I have always been impressed by these freedoms:

On January 6, 1941, President Franklin D. Roosevelt, proclaimed in his *State of the Union* that if democracy is to survive and flourish, people everywhere in the world are entitled to four human rights:

freedom of speech and expression freedom of worship freedom from want freedom from fear

Life, Liberty and the Pursuit of Happiness*

For me, this means:

- Freedom integrated with responsibility to the common good
- Equality and fairness in relationships, including gender expectations
- Compassion expressing love of neighbor
- Happiness measured by peace and joy
- Voluntary associations built on creativity and pluralism
- Empathy for others who may need a helping hand

I like this acronym:

FEAR

False F Evidence E Appearing A REAL R

^{*1)} Good luck; good fortune; prosperity 2) a state of well-being and pleasurable satisfaction 3) bliss 4) felicity