

The Past Can Be Found in the Present

When aman sits with a pretty girl for an hour, it seems like a minute But let him sit on ahot stove for minute - and it's longer than any hour. That's reality.

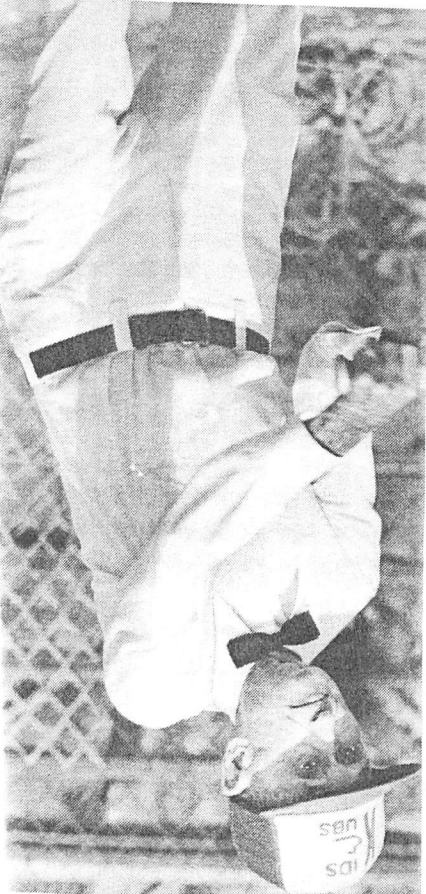
-Albert Einstein

Moving Six Directions At Once
The earth moves in at least SIX different ways, and yet we on earth are not dizzy. The movements are:
(1) The earth spins on its axis, like a top, at the speed of one-third mile per second or 1000 miles per hour.
(2) It weaves slowly back and forth on its axis, tilting to an angle of 23 degrees, then swinging slowly back, twice a year. This gives us our seasons.
(3) The earth with the moon is swinging around the sun, once a year at

the rate of 18 1/2 miles per second. And it never varies 1/100,000th of a second on this annual trip.
(4) The sun, with all its planets, is on a trip, rushing northward at 12 miles per second.
(5) The nearby stars, with our planetary system, are revolving at 180 miles per second around the Milky Way's center.
(6) The Milky Way, our galaxy, with all its millions of stars, is on a tremendous journey, plunging through space at terrific speed. Who knows where?

Charge your mind and body. Tighten muscles in various parts of the body, then relax them. Breathe deeply. Close your eyes and try to clear your mind of worry and irritations. Think of something pleasant.
Several three-minute breaks a day can regenerate your body and help you live longer and healthier.
10. Don't live alone if you can help it. "Living alone is unhealthy," says Dr. O'Brien. "There's no one to share with, or to help you figure out problems." But you don't have to get married or

move in with a lover, he added. Simply living with a friend can help you lead longer, healthier life.



it won't be long before you won't."
7. Don't dwell on minor ailments. Look upon sickness as something to be conquered, not a tool to manipulate people or a crutch to gain sympathy, advises Dr. Sanford Matthews.
8. Think and believe you really can live to a ripe old age. "We have to get rid of the notion that we will live to be only 'three score and 10' (or 70 years)," says Dr. Maddox. "We have to substitute the idea that the upper limit is 100-plus." If a person believes he's meant to die at a certain age, it becomes a self-fulfilling prophecy, the experts say.
9. Use relaxation techniques to re-

1. Adopt a positive attitude. "A positive attitude reduces your susceptibility toward accident-proneness and certain stress-related diseases such as heart attacks and strokes," declared sociologist Dr. John O'Brien. "Genetically, we are programmed to live to 120 or 125 years old. But our life expectancy is about 73 — the actual, average age of death."
And Dr. George L. Maddox advised: "Give yourself positive pep talks. Tell yourself: 'I'm a worthwhile person and things will work out fine.'"
"Walk with a spring in your step and a smile on your face. It sounds mechanical but if you try it over and over, you will begin to feel better."
2. Be affectionate with those you love. They'll return your affection and their hugs and kisses will help you live longer.
"Touching — and by that I mean more than a peck on the cheek — is very important; you can never overdo it," says noted anthropologist Ashley Montagu, author of the book *Touching: The Human Significance of the Skin*. "It can mean the difference between long life or an early death."
3. Laugh loudly and often. "Humor can have a very powerful impact on your health and life," says psychiatrist Dr. Raymond Moody Jr.
Laughter not only relieves stress and tension, but studies indicate it can also lengthen life, Dr. Moody said.
4. Get a good night's sleep. Restful sleep allows the nervous system and the circuits in the brain to "cool down" — and this helps prevent stress-related disease, explained Dr. Maddox.
5. Deal with stress. Symptoms such as fatigue, overeating, lingering colds, frequent headaches, backaches, sleeplessness and forgetfulness require a change in your life-style.
"Start with something simple like taking a few breaks during the work-day," advises Dr. Herbert J. Freudenberger, a psychologist and co-author of the book *Burn Out — The High Cost of Success*.
"Do something for yourself for a change. Take a class, find a hobby or take up a sport. If you can learn to deal with your unhealthy stress signs, you can add years to your life."
6. Frequently set new goals. But make sure they are realistic. For example, you could decide to learn how to draw or paint or grow vegetables. Or you might choose as your goal reading all the works of a particular author.
"We all need a reason to get up in the morning," says Dr. Leon Pastalan. "If you don't have a reason to get up,

Happiness

A happy heart has a continual feast.

Life

Life is either a daring adventure or nothing.
Helen Keller

Character

The measure of your character lies not in how many times you fall;
but in how many times you get up.

People

Not everyone who treats you well is your friend.
Not everyone who treats you badly is your enemy.

Sin

Sin is saying No to God,
Consenting to an earlier life, a lower form.
Sin is what leaves a bad taste in your mouth.
Through Jesus,
Sin can be a way we learn to become saints.

President Garfield's Principles

When President James A. Garfield was a youth, an elderly friend gave him a set of personal principles that he cherished to the end of life. The guide read:

- Never be idle.
- Make few promises.
- Always speak the truth.
- Live within your income.
- Never speak evil of anyone.
- Keep good company or none.
- Live up to your engagements.
- Never play games of chance.
- Drink no intoxicating drinks.
- Good character is above everything else.

Keep your own secrets if you have any.
Never borrow if you can possibly help it.

Do not marry until you are able to support a wife.

When you speak to a person look into his eyes.

Save when you are young to spend when you are old.

Never run into debt unless you see a way out again.

Good company and good conversation are the sinews of virtue.

Your character cannot be essentially injured except by your own acts.

If anybody speaks evil of you let your life be so that no one believes him.
When you retire at night think over what you have done during the day.
If your hands cannot be employed usefully, attend to the culture of your mind.

Read the above carefully and thoughtfully at least once a week.

● "When does the service begin?"

whispered a visitor to someone sitting beside him in a Quaker's meeting. "Sir, service begins just after the meeting ends," was the reply.

● Live for thy neighbour if thou wouldst live for God. —Seneca

● Many a wise adviser tells us that we should do at least two things we dislike to do every day. This will make life meaningful and productive, they say. I would timidly suggest that each day we should also do at least two things we really want to do. This makes it worth living.

