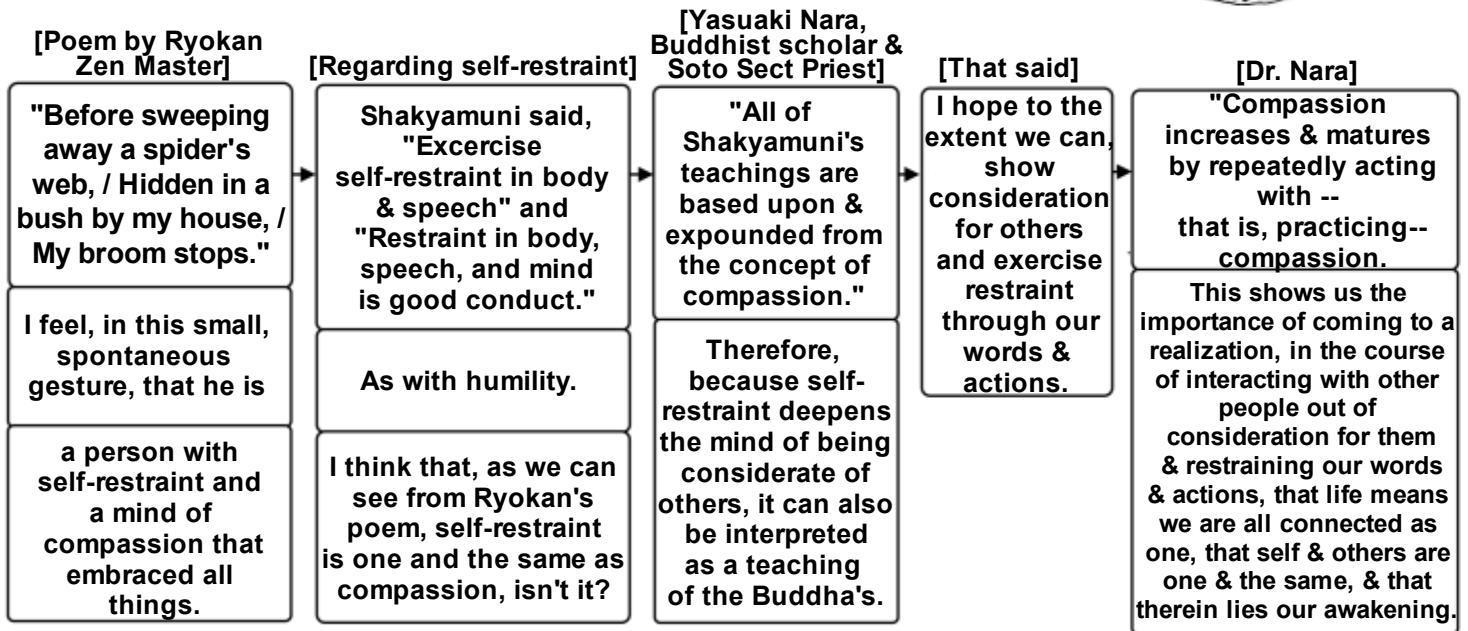


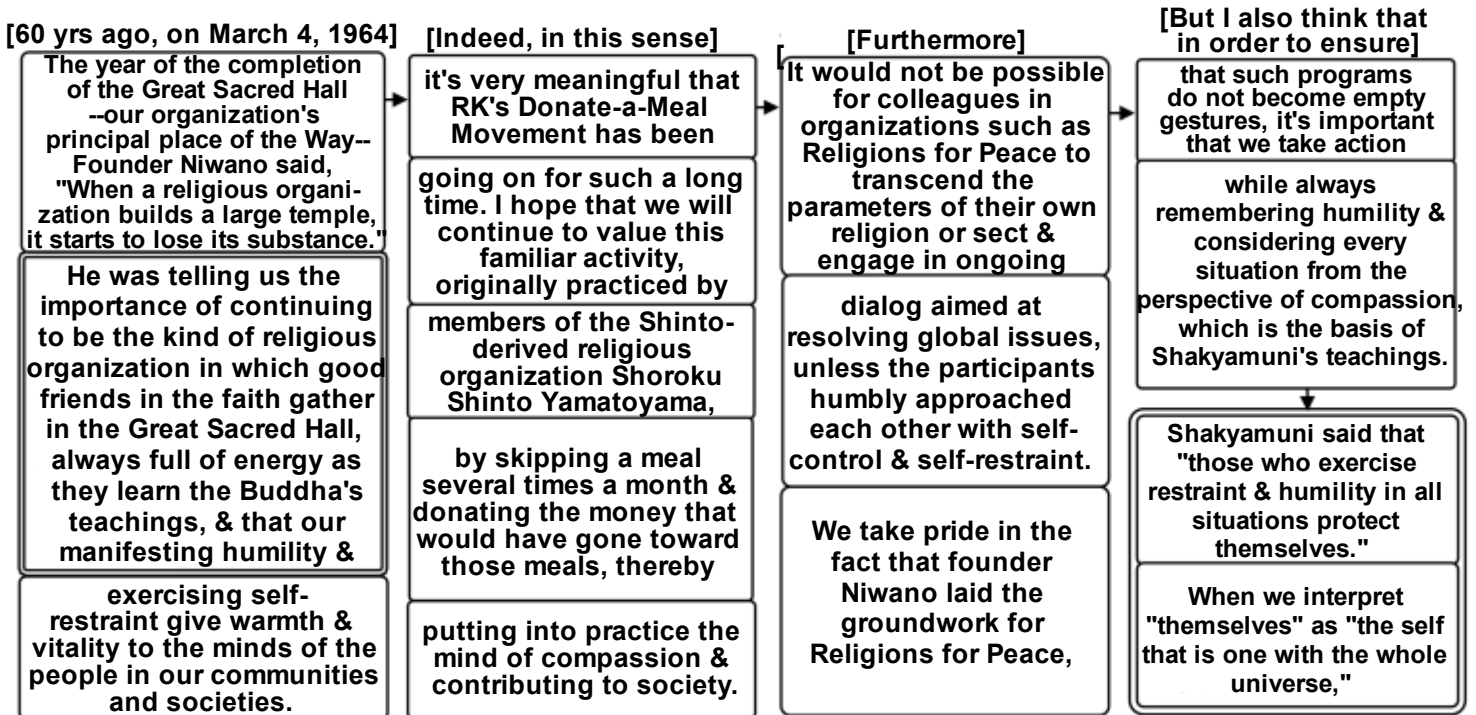
SELF-RESTRAINT COMES FROM COMPASSION



SELF-RESTRAINT MEANS BEING CONSIDERATE OF OTHERS



FROM A FAMILIAR ACTIVITY TO GLOBAL ISSUES



[Empty box]

we are all the more deeply struck
by the significance of exercising
restraint in our bodies and
through our words,
and we cannot help but pray
that everywhere in the world,
everyone is exercising restraint
in their bodies and through
their words.