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Take a moment to reflect on the photo.

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Let nothing disturb you.

Let nothing upset you.

Everything changes.

God alone is unchanging.

With patience all things are possible.

Whoever has God lacks nothing.

God alone is enough.

— **St. Teresa of Avila**

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Where does your money go? Whom does it support?

[Better World Shopper](#) rates businesses on these criteria: human rights, the environment, animal protection, community involvement and social justice.

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### **Season of Creation Daily**

pause | reflect | act

**Editor's note:** [Season of Creation Daily](#) is inspired by the Care for Our Common Home Ministry, Paulist Center Boston. To receive daily reflections by email, [sign up here](#).

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