—Davenport, Iowa, Times

● A Christian is the gentlest of men; but then he is a man. —Spurgeon

● Christianity helps us to face the music, even when we don't like the tune. —Philips Brooks

● It is no use walking anywhere to preach unless we preach as we walk? —Francis of Assisi

● Our great problem is the problem of trafficking in un-lived truth. We try to communicate what we've never experienced in our own life. —Moody

DON'T LET THE WORLD DEFINE YOU

A little criticism makes me angry and a little rejection makes me depressed. A little praise raises my spirits and a little success excites me. It takes very little to raise me up or thrust me down. Often I am like a small boat on the ocean, completely at the mercy of its waves. All the time and energy I spend in keeping some kind of balance and preventing myself from being tipped over and drowning shows my life is mostly a struggle for survival. Not a holy struggle, but an anxious struggle resulting from the mistaken idea that it is the world that defines me.

—Henri J.M. Nouwen in *The Return of the Prodigal Son: A Meditation on Fathers, Brothers, and Sons* (Doubleday, 1992)

SING

In his collection of Bengali poems, *Gitanjali*, Rabindranath Tagore writes that the song he wanted to sing has never happened because he spent his days "stringing and unstringing" his instrument. Whenever I read these lines a certain sadness enters my soul. . . . I get so preoccupied with the details and pressure of my schedule, with the hurry and worry of life, that I miss the song of goodness which is waiting to be sung through me.

—Joyce Rupp in *May I Have This Dance?*

*Take on your problems one by one
and work things out * Rely on all
the strength you have inside * Let
loose of the sparkle and spirit that
you sometimes try to hide * Stay in
touch with those who touch your life
with love * Look on the bright side
and don't let adversity keep you
from winning * Be yourself, because
you are filled with special qualities
that have brought you this far, and
that will always see you through *
Keep your spirits up * Make your
heart happy, and let it reflect on
everything you do!*

—Douglas Pagels

Wishing Every Happiness for You

HOW TO DUMP YOUR TROUBLES & STAY HAPPY ALL THE TIME!

You can rid yourself of your troubles and achieve real happiness and true peace of mind by following these simple tips from an expert. "Like everything else, you have to earn peace of mind — but it's within reach of all of us," said famed psychologist Dr. Everett Shostrom, who offered these suggestions on how to rid yourself of your troubles:

● Express your anger instead of holding it inside.

"The person with peace of mind can express feelings of anger," he said. "People tend to get into trouble when they accumulate their anger, then have a serious explosion."

If something troubles you, express that anger and get it over with.

● Think highly of yourself. Be proud.

"People are often told not to think too highly of themselves," Dr. Shostrom said.

"We keep putting ourselves down — and that is harmful."

"Learn to experience the sense of personal worth that we are all endowed with."

To achieve happiness we all need a sense of security adequacy and worth.

● Don't always try to be "top dog."

"Most people divide up the world into top dogs and underdogs. And then they choose to be one or the other," Dr. Shostrom said.

Accept that some people can do some things better than you can — and just relax and be yourself. It's the key to achieving lasting happiness.

● Don't be afraid to fail.

"All of us are human and, therefore, oftentimes we fail — but it doesn't mean we are failures," the psychologist said. "The person with peace of mind has the capacity to accept his weaknesses. And to be able to experience your weakness without feeling there is anything wrong with it is to have real happiness."

How to be Happy

- 1- Accept Aging - enjoy the process
- 2- Accept Life is Not Fair - try to correct & be realistic
- 3- Accept Some people will never like you
- 4- Accept you can't change people - accept them as they are
- 5- Accept that life is a constant struggle - opportunities to learn
- 6- Remember Accept that everything changes - Nothing is forever

TO AVOID BEING BORED TO DEATH!

You can lead a more exciting and productive life — by simply learning to fight off boredom!

"To an extent, you can die of boredom," says psychiatrist Dr. Edward C. Norman.

"A person needs stimulation just as a muscle in the body does to remain healthy."

Here are his tips to combat boredom:

● **Use your memory.** When you

feel bored, think back to some exciting or happy event or interesting person in your past.

● **Be prepared.** When you don't have time to read a newspaper thoroughly, clip out articles or crossword puzzles. They'll come in handy when you get bored.

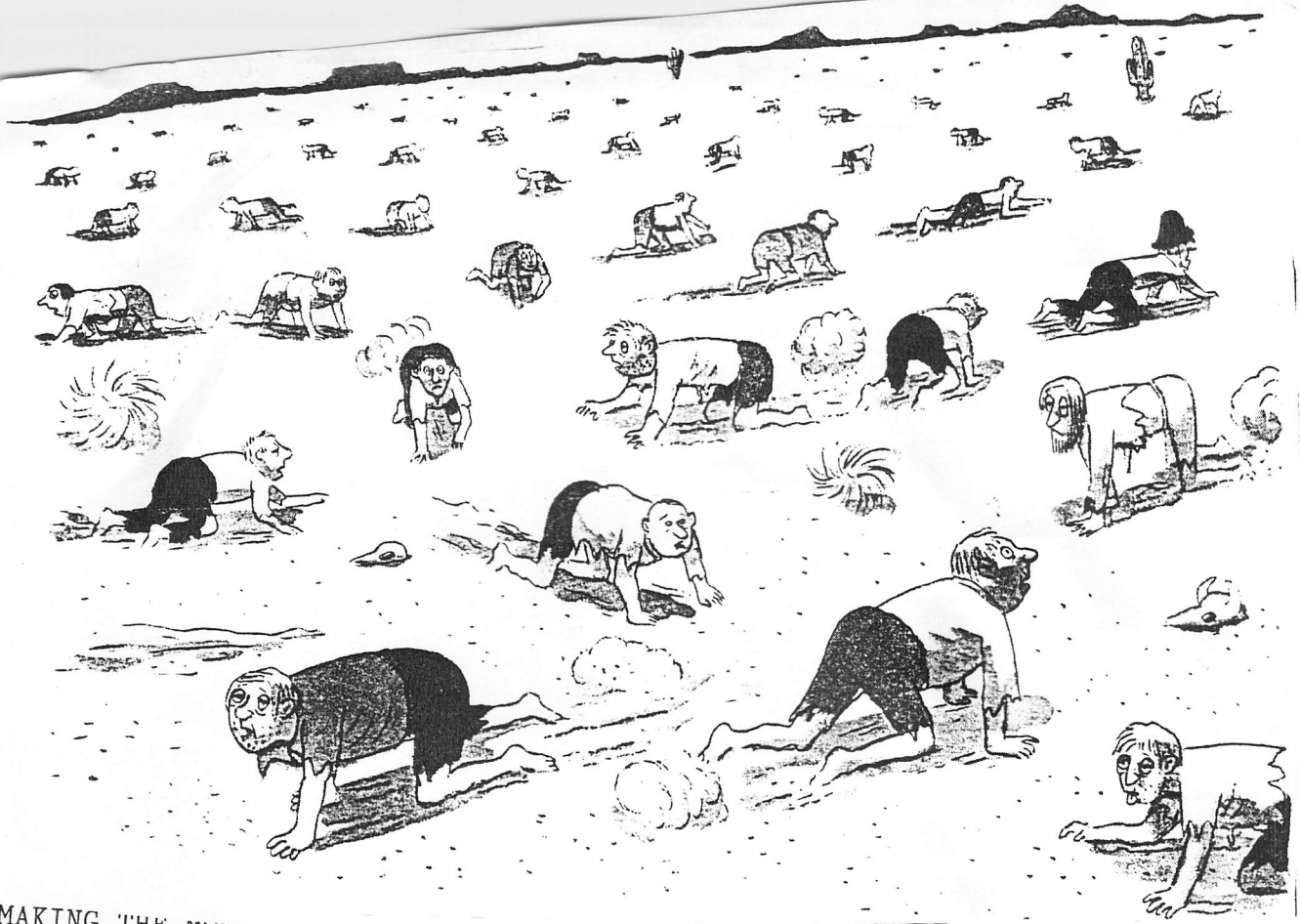
● **Accept challenges.** Do things you wouldn't ordinarily do. Say hello to a neighbor you might normally ignore. Phone an old friend.

