



### Dont's

Don't be bitter

Don't be furious

Don't be angry

Don't shout

Don't revile

Don't be malicious

### Do's

Do be sweet as honey

Do act with calmness

Do be peaceful

Do speak in a moderate tone

Do be good

Do be kind

Do be compassionate

Do Forgive

“Let that guilt goad you into change.” [Anita M. Constance](#)

## About the Sisters of Notre Dame, Chardon, Ohio

The Sisters of Notre Dame of Chardon, Ohio, belong to an international congregation of more than two thousand apostolic women religious. We



are one in mind and one in heart for the transformation of the world in Christ. [Learn More](#)

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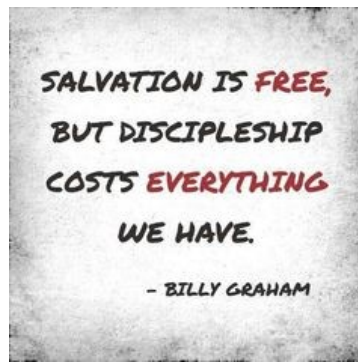
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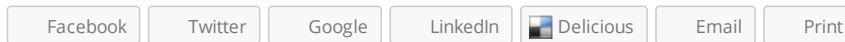
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### For Reflection and Sharing:

1. In what ways do I grieve the Holy Spirit?
2. What is the goal I most need to reach?
3. Who will help me get to this goal and make it a habit?
4. What are the ways and means to live the life of God-like love?
5. What was it that got me off on the wrong path?
6. What is the difference between believing God's words and trusting them?
7. Don'ts make for conflict. When will you stop grieving the Holy Spirit?
8. Where in the many ways, places and relationships do you find nourishment?

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