

Helping you find happiness, health, and healing.



Spiritual E-card on taking care of yourself
Do what you need to do and stay safe and well.

**“Whatever it is your duty to do,
you can do
without harm to yourself.”**

Science and Health with Key to the Scriptures
By Mary Baker Eddy p. 385

Self-care: C ertain
A chievement
R ealized
E veryday



Whatever you have to do each day,
with God’s help you can
certainly take **care** of yourself,
and be safe and well.

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