● **Change the scene.** If you live in the city, visit the country, or vice

versa. Don't always do the same thing or visit the same place on vacations.

● **Change your habits.** Get up an hour earlier than usual. Don't always watch the same TV shows or listen to the same radio station. Try a new hairstyle.

● **Take advantage of "calamities."** Read a book if your TV goes on the blink. If your car breaks down, walk to as many places as possible until it's fixed — cover new ground on foot.



MAKING THE MOST OF LIFE If I can throw a single ray of light across the darkened pathway of another; if I can aid some soul to clearer sight of life and duty, and thus bless my brother; if I can wipe from any human cheek a tear, I shall not have lived my life in vain while here.

If I can guide some erring one to truth, inspire within his heart a sense of duty; if I can plant within my soul of rosy youth a sense of right, a love of truth and beauty; if I can teach one man that God and Heaven are near, I shall not then have lived in vain while here.

If from my mind I banish doubt and fear, and keep my life attuned to love and kindness; if I can scatter light and hope and cheer, and help remove the curse of mental blindness; if I can make more joy, more hope, less pain, I shall not have lived and loved in vain.

If by life's roadside I can plant a tree, beneath whose shade some wearied head my rest, though I may never share its beauty, I shall yet be truly blest -- though no one knows my name, nor drops a flower upon my grave, I shall not have lived in vain while here.

The young man said to his wife, "Let me go out there to the track alone today. I've got two dollars, and a hunch. He went to the track and picked a 40 to 1 shot in the first race, and won. Every succeeding race was won by a long shot on which he had a bet. At the end of the afternoon, he has amassed more than \$10,000.

On the way back to the hotel he stopped off at one of the gambling casinos to cash in further on his run of good luck. Within a hour he had run his bankroll up to a neat \$40,000 at roulette. On the point of leaving he had a new hunch and bet their entire \$40,000 on the black. The ball bounced, rolled and settled. The croupier called out "Red!" The young man made his way back to the hotel room. His wife asked, "How did you make out?" He replied nonchalantly, "I lost the two dollars."

The Situation Is Serious, Not Hopeless

ONLY 500 DAYS TO LIVE?

What would you do if you were told you only had 500 days left to live? Well, if you are 35 years old that may be all you have. It has been calculated that when you subtract the time spent sleeping, working, tending to personal matters, hygiene, odd chores, medical matters, eating, traveling and other time-stealers, in the next 36 years you will have approximately only 500 days to spend as you wish.

"So teach us to number our days, that we may gain a heart of wisdom."

—Psalm 90:12

better keep yourself clean and bright; you are the window through which you must see the world.

Observe, experience, and study - these are the three pillars of learning.

Consult your parents on all things, especially on those which mean most to you-their counsel may then be useful, where your own misunderstanding might impair your judgment.

If you don't respect your parents, no one will respect you.

What you have inherited from your parents you must earn yourself before you can call it yours.

You have to do your own growing up no matter how tall your grandpa was.

The most important phase of living with a person: the respect for that person as an individual.

The great secret is not having good manners or bad manners or any other particular sort of manners, but having the same manners for all human souls.

The person who is too busy to be courteous is too busy.

The smallest deed is better than the greatest intention.

Youth is the opportunity to do something and to become somebody.

Reading is to the mind what exercise is to the body.

If you know how to do one thing well, you can do everything.

The way out of trouble is never as simple as the way in.

If you tell the truth, you don't have to remember anything.

Be brave enough to accept the help of others.

When you have listened to your mistakes, you have grown.

Understanding is a two-way street.

There is always room for improvement: you know it's the biggest room in the house.

OUT OF THE MOUTHS OF BABES One Sunday on their way home from church, a little girl turned to her mother and said, "Mommy, the preacher's sermon this morning confused me." The mother said, "Oh? Why is that?"

The little girl replied, "Well, he said that God is bigger than we are. Is that true?"

The mother replied, "Yes, that's true honey."

"And he also said that God lives in us? Is that true mommmmy?"

Again the mother replied, "Yes."

"Well," said the little girl, "If God is bigger than us and he lives in us, wouldn't He show through?"

I base most of my fashion taste on what doesn't itch.
—Gilda Radner

MAKE YOUR LIFE COUNT

What Time Is It?

Do I realize that I do not know how much time I have left? It may be later than I think. Am I going to do the things that I know I should do before my time runs out? By the way, what is my purpose for the rest of my life? Do I realize all I have to make up for in my past wasted life? Do I know that I am living on borrowed time?

"Much of our lives consist of the stories we tell our children, ourselves and others."

The man who is too old to learn was probably always too old to learn.

It's what you learn after you know it all that counts.

The rich need not beg a welcome.

Castles in the air are all right until we try to move into them.

To most of us it would be very convenient if God were a rascal.

The only sure thing about luck is that it will change.

It is difficult to see the picture when you are inside the frame.

We hear and apprehend only what we already half know.

When you probe unseen places use protection.

A real Christian is a person who can give his pet parrot to the town gossip.

The dog that trots about finds a bone.

The most welcome person is the one who knows when to go.

He who loses his head is usually the last one to miss it.

One meets his destiny often in the road he takes to avoid it.

He that has but four and spends five, has no need for a purse.

Many a live wire would be a dead one except for his connections.

The vow that binds too strictly snaps itself.

Life is like playing a violin solo in public and learning the instrument as one goes on.

Nothing so needs reforming as other people's habits.

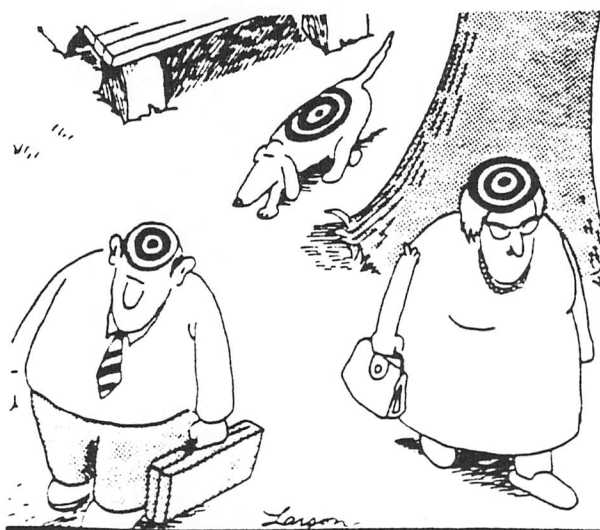
If at first you don't succeed, you're running about average.

The fellow who is a good sport has to lose to prove it.

It is easier to fight for one's principles than to live up to them/

Easy street is a blind alley.

It would be swell world if everybody was as pleasant as the fellow who's trying to skin you.



