

# Puffling Patrol

“O Thou kind Lord! Sanctify my heart from all attachment, and gladden my soul with tidings of joy.” —Abdu’l-Bahá

**D**id you know that families search the streets in Iceland to find lost baby puffins and help them reach the sea? When little pufflings are old enough to catch their own fish, they leave their nests and head to the ocean by the light of the moon. But sometimes they get distracted by lights and fly into the city instead! Families on “puffling patrol” venture out to rescue the tiny, fluffy birds and transport them safely to the ocean.

Like puzzled pufflings, we can get pulled away from our spiritual path by the blinding lights of materialism. Wanting lots of stuff or spending too much time on things like social media, games, and videos can distract us from things that nourish our spirits. We can focus on our spiritual selves when we pray, help others, and practice gratitude and other virtues. Then our souls can take flight with true joy!

In this Icelandic town, help rescue 16 playful pufflings that need to find the ocean.

WHY DON'T  
PUFFINS WEAR  
GLASSES?

THEY HAVE  
GREAT  
ICE-SIGHT!