

<u>Stage of Erickson</u>	<u>Virtue Developed</u> (necessary characteristics for interpersonal relations + species evolution (survival))
Trust vs Mistrust	Hope
Autonomy	Will
Initiative	Purpose
Industry vs Inferiority	Competence
Identification	Fidelity
Intimacy	Love Ideology, passion, causes faithful (Adolescence)
Generativity	CARE Eros? raising or teaching next generation filia - Brotherly love?
Integration vs Despair	WISDOM agape - compassionate loving connection?

# No pain, no gain.

Someday perhaps change will occur when times are ready for it instead of always when it is too late. Someday change will be accepted as life itself.  
-Shirley MacLaine

We can read Shakespeare all our life and never become Shakespeare.

We can be familiar with all the poems ever written without being able to produce three verses that are original. We can imitate all the great actors and still give a poor performance. Imitation is suicide. There is but one way a person can learn to write, and that is by writing. There is only one way a person can learn to sing, and that is by singing.

**Ignorance Can Be Contagious**

There is a miracle in every new beginning.  
-Hermann Hesse

"It is for those who do not learn from history that history must repeat itself." - Anonymous

“Without discipline,  
there’s no life at all.”

**Katharine Hepburn**  
(1909- )  
Comment

“Let us cultivate our  
garden.”

**François Marie Arouet  
de Voltaire**  
(1694-1778)  
*Candide*

you can't  
always get  
what you  
want

“The lazier  
a man is,  
the more  
he plans  
to do  
tomorrow.”

—Norwegian proverb

In my opinion whatever we may have to go through now is less than nothing compared with the magnificent future God has planned for us. The whole creation is on tiptoe to see the wonderful sight of the sons of God coming into their own. The world of creation cannot as yet see reality, not because it chooses to be blind, but because in God's purpose it has been so limited--yet it has been given hope. And the hope is that in the end the whole of created life will be rescued from the tyranny of change and decay, and have its share in that magnificent liberty which can only belong to the children of God!

It is plain to anyone with eyes to see that at the present time all created life groans in a sort of universal travail. And it is plain, too, that we who have a foretaste of the Spirit are in a state of painful tension, while we wait for that redemption of our bodies which will mean that at last we have realized our full sonship in him. We were saved by this hope, but in our moments of impatience let us remember that hope always means waiting for something that we do not yet possess. But if we hope for something we cannot see, then we must settle down to wait for it in patience.

Roman 8:18-26

Our judgements about things vary according to the time left us to live —  
that we think is left us to live. *André Gide*

Grown up, and that is a terribly hard thing to do. It is much easier to skip  
it and go from one childhood to another. *F. Scott Fitzgerald*

How many really capable men are children more than once during the day?  
*Napoleon Bonaparte*

The immature mind hops from one thing to another; the mature mind  
seeks to follow through. *Harry A. Overstreet*

One of the signs of passing youth is the birth of a sense of fellowship  
with other human beings as we take our place among them. *Virginia Woolf*

It is unjust to claim the privileges of age and retain the playthings of child-  
hood. *Samuel Johnson*

God knows that all real journeys lead to places of  
birth and death and rebirth, and that this touching of  
truth can even happen at Grandma's house.

TO BE A  
PERSON  
IS TO BE  
ENGAGED  
IN THE  
PERPETUAL  
PROCESS OF  
BECOMING.

EMERSON

A revolution does not march in a straight line. It wanders where it can, retreats before superior forces, advances wherever it has room, attacks whenever the enemy retreats or bluffs and, above all is possessed of enormous patience.

-Mao Tse-tung

AS IF The great Harvard psychologist, William James, announced his program for getting possession of an attribute in his famous "as if" principle when he said, "If you wish to possess a qualification or an emotion, act "as If" you already had it." Let it get hold of you. If you would be courageous, act "as If" you were already courageous. Shakespeare said, "Assume a virtue if you have it not."

The only thing we learn from history is that we do not learn.  
- Earl Warren

*"We shall  
require a  
substantially  
new manner  
of thinking if  
mankind is  
to survive"*

ALBERT EINSTEIN

# No easy answers.

THE MIRACLE OF CHANGE When we tell ourselves "I can never change," or "That will never happen," we presume too much and believe too little. In Jesus Christ God renders all of our final conclusions premature and all of our talk of determinism as simply bad faith. In Christ, God opens closed doors, brings resurrection, reveals possibilities, reclaims the lost, liberates the cursed and possessed, and changes the unchangeable.