How birds see the world

Who said no news is good news?

Jenning's Corollary—The chance of bread falling with the buttered side up is directly proportional to the cost of the carpet.

Arthur Black
(Contemporary)
*Murphy's Law and Other Reasons
Why Things Go Wrong*

A Living Man never dies

We'll never find intelligent life on other planets. If they're really intelligent, they'll avoid us.

•Even if I knew that tomorrow the world would go to pieces, I would still plant my apple tree.

Some men are born mediocre, some men achieve mediocrity, and some men have mediocrity thrust upon them.

-Joseph Heller

Helen Hayes: Actress

My mother liked a saying of vaudevillians in the old days: "Always leave them wanting more." I've applied that to acting, to writing, to speeches — just about every facet of my life in public.

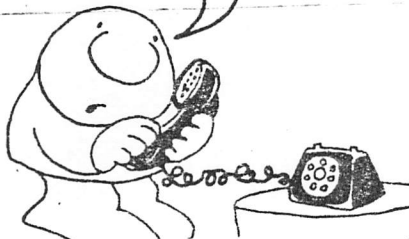
It is the sharing of wisdom, of laughter and tears, a special vision of things that gives our lives both clarity and meaning.

Life Is Tough, But . . . Life itself would be impossible if it weren't for the imperfections of others.

It really is a zoo out there!

Life can be strange, dangerous, confusing, and incredibly exciting...

...IT'S THE GUYS WHO STOLE MY CAR....THEY WANT TO KNOW WHERE THE LIFETIME GUARANTEE ON THE MUFFLER IS..



Where does all our time go?

If you feel like all you do is clean house, you're not alone — the average American spends four years of his or her life doing just that, a new study discovered.

The study by Priority Management of Pittsburgh also found that if you are an average American, you can expect to spend:

- Five years waiting in lines.
- Six months sitting at red lights.
- A year looking for lost items.
- Seven years in the bathroom.
- Two years trying to return phone calls.
- Eight months opening junk mail.
- Three years cooking.
- Six years eating.

“As I grow to understand life less and less, I learn to live it more and more.”

Jules Renard (1864–1910)

If you hit two keys on the typewriter, the one you don't want hits the paper.

Go placidly amid the noise and the haste, and remember what peace there may be in silence. As far as possible without surrender, be on good terms with all persons. Speak your truth quietly and clearly, and listen to others, even the dull and ignorant; they too have their story. . . . Be yourself. Especially do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment it is as perennial as the grass. Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with imaginings. Many fears are born of fatigue and loneliness. Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive Him to be, and whatever your labours and aspirations, in the noisy confusion of life keep peace with your soul. With all its sham, drudgery and broken dreams, it is still a beautiful world.

from the works of Max Ehrmann

Forces Influencing Human Behavior

sexuality
height
weight
health
intelligence
emotions
environment
social group
social pressure
instincts
goals
values
philosophy of life
circumstances
conscience
religion
self-image

Life's tasks form man's destiny, which is different and unique for each individual. No man and no destiny can be compared with any other man or any other destiny. No situation repeats itself, and each situation calls for a different response. Sometimes the situation in which a man finds himself may require him to shape his own fate by action. At other times make use of an opportunity for contemplation. Sometimes man may be required simply to accept fate. Every situation is distinguished by its uniqueness, and there is always only one right answer to the problem posed by the situation at hand.

"You have 24 hours to live."

"Today, that is"

"So what are you doing with your time? Are you helping another human being toward the dignity you want for yourself? Are you doing anything to overcome the hate in this world—with love? Break the hate habit; love your neighbor."

**"Give us this
day our
daily bread"**

**"I consider it
a privilege
to still
be here."**

Growth is the only evidence of life.

Cardinal Newman

Life is what happens to us while we are making other plans.

Thomas la Mance

The man who has no inner life is the slave of his surroundings.

Henri Frédéric Amiel

People in the West are always getting ready to live.

Chinese proverb

You've got to keep fighting — you've got to risk your life every six months to stay alive.

Elia Kazan

Unless you can find some sort of loyalty, you cannot find unity and peace in your active living.

Josiah Royce

The natural rhythm of human life is routine punctuated by orgies.

Aldous Huxley

Life is like riding a bicycle. You don't fall off unless you stop pedaling.

—Claude Pepper

LIVING LIFE

Matt 6:25-34 } Don't Worry - Be happy
Luke 16:13
12:22-31 }

Matt 12:33-37 } Good tree - good fruit

Matt 22:15-22 } Live Caesar + God what is theirs

Mark 12:13-17 }

Luke 20:20-26 }

James 4:13-17 - Don't live with Pride + Boasting

James 5: 7-11 Be Patient

1 Timothy 4:3-5 - Everything God created is good

Life is a journey.
not a destination.

Lay hold of today's task
and you will not depend
so much upon tomorrow's.

Seneca



SOMETIMES LIFE UNFOLDS like a beautiful rainbow. Sometimes it comes as a song unsung waiting to be played, begging to be sung, gently inviting the touch of kindly hand or the voice of a caring friend. The beauty of a rainbow may be contemplated in solitude. The mystery of a song begs to be shared.

Ah! your fame is like a fine but transient winter's day,
A mere cloud could destroy it, and vast time is
A great destroyer of great names.
Your glory and your pomp will pass,
Great lords will pass, reigns will fade away;
Time destroys all that is mortal,
It attacks the high and mighty as well as the lowly
and unworthy,
Destroying not only your body, but your eloquence and genius.

Of two possible events, only the undesired one will occur.

If at first you don't succeed, destroy all evidence that you tried.

If you're feeling good, don't worry. You'll get over it.

Is It Really Only a Game?

“It has, I believe, been often remarked, that a hen is only an egg's way of making another egg.”

Samuel Butler
(1835-1902)
Life and Habit

“Life is short, art long, occasion passing, experience dangerous, judgment difficult.”

Hippocrates
(c.460-370 B.C.)
Aphorism 1.1

SECRET JOURNEY

Words and Music by STING

UPON A SECRET JOURNEY
I MET A HOLY MAN
HIS BLINDNESS WAS HIS WISDOM
I'M SUCH A LONELY MAN

AND AS THE WORLD WAS TURNING
IT ROLLED ITSELF IN PAIN
THIS DOES NOT SEEM TO TOUCH YOU
HE POINTED TO THE RAIN

YOU WILL SEE LIGHT IN THE DARKNESS
YOU WILL MAKE SOME SENSE OF THIS
AND WHEN YOU'VE MADE YOUR SECRET JOURNEY
YOU WILL FIND THIS LOVE YOU MISS

AND ON THE DAYS THAT FOLLOWED
I LISTENED TO HIS WORDS
I STRAINED TO UNDERSTAND HIM
I CHASED HIS THOUGHTS LIKE BIRDS

YOU WILL SEE LIGHT IN THE DARKNESS
YOU WILL MAKE SOME SENSE OF THIS
AND WHEN YOU'VE MADE YOUR SECRET JOURNEY
YOU WILL FIND THIS LOVE YOU MISS

YOU WILL SEE LIGHT IN THE DARKNESS
YOU WILL MAKE SOME SENSE OF THIS
YOU WILL SEE JOY IN THIS SADNESS
YOU WILL FIND THIS LOVE YOU MISS
AND WHEN YOU'VE MADE YOUR SECRET JOURNEY
YOU WILL BE A HOLY MAN

