



The best antidote I know for worry is work. The best cure for weariness is the challenge of helping someone who is even more tired. One of the great ironies of life is this: He or she who serves almost always benefits more than he or she who is served.

~ Gordon B. Hinckley

Standing for Something: 10 Neglected Virtues That Will Heal Our Hearts and Homes

**Have you thought of how you might serve others in this new year?**

Wishing you joy and good health,  
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