



THE ABC OF SPIRITUAL PRACTICE:

# A = ATTENTION

Through the mundane and  
the familiar we discover a  
world of ceaseless wonders.



**MAYFAIR**  
WE CARE

**Need help?**

Email [crisis@sailors-society.org](mailto:crisis@sailors-society.org) visit  
[www.facebook.com/SailorsSocietyCRN](https://www.facebook.com/SailorsSocietyCRN), or go to  
[www.sailors-society.org/support-for-seafarers](http://www.sailors-society.org/support-for-seafarers)

**NOT ON MY WATCH**

A SAILORS' SOCIETY  
CAMPAIGN

THE ABC OF SPIRITUAL PRACTICE:

# B = BEAUTY

Beauty is everywhere, just waiting for you to notice it.



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THE ABC OF SPIRITUAL PRACTICE:

# **C = COMPASSION**

**Open your heart to suffering;  
move towards it by caring.**



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