How Average Americans Spend Their Lives

According to a recent Harris Poll, the average American will spend the following portion of his or her life engaged in the following activities:

- Four years cleaning spit out of party favors
- Two years tearing sip holes in the lids of Styrofoam coffee cups
- Three years sniffing their fingers after chopping vegetables
- Eleven years checking the mirror for visible boogers
- Four months pressing elevator buttons that someone else already pressed and are clearly lit up as such
- Nine months picking the raisin eyes out of gingerbread men
- Five years squeezing out teabags
- Nine months pregnant
- Eighteen months sipping from empty soda cans they forgot they finished
- Two years sniffing own underarms before a date
- Three years admiring Kleenex after they blow their noses
- Eight years scribbling trying to warm up their pens
- Ten months checking their blind side
- Five months brushing bugs or dirt off firewood
- Six years tapping their bat on home plate
- Four months picking the ripped clingers off spiral notebook paper
- Fifteen years looking under the hoods of their stalled cars even though for all they know there could be the inside of a piano under there
- Eight years checking the ingredients on the side of a package before grimacing and eating the food anyway
- Twelve years pulling hairs out of the drain after shampooing

GOLDEN RULES FOR LIVING

1. If you open it, close it.
2. If you turn it on, turn it off.
3. If you unlock it, lock it up.
4. If you break it, admit it.
5. If you can't fix it, call in someone who can.
6. If you borrow it, return it.
7. If you value it, take care of it.
8. If you make a mess, clean it up.
9. If you move it, put it back.
10. If it belongs to someone else, get permission to use it.
11. If you don't know how to operate it, leave it alone.
12. If it's none of your business, don't ask questions.

①



②



③



Billings' Law—Live within your income, even if you have to borrow to do so.

—Josh Billings (Henry Wheeler Shaw) (1818–1885)

Clopton's Law—For every credibility gap there is a gullibility fill.

—Richard Clopton

Coolidge's Law—Anytime you don't want anything, you get it.

—Calvin Coolidge

Coolidge's 2nd Law—A lost article invariably shows up after you replace it.

—Calvin Coolidge

Coughlin's Law—Don't talk unless you can improve the silence.

—Laurence C. Coughlin

Ettore's Law—The other line moves faster.

—Barbara Ettore

Gates' Law—If there isn't a law, there will be.

—W. I. E. Gates

Gomez' Law—If you don't throw it, they can't hit it.

—Lefty Gomez

Lec's Immutable Law—The first requisite for immortality is death.

—Stanislaw J. Lec

Levenson's Law—No matter how well a toupee blends in back, it always looks like hell in front.

—Sam Levenson

Levenson's 2nd Law—Insanity is hereditary—you can get it from your children.

—Sam Levenson

Lippmann's Law—Where all think alike, no one thinks very much.

—Walter Lippmann

Maier's Law—If facts do not conform to theory, they must be disposed of.

—N. R. F. Maier

Ms. Peter's Law—Today if you're not confused you're just not thinking clearly.

—Irene Peter

Peter's Law—The unexpected always happens.

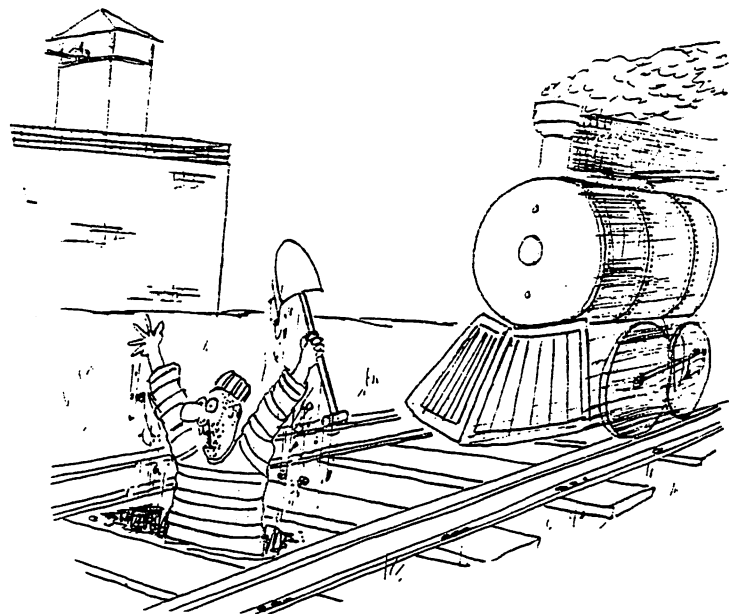
—Laurence J. Peter

Pope's Law—All looks yellow to a jaundiced eye.

—Alexander Pope

Roos' Law—If there's a harder way of doing something, someone will find it.

—Ralph E. Roos



GINSBERG'S THEOREM:

1. *You can't win.*
2. *You can't break even.*
3. *You can't even quit the game.*

MURPHY'S LAW OF THERMODYNAMICS:

Things get worse under pressure.

VILE'S LAW FOR EDUCATORS:

No one is listening until you make a mistake.

PYTHON'S PRINCIPLE OF TV MORALITY:

There is nothing wrong with sex on television, just as long as you don't fall off.

VACATION PRINCIPLE:

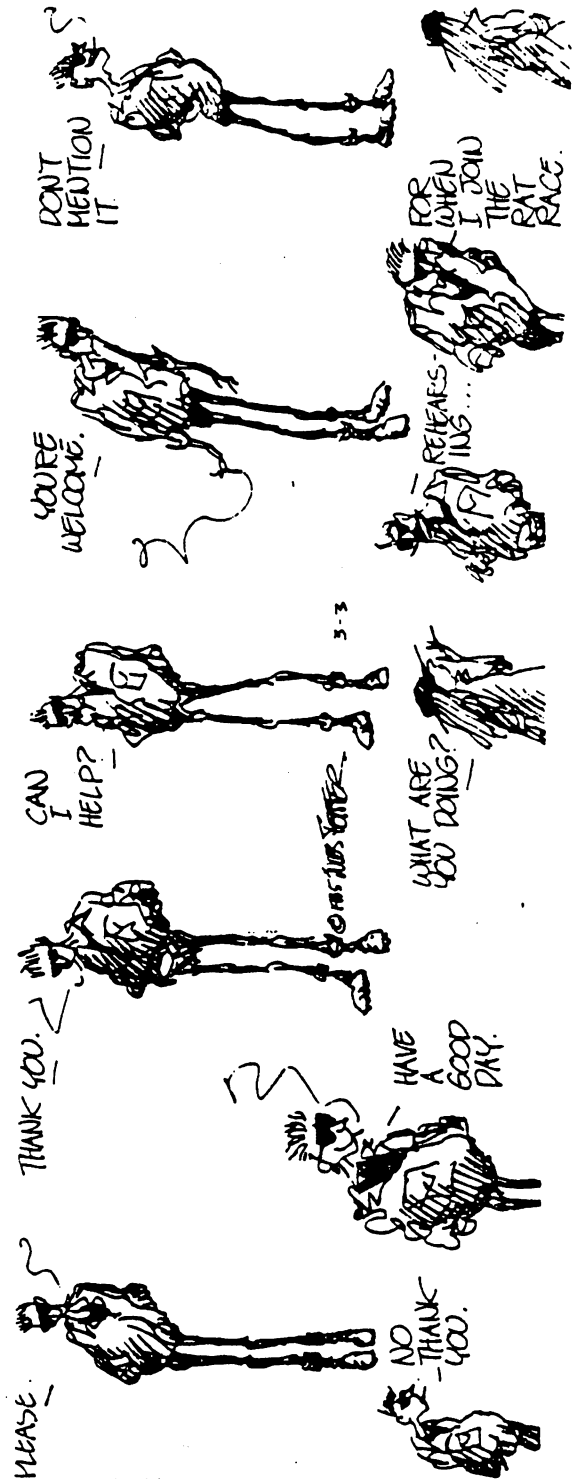
When packing for a vacation, take half as much clothing and twice as much money.