# TO MAKE POSSIBILITY

# MULTIPLY

## THE END OF THE ROAD IS BUT A BEND IN THE ROAD

When we feel we have nothing left to give and we are sure that the "song has ended" --  
When our day seems over and the shadows fall and the darkness of night has descended --  
Where do we go to find the strength to keep on trying --  
Where can we find the hand that will dry the tears that the heart is crying --  
There's but one place to go -- and that is to God and, dropping all pretense and pride --  
We can pour out our problems without restraint and gain strength with Him at our side --  
And together we stand at life's crossroads and view what we think is the end --  
But God has a much bigger vision and He tells us it's ONLY A BEND --  
For the road goes on and is smoother, and the "pause in the song" is a "rest" --  
And the part that's unsung and unfinished is the sweetest and richest and best --  
So rest and relax and grow stronger, LET GO and LET GOD share your load --  
Your work is not finished or ended, you've just come to a "BEND IN THE ROAD."

Author unknown, submitted by David Parsons, Paso Robles, CA.

CLEAR THINKING You don't have to be an intellectual giant to become a successful thinker. Clear and creative thinking is learnable. Millions have become better thinkers by adopting the following guidelines:

- \* Think more slowly. You'll be less likely to reach erroneous conclusions.
- \* Don't limit yourself to two alternatives. Open your mind to different viewpoints.
- \* Don't confuse hindsight for insight. What worked before may not work next time. Be open to change.
- \* Think on paper. Write your thoughts down. Outline your thoughts if it's a tough problem.
- \* Don't set out to prove yourself right. Be self-critical. When you try to prove yourself wrong, your thinking skills benefit.
- \* Do learn from mistakes. When you discover how you thought wrong, you can avoid making similar thinking errors again. Look for faulty thinking when things don't turn out as planned.
- \* Ask questions. Be a little skeptical.

CLARIFIED PURPOSE Much of the wasted effort in human activity is a result of lack of clear definition of the real or total reason for doing something. If you cannot determine why you are doing something, you probably won't do it very well. . . . Don't miss the opportunity to expose your real purpose to yourself.

RESULT OF NO HOPE The Wolf Magazine of Letters includes this quotation which was written by the noted agnostic Robert G. Ingersoll to his brother: "I feel that we have passed the crown of the hill, and that the milestones are getting nearer and nearer each other, and now and then I catch glimpses of the great wall where the road ends. A little while ago, I pressed forward, now I hold back. In youth we woo the future, and clasp her like a bride - in age we denounce her as a fair and beautiful liar and wonder at the ease with which we were duped. Pursuing that which eludes - gazing at that which fades - hoping for the impossible - regretting that which is - fearing that which must be - and with naught worth having save the bliss of love. And in the red heart of this white flower there is this pang - 'it cannot last.'"

**Now there's  
room for all the  
possibilities.**

*You can't escape  
the responsibility of tomorrow  
by evading it today.  
—Abraham Lincoln*

## HUMANNESS

Oh, Great Love,  
You are infinite  
in Your bounty,  
pure,  
and perfect.  
I am feeble,  
striving to be like You,  
but sometimes,  
stumble and  
fall down.

When You pick me up,  
I am grateful.  
When You pick me up,  
You remind me that  
I am Your child,  
I am Your image,  
I am Your Truth,  
I am Your Love  
made visible.

\* \* \* \*

"Judge me, O Lord, according to my  
righteousness and according to  
the integrity that is in me."  
--Psalms 7:8

## CHANGE

All change  
begins with  
desire  
followed by  
risk  
overcome by  
acceptance--  
then,  
effort  
transformed to  
action.

\* \* \* \*

"If a man die, shall he live again?  
All the days of my appointed time  
will I wait, till my change come."  
--Job 14:14

a simple yet powerful six-step strategy for producing lasting

change:

- 1) **State clearly what you really want.** Most people focus on what they don't want.
- 2) **Get leverage.** Make change a must.
- 3) **Interrupt the limiting pattern.** Break the habit's "hold" on you.
- 4) **Create a new, empowering alternative.** You can't just stop a behavior or an emotion; you must replace it.
- 5) **Condition it**—until it's a new habit.
- 6) **Test it.** Make sure it works!

*Above all, trust in the slow  
work of God.*

*We are quite naturally,  
impatient in wanting everything to reach  
the end without delay.  
We should like to skip  
the intermediate stages.  
We are impatient with being  
on the way to something  
unknown,  
something new.*

*And yet it is the law of all  
progress that it is made by  
passing through some stages  
of instability—  
and that It may take a Very  
long time.*

*And so I think it is with you.  
Your ideas mature gradually—  
let them grow;  
let them shape themselves,  
without undue haste.  
Don't try to force them on,  
as though you can't be today  
what time (that is to say, grace  
and circumstances) acting on your own good will  
will make tomorrow.*

*Only God could say what this  
new spirit gradually forming  
within you will be.  
Give our Lord the benefit of  
believing that his hand is  
leading you, and accept the  
anxiety of  
feeling yourself in suspense  
and incomplete.*

*Pierre Teilhard de Chardin*