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#### I Wish You A Happy Birthday Full Of Happiness And Joy

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### **Peace And Happiness This Christmas**

And Best Wishes For 2021. Love Lilian A Very Happy, Holy And Peaceful Christmas To All Our Friends At St. Theresa's. We Will Miss Having 'a Bit Of A Do' After Mass On Christmas Eve. Love John & Fel Kennedy Best Wishes For Christmas And The New Year. Jean Raistrick Wishing Everyone At St Theresa's A Ha Apr 3th, 2024

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Where Mindfulness Is, True Life, Solidity, Freedom, And Healing Also Manifest. We All Have The Ability To Generate This Energy Of Mindfulness. Do Walking Meditation, Breathe Mindfully, Drink Your Tea Mindfully, And Cultivate This Energy That Dwells In You, That Illuminates You, And Makes Life Possible. The Miracle Of Mindfulness Is, First Of ... Feb 1th, 2024

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