MURPHY'S LAW OF RESEARCH:

Enough research will tend to support your theory.

LAWS OF SCIENTIFIC PROGRESS:

1. *Exceptions always outnumber rules.*
2. *There are always exceptions to established exceptions.*
3. *By the time one masters the exceptions, no one recalls the rules to which they apply.*



"LAWS"

Ade's Law—Anybody can win—unless there happens to be a second entry. —George Ade

Barnum's Law—You can fool most of the people most of the time. —P. T. Barnum

Berra's Law—You can observe a lot just by watching. —Yogi Berra

MURPHY'S SECOND COROLLARY:

Everything takes longer than you think.

MURPHY'S THIRD COROLLARY:

If there is a possibility of several things going wrong, the one that will cause the most damage will be the one to go wrong.

MURPHY'S FIRST COROLLARY:

Nothing is as easy as it looks.

GLUCK'S FIRST LAW:

Whichever way you turn upon entering an elevator, the buttons will be on the opposite side.

THEORY OF SELECTIVE SUPERVISION:

The one time in the day that you lean back and relax is the one time the boss walks through the office.

LOWE'S LAW:

Success always occurs in private, and failure in full public view.

There oughta be A LAW!

THE POKER PRINCIPLE:

Never do card tricks for the group you play poker with.

MURPHY'S CONSTANT:

Matter will be damaged in direct proportion to its value.

WILLOUGHBY'S LAW:

When you try to prove to someone that a machine won't work, it will.

HOWE'S LAW:

Everyone has a scheme that will not work.

PRINCIPLE OF DESIGN INERTIA:

Any change looks terrible at first.

MURPHY'S LAW:

If anything can go wrong, it will.

SMITH'S LAW:

No real problem has a solution.

COMPLEMENTARY RULES OF OWNERSHIP:

1. *If you keep anything long enough, you can throw it away.*
2. *If you throw it away, you will need it the next day.*

MURPHY'S SIXTH COROLLARY:

It is impossible to make anything foolproof because fools are so ingenious.

**FIRST RULE OF
ACTING:**

Whatever happens, look as if it were intended.

LAW OF RERUNS:

If you have watched a TV series only once, and you watch it again, it will be rerun of the same episode.

YOUNG'S THIRD LAW:

It is when you trip over your own shoes that you start picking up shoes.

BAXTER'S LAW:

An error in the premise will appear in the conclusion.

**LAW OF
PRACTICE:**

Plays that work in theory do not work in practice.

Plays that work in practice do not work during the game.

ZAPPA'S LAW:

There are two things on earth that are universal: hydrogen and stupidity.

**SIMON'S LAW
OF DESTINY:**

Glory may be fleeting, but obscurity is forever.

**MURPHY'S FOURTH
COROLLARY:**

Whenever you set out to do something, something else must be done first.

**MURPHY'S FIFTH
COROLLARY:**

Every solution breeds new problems.

**MURPHY'S SEVENTH
COROLLARY:**

Nature always sides with the hidden flaw.

**THE RULE OF THE
WAY OUT:**

Always leave room to add an explanation if it doesn't work out.

BOREN'S LAW:

1. *When in doubt, mumble.*
2. *When in trouble, delegate.*
3. *When in charge, ponder.*

**CONNOR'S
SECOND LAW:**

If something is confidential, it will be left in the copy machine.

*There oughta
Be A LAW*

**VILE'S FIRST LAW OF
LINESMANSHIP:**

If you're running for a short line, it suddenly becomes a long line.

**VILE'S SECOND LAW
OF LINESMANSHIP:**

When you're waiting in a long line, the people behind you are shunted to a new, short line.

**VILE'S THIRD LAW OF
LINESMANSHIP:**

If you step out of a short line for a second, it becomes a long line.

**VILE'S FOURTH LAW
OF LINESMANSHIP:**

If you're in a short line, the people in front let in their friends and relatives and make it a long line.

**VILE'S FIFTH LAW OF
LINESMANSHIP:**

A short line outside a building becomes a long line inside.

**VILE'S SIXTH LAW
OF LINESMANSHIP:**

If you stand in one place long enough, you make a line.

*There oughta
Be A LAW*

Runyon's Law—The race is not always to the swift, nor the battle to the strong, but that's the way to bet.

—Damon Runyon

Truman's Law—If you can't convince them, confuse them.

—Harry S Truman

Tuchman's Law—If power corrupts, weakness in the seat of power, with its constant necessity of deals and bribes and compromising arrangements, corrupts even more.

—Barbara Tuchman

**MURPHY'S EIGHTH
COROLLARY:**

Left to themselves, things tend to go from bad to worse.

BERRA'S FIRST LAW:

You can observe a lot just by watching.

**GLYME'S FORMULA
FOR SUCCESS:**

The secret of success is sincerity. Once you can fake that, you've got it made.

**FIRST PRINCIPLE OF
SELF-
DETERMINATION:**

What you resist, you become.

**FIRST LAW OF
BICYCLING:**

No matter which way you ride, it's uphill and against the wind.

**FIRST WORKSHOP
PRINCIPLE:**

The one wrench or drill bit you need will be the one missing from the tool chest.

**THIRD WORKSHOP
PRINCIPLE:**

Leftover nuts never match leftover bolts.

“I don’t believe in living in the past. I used to, but I don’t anymore. It’s boring.”

—Anthony Hopkins

“Pray for the dead and fight like hell for the living.”

Mary Harris Jones,
a.k.a. Mother Jones
(1830–1930)
Motto

“Rules of the Universe.”

How many of Roeper’s rules have tripped you up?

- Whatever grocery line you get into will automatically slow down to a crawl.

- Two days after you fi-

nally find a diet soda that doesn’t taste like motor oil, the government will declare it “the most unsafe product in the history of commerce.”

- Your insurance doesn’t cover it, whatever it is.

- “The check is in the mail” really means that you’ll never get paid.

- All men look like geeks right after they get haircuts.

- No one has skin that is exactly the same color as a Band-Aid.

- You never get the hiccups when you’re alone — only when you’re at a funeral or making your first visit to the home of your future in-laws.

- You’ll never remember the word that’s on the tip of your tongue.

- The more you hate a song the harder it’ll be to get it out of your head.

- When you’re on vacation the natives will shake their heads and say, “It’s such a shame you weren’t here last week, when the weather was beautiful.”

- If you rip the tag off your mattress, you’ll be the first person to be arrested for it.

- Rush hour starts when you leave the house and ends when you get to the office.

- If it’s pouring down rain

WHAT COULD BE WORSE?

The worst blasphemy is not that of atheists who shake their fists in God’s face.

Far more insidious are those professed Christians who, despite their outward appearance, are strangers to the actual character of Christ.

