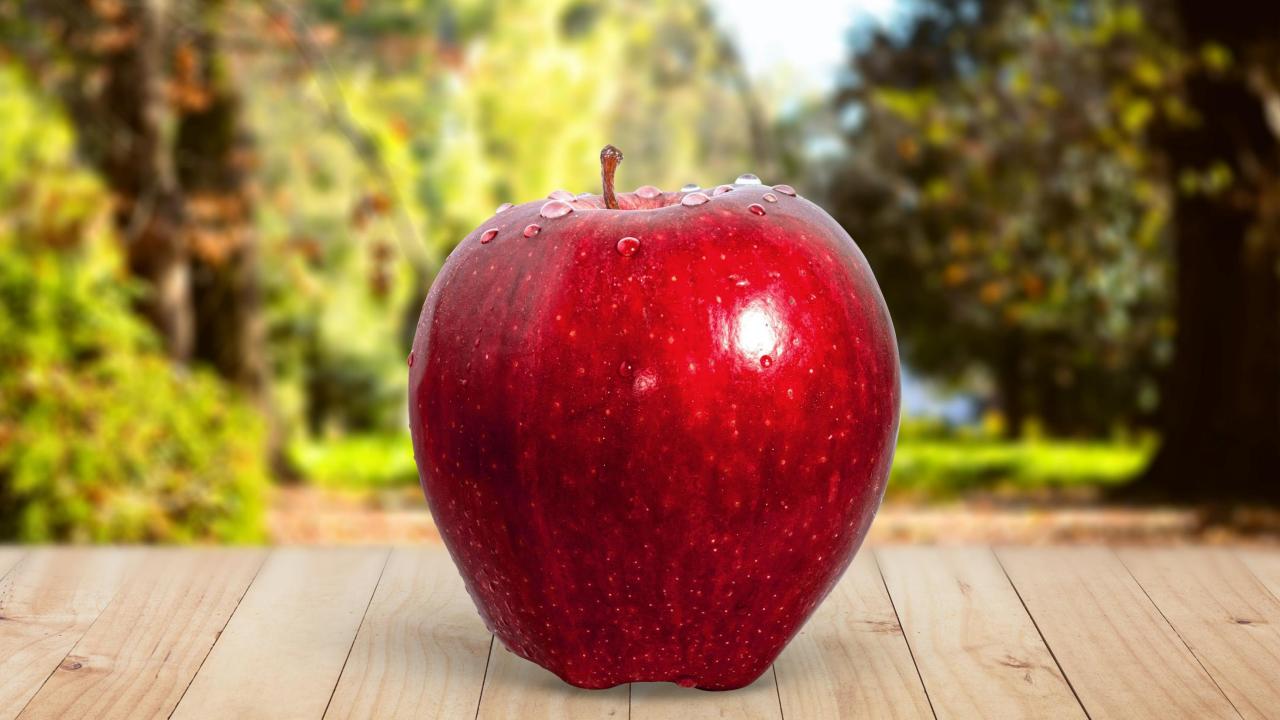
Can you name five fruits or vegetables that begin with the letter 'a'?

















- 'Love your neighbour.' (The Bible)
- 'By the morning brightness. And by the night when it is stillest. Your Lord has not forsaken you.' (The Qur'an)
- Prayer



- Be a good steward of your physical body!
- Your body is a temple of the Holy Spirit.' (The Bible)



- Buddhist practices of mindfulness and meditation
- Contemplation and practice of thanksgiving prayer



- Be a good steward of your intelligence!
- Jewish tradition of learning a section of the Torah for bar/bat mitzvah



- Langar meal
- Charity
- Help those in need