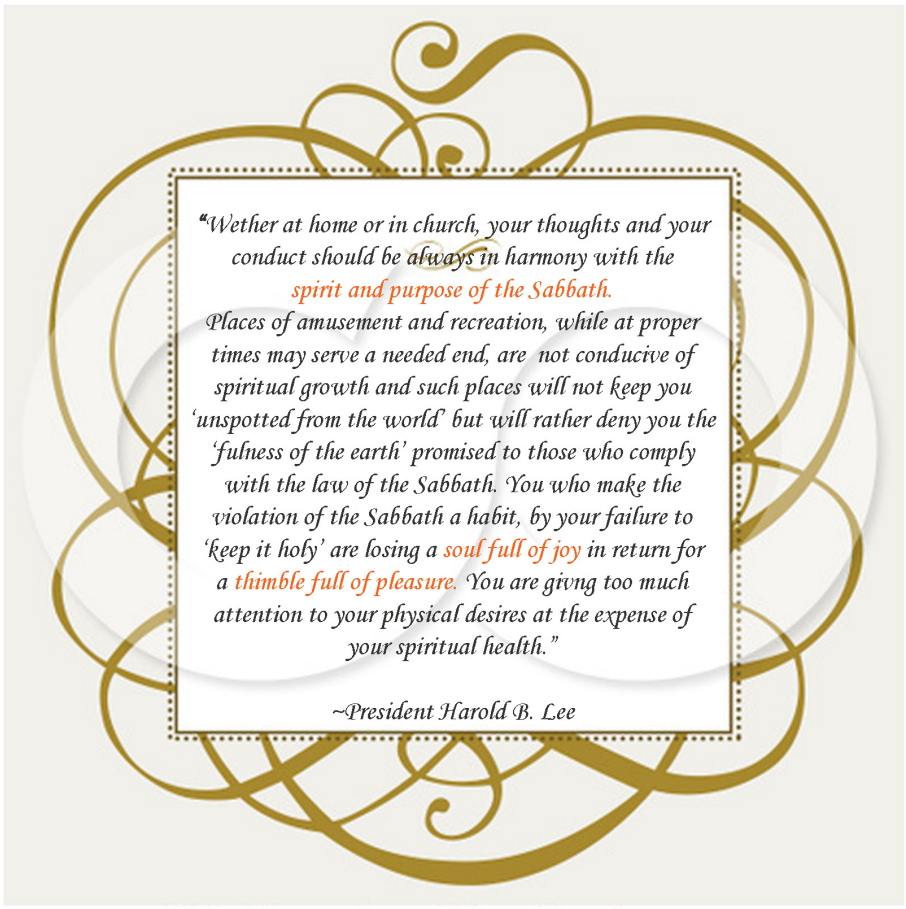
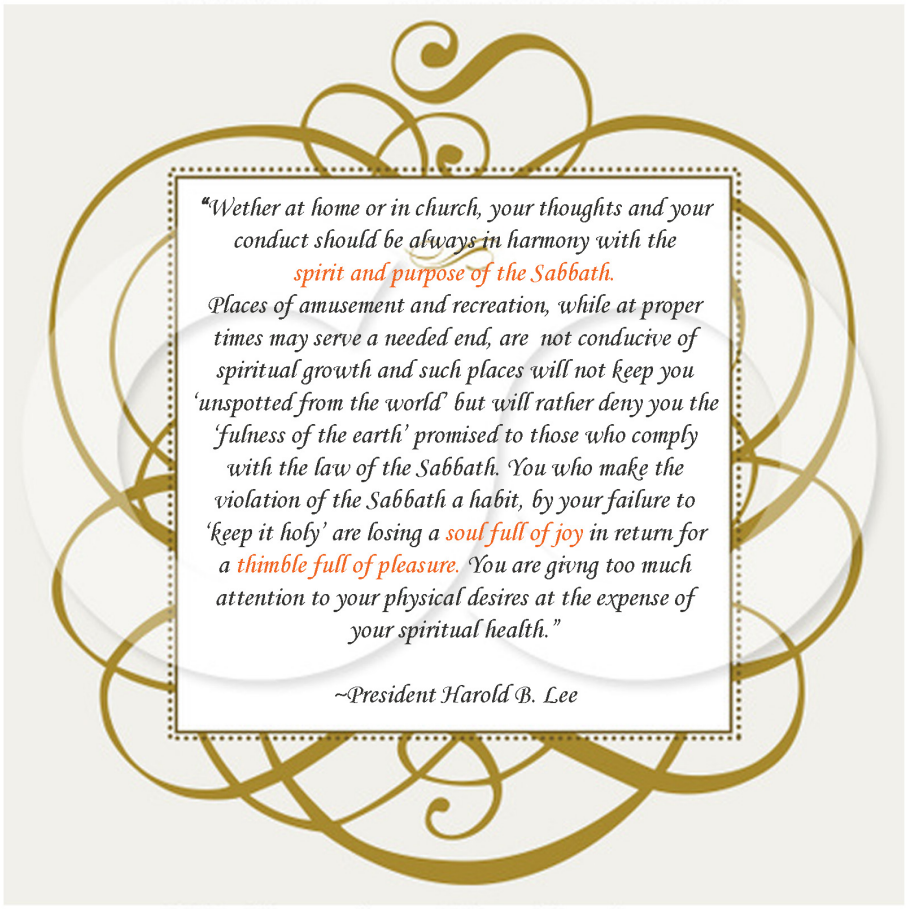

"Wether at home or in church, your thoughts and your conduct should be always in harmony with the spirit and purpose of the Sabbath. Places of amusement and recreation, while at proper times may serve a needed end, are not conducive of spiritual growth and such places will not keep you 'unspotted from the world' but will rather deny you the 'fulness of the earth' promised to those who comply with the law of the Sabbath. You who make the violation of the Sabbath a habit, by your failure to 'keep it holy' are losing a soul full of joy in return for a thimble full of pleasure. You are givng too much attention to your physical desires at the expense of your spiritual health."
~President Harold B. Lee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