“... the old universal truths lacking which any story is ephemeral and doomed — love and honor and pity and pride and compassion and sacrifice.”

and you think you left the windows open — you did.

- There are no refunds.

- The 5,000 best-looking men in the universe are gay.

- The stain on your blouse cannot be seen under the lights in the laundry room, but when you go out to dinner tonight everyone at the restaurant will stop by your table to point it out.

- The number you’ve been trying to reach has been disconnected and no further information is available.

- At least once in your life,

you will step in a substance so hideous that you will have to throw out your shoes.

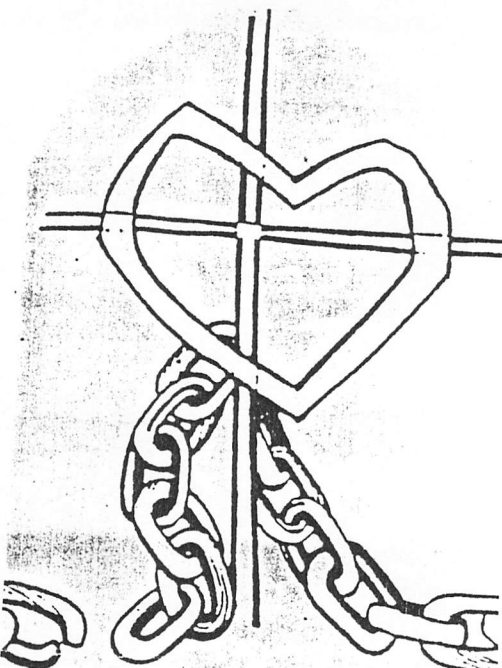
- The cable-TV repairman who tells you to stay home from work all day because he’s not sure when he’ll come by shows up at 6 o’clock.

- The garbage bag full of leaves never breaks but the one loaded with egg shells, coffee grounds and potato salad always splits open and lets its contents ooze out on the floor.

Have You Found Your Niche?

‘There Are So Many Things to Do’

God did not save you to be a sensation; He saved you to be a servant.



LIFE IS FOR LIVING!

There is an appointed
time for everything,
a time to heal...
a time to embrace...
a time to be loved.

Ecclesiastes.

"Wondering
about our place
in the scheme of
things seems to
be a distinctive
human quality."

“The time which we have at our disposal every day is elastic; the passions that we feel expand it, those that we inspire contract it; and habit fills up what remains.”

Marcel Proust
(1871-1922)
Within a Budding Grove

*Love, peace, joy, hope, courage.
What would it take to experience
these daily?*

AND LIVING IS AN EXPERIENCE
IN GROWTH AND UNFOLDMENT.
IT IS NOT SO IMPORTANT
WHAT HAPPENS AROUND
US OR EVEN TO US.
WHAT COUNTS IS WHAT
HAPPENS IN US.

ERIC BUTTERWORTH

Living Each Day

The story is told of a man who set out with a pilgrim's staff to find a certain saintly hermit to ask of him a question. When he found the hermit he said, "If you just had one day to live, how would you spend the day?"

The old hermit stroked his long white beard and answered, "Well, first I would say my morning prayer ... Afterward, I might fix a little tea and go out and weed the garden. Then I might go down the road to visit my neighbor John ... Then I might take a nap."

"Wait," the pilgrim interrupted, "that's the way you spend every day."

"Of course," replied the hermit. "Why should the last day be any different from the rest?"


 everything,
 OVERLOOK
 a great deal,
 improve
 a little.

John xxiii



RESOLVES FOR LIFE Resolved, to live with all my might while I do live. Resolved, never to lose one moment of time, to improve it in the most profitable way I possibly can. Resolved, never to do anything which I should despise or think meanly of in another. Resolved, never to do anything out of revenge. Resolved, never to do anything which I should be afraid to do if it were the last hour of my life.

TOMORROW'S HOPE Psychologist William Marston asked three thousand people, "What have you to live for?" He was shocked to discover that ninety-four percent were simply enduring the present while they waited for the future . . . waited for something to happen . . . waited for "next year" . . . waited for a "better time" . . . waited for "someone to die" . . . waited "for tomorrow," unable to see that all anyone ever has is today, because yesterday is gone and tomorrow exists only in hope.

Life is an unanswered question, but let's believe in the dignity and importance of the question.

-Tennessee Williams

Every Day's a New Beginning

. . . Millions long for immortality who do not know what to do with themselves on a rainy Sunday afternoon.

BREATHE MORE, EAT LESS, LOVE MORE:

LIFE IS A CONSTANT STRUGGLE AGAINST OXYGEN DEFICIENCY.

IVAN PETROVICH PAVLOV

J. Paul Getty, one of the richest man in the world, was asked what single thing he would change if he had the power, he replied: "I'd change philosophy. People should be more content. The way to cure discontent is not necessarily to get more.... The old cliché about money not buying happiness is certainly true."

Life is given when forgiveness is offered.

Life is given when truth is spoken and acted upon.

Life happens when suspicion is replaced with trust.

Life starts to be better when we stop being bitter.

Life gets revved up when we start looking up.

Life becomes life when we stop comparing and start sharing.

Struggles, suffering, setbacks: hey, these will always be there. But so will Jesus.

If you weren't able to make a living as an artist, what would you do?

Try out for the Yankees. Go down the Amazon. Medicine, maybe. An evangelist. I would hope that whatever I was doing, I could find something in it that I could dance to.

I say live and let live. Anyone who can't accept that should be executed.

*How would it feel
to wake up one day
and discover that
you never really existed?*

Love life!

The less you enjoy serving on committees, the more likely you are to be pressed to do so.

If anything can go wrong, it will do so in triplicate.

Wear the right costume and the part plays itself.

The balance of life between what is now dead but once alive is so delicate that it simply rests upon the split second of a moment--the gift of every heartbeat. Nothing is constant, stands still. Only time-bearing changes which keep life from staleness.

Our bodies, visible husks of life, must be lived with in harmony and balance to be free. For only when there is no sense of imprisonment in form can the essence of spirit become one with life's infinite, timeless flow, shapeless and without bounds or limitations.

To be in the flow, life must be lived in the total awakened consciousness of the moment--in freedom--and not in the one past or yet to come. For only in total consciousness is one truly free. And that is why one learns awareness.

Approached by reverence and permission, all life is but the manifestation of powerful, unleashed energies which must be neither feared nor conquered, but simply realized and comprehended.

* * *

"Whereas ye know not what shall be on the morrow. For what is your life? It is even a vapor, that appeareth for a little time, and then vanished away."

--James 4:14

"What is life? It is the flash of a firefly in the night. It is the breath of a buffalo in the winter time. It is the little shadow which runs across the grass and loses itself in the sunset."

--Crowfoot

*We live in deeds not years
In thoughts not breaths
In feelings not figures on a dial.
The most lives, who think most
feels the noblest
acts the best.*

It is with life as with a play: what matters is not how long it is, but how good it is.

Seneca (c. 8 B.C.-65 A.D.)

But healthy independent people do not know how to be threatened, They never engage in useless fighting. They are doers. They are also helpers They are almost always engaged in work that will make other people's lives more pleasant or tolerable. They are warriors on the forefront of social change. They are incapable of stereotyping. They don't believe in being immobilized by colds and headaches. They believe in their ability to rid themselves of such maladies, and they never go around telling others how bad they feel, how tired they are, or what diseases are currently infecting their bodies. They Treat their bodies well. These people don't blame. They do not talk about people,, they talk with them. They are not gossipers or spreaders of evil information.

