



**You do not need to know precisely what is happening, or exactly where it is all going. What you need is to recognize the possibilities and challenges offered by the present moment, and to embrace them with courage, faith and hope.**

**THOMAS MERTON**

**BSAFE**  
BRITANNIA P&I**NOT ON MY WATCH**

A SAILORS' SOCIETY  
CAMPAIGN

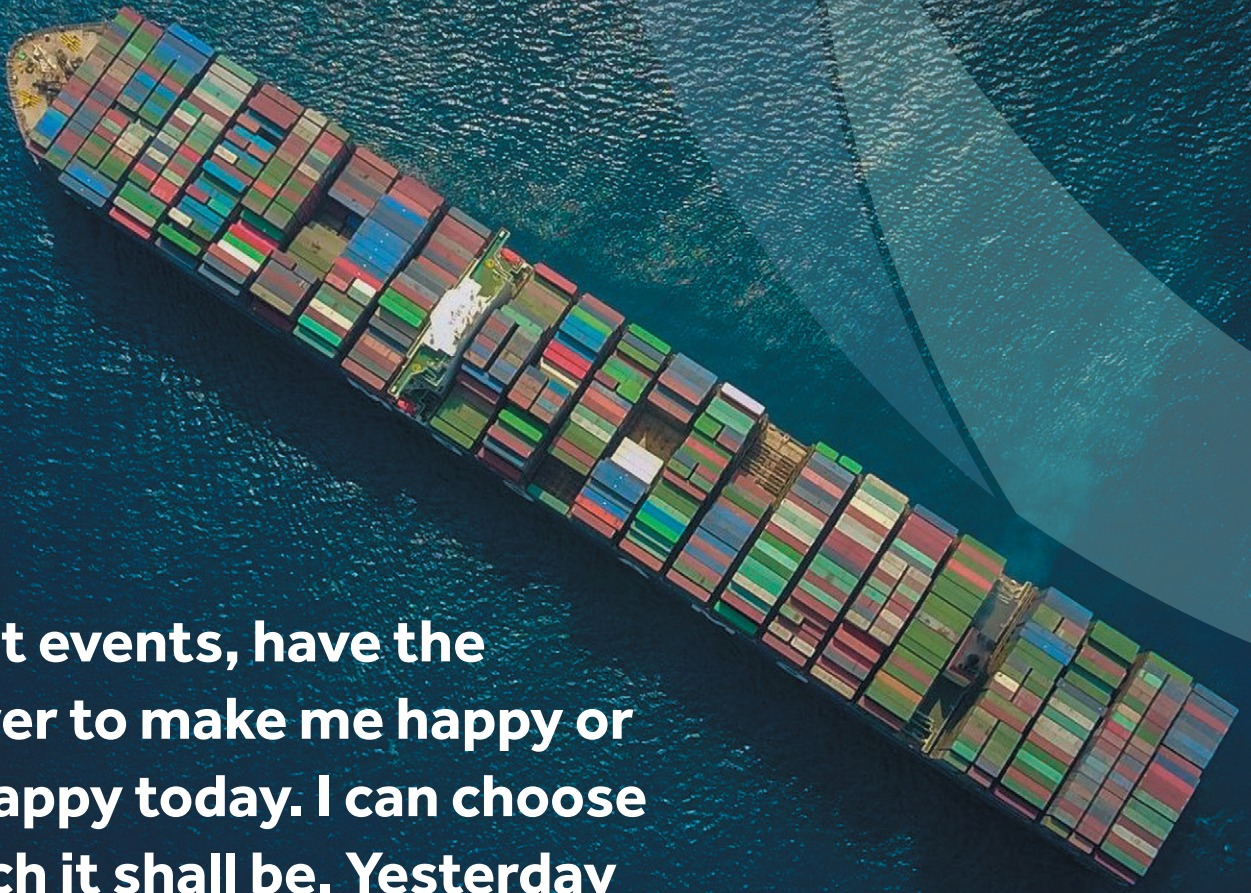
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**I, not events, have the power to make me happy or unhappy today. I can choose which it shall be. Yesterday is dead, tomorrow hasn't arrived yet. I have just one day, today, and I'm going to be happy in it.**

**GROUCHO MARX**



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THE ABC OF SPIRITUAL PRACTICE:

# A = ATTENTION

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



**B SAFE**  
BRITANNIA P&I

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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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