

BE A HERO FOR A BETTER WORLD



MAKE A DIFFERENCE

"Love casts out fear."
— Dorothy Day

Do One Thing for a Better World

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MAKE A DIFFERENCE

"While we detest the stimulus of fear, we must recognize its purposes, the incitements of hope, its proportion as we extricate the terrors of the day, we should awaken and strengthen the courage of the conscience."
— Dorothy Day

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MAKE A DIFFERENCE

"Do not anticipate trouble, or worry about what may never happen."
— Benjamin Franklin

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MAKE A DIFFERENCE

"Freedom from fear" could be said to sum up the whole philosophy of human rights."
— Dag Hammarskjöld

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MAKE A DIFFERENCE

"Though we all have the fear and the seeds of anger within us, we must learn not to water those seeds and instead nourish our positive qualities — those of compassion, understanding, and loving kindness."
— Thich Nhat Hanh

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MAKE A DIFFERENCE

"We should not let our fears hold us back from pursuing our hopes."
— John Fitzgerald Kennedy

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NOTHING TO FEAR DAY

May 27

...make a difference...

Do One Thing for a Better World.

Together We Make a World of Difference!

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MAKE A DIFFERENCE

"Lovers are deluded, are humanly arrogant and deceived by fear and emotions in the moment of the moment. It is as possible and as urgent to put an end to our self-reliance, our narrow egotism as it is to put an end to our pride and our anger."
— Martin Luther King Jr.

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MAKE A DIFFERENCE

"Fear is not the natural state of civilized man."
— Aung San Sou Kyi

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MAKE A DIFFERENCE

"I want us all to face our fears and stop behaving like our goal in life is to merely survive."
— Michael Moore

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MAKE A DIFFERENCE

"The only fear is fear itself, so get rid of it."
— Avel Lavinia

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MAKE A DIFFERENCE

"On a sweet melody in the great orchestration, instead of a discordant note. This melody, this such sweet melody is love. Hatred must be replaced by love, and the truth that love will prevail."
— Peace Pilgrim

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MAKE A DIFFERENCE

"Peace is not the product of terror or fear. Peace is not the absence of conflict. Peace is not the absence of struggle. Peace is the generous, honest contribution of all to the good of all. Peace is generosity. Peace is generosity. It is right and it is duty."
— Oscar Romero

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"You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You must do the thing you think you cannot do."
— Eleanor Roosevelt

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MAKE A DIFFERENCE

"The only thing we have to fear is fear itself."
— Franklin D. Roosevelt

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"For in the end, freedom is a personal and lonely battle, and one faces down fears of today as that threat of tomorrow might be engaged."
— Alice Walker

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"Love is what we are born with. Fear is what we learn. The spiritual journey is the gathering of fear and forgiveness and the acceptance of love back in our hearts."
— Marjane Winick

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MAKE A DIFFERENCE

"I never just listen, I always have an active interest in what is going on. I am not listening to hear, I am listening to understand. I am not listening to be right, I am listening to be open. I am not listening to win, I am listening to learn. I am not listening to be heard, I am listening to be understood. I am not listening to be seen, I am listening to be known. I am not listening to be loved, I am listening to be loved. I am not listening to be feared, I am listening to be respected. I am not listening to be obeyed, I am listening to be understood. I am not listening to be feared, I am listening to be respected. I am not listening to be obeyed, I am listening to be understood."
— Dag Hammarskjöld

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"To be hopeful in bad times is not just foolishly optimistic. It is based on the fact that human history is a history of only too often, but not always, of our capacity to overcome, to endure, to persevere. What we choose to emphasize in the complex history will determine what we believe."
— Eleanor Roosevelt

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