Adulthood is marked by a gradual increase in one's awareness of personal impact on and effectiveness within one's world. Adults know themselves to be agents and initiators. A first realization that "I can make a difference" is part of the exuberance of the young adult. With middle adulthood comes the awareness that this personal agency is accompanied by personal responsibility. Both accountability (I am responsible for what I have done) and care (I have responsibility for what I have created) come into perspective. . . .

But creativity is not yet generativity. The challenge of the generative stage is not only "Can I, will I produce in the larger social world?"—not even "Can I, will I be creative in my productivity?" The generativity question is "Can I, will I be responsible in nurturing life?"

EVELYN EATON WHITEHEAD
and JAMES D. WHITEHEAD,

- Dost thou love life?
Then do not squander time,
For that's the stuff life is made of.
—Benjamin Franklin
- Time wasted is existence; used, it is life.
- If you want to kill time, why not try working it to death? —E.C.Mckenzie
- When you kill time, remember that it has no resurrection.
—The Bible Friend
- There is the old proverb, "One has to spend money to make money." Likewise, "One must spend time in order to save time."
—James Hastings

- Each moment is the meeting place of two eternities.
- Live today to the fullest. Remember it's the first day of rest of your life.
- Yesterday is a canceled check. Tomorrow is a promisory note. Today is the only cash you have—spend it wisely.
- Tomorrow there will be another wind blowing. —Japanese Proverb
- Time carries all things; length of days knows how to change name and shape and nature and fortune. —Plato

The Knight's Pledge

In his "Idylls of the King", Tennyson gives the knight's pledge: "Live pure, speak truth, right the wrong, follow the king; else wherefore born?"

Is not this a good motto for the Christian? He must live a pure life, which means a holy one; he certainly must speak the truth and do what he can to right conditions that are wrong. Above all, he must follow the King, the Lord Jesus Christ, the Author and Finisher of our faith.

Jonathan Edwards' Resolutions

- Resolved, to live with all my might while I do live.
- Resolved, never to lose one moment of time, to improve it in the most profitable way I can.
- Resolved, never to do anything which I should despise or think meanly of in another.
- Resolved, never to do anything out of revenge.
- Resolved, never to do anything which I should be afraid to do if it were the last hour of my life.

- The great use of a life is to spend it for something that outlasts it.
—William James

The one serious conviction that a man should have is that nothing is to be taken too seriously. —Samuel Butler

“Time is the coin of our lives. We must take care how we spend it.”

Carl Sandburg (1878-1967)

Jonathan Edward's Resolutions

Jonathan Edwards, who was a great and useful man, made five resolutions for himself in his youth, and lived by them faithfully. They are worth studying. Any one who will adopt and follow them will greatly increase his usefulness. The resolutions are as follows:

"1. Resolved: To live with all might while I do live.

"2. Resolved: Never to lose one moment of time, but to improve it in the most profitable way I possibly can.

"3. Resolved: Never to do anything which I should despise or think meanly of in another.

"4. Resolved: Never to do anything out of revenge.

"5. Resolved: Never to do anything which I should be afraid to do if it were the last hour of my life."

The late Bishop John H. Vincent had the custom of repeating to himself each morning the following simple but far reaching solution, which may serve as a model for us:

"I will this day try to live a simple, sincere, and serene life; repelling promptly every thought of discontent, impurity, and self-seeking; cultivating cheerfulness, magnanimity, charity, and the habit of holy silence; exercising economy in expenditure, carefulness in conversation, diligence in appointed service, fidelity to every trust, and a childlike faith in God."

—Christian Observer

Little self-denials, little honesties, little passing words of sympathy, little nameless acts of kindness, little silent victories over favorite temptations—these are the silent threads of gold, which when woven together, gleam out so brightly in the pattern of life that God approves.
—Frederic W. Farrar

Life just is. You have to flow with it. Give yourself to the moment. Let it happen.
—Governor Jerry Brown

Life can only be understood backwards; but it must be lived forwards.
—Sören Kierkegaard (1813-1855)

Life is not a problem to be solved but a reality to be experienced.
—Sören Kierkegaard
(When a person puts his best foot forward and gets it stepped on—that's life.)

Life is what happens to us while we are making other plans.
—Thomas La Mance

Life happens too fast for you ever to think about it. If you could just persuade people of this, but they insist on amassing information.
—Kurt Vonnegut, Jr.

As I grow to understand life less and less, I learn to live it more and more.
—Jules Renard

The longer I live the more beautiful life becomes.
—Frank Lloyd Wright

The less of routine, the more of life.
—A. B. Alcott (1799-1888)

Life is like playing a violin in public and learning the instrument as one goes on.
—Samuel Butler

Resolutions Of A College President

At age 19, these resolutions were adopted by Dr. James Clement Furman, first president of Furman University, and are appropriate on every observance of Founder's Day at Furman University.

"Resolved, never to speak ill of an individual but to call to mind my own sins and imperfections and be silent.

"Resolved, when my heart feels cold and languid, to strive earnestly in prayer to God for deliverance from such a state and for the abiding influence of His Holy Spirit; and to enquire into the causes which have produced this effect upon me and to guard against them in the future.

"Resolved, never to go to bed without having endeavored to learn something more of God as He is revealed in the Holy Scriptures than I knew when I rose in the morning.

"Resolved, to keep in mind during the business of the day the good resolutions which I may have formed for my assistance so that if I neglect them, I may humble myself and in my retirement earnestly seek pardon from God.

"Resolved, to say nothing to irritate the feelings of anyone and especially of my relations and friends.

"Resolved, to leave as soon as possible any company which might draw off my thoughts from the things of eternity.

"Resolved, never to neglect to devote a certain portion of every twenty-four hours to secret meditation and prayer.

"Resolved, never to halt in doing anything of which I am convinced that it is duty."

My grandfather always said that living is like licking honey off a thorn.
—Louis Adamic

The hardest thing to learn in life is which bridge to cross and which to burn.
—David Russell

The course of life is unpredictable . . . no one can write his autobiography in advance.
—Abraham Joshua Heschel

The man who has no inner life is the slave of his surroundings.
—Henri Frédéric Amiel (1821-1881)

The tragedy of life is what dies inside a man while he lives.
—Albert Schweitzer

Life is just a bowl of pits.
—Rodney Dangerfield

Life is like a blanket too short. You pull it up and your toes rebel, you yank it down and shivers meander about your shoulder; but cheerful folks manage to draw their knees up and pass a very comfortable night.
—Marion Howard

Though
we travel
the world over
to find
the beautiful,
we must
carry it with
us or we
find it not.

RALPH WALDO EMERSON

Look to this day for it is life the very life
of life. In its brief course lie all the
truths and realities of your existence - the
joy of growth, the glory of action, the splendor
of beauty. For yesterday is already a dream,
and tomorrow is only a vision; But today well
lived, makes very yesterday a dream of
happiness and every tomorrow a vision
of hope.

ght is the faculty, but seeing is the gift. As Joseph Krutch suggested, "The rare moment is not the moment when there is something worth looking at, but the moment when we are capable of seeing."

Helen Keller, who in her physical blindness behold so much with her inner vision because Christ was her light, put it in these lines which many have read:

Use your eyes as if tomorrow you would be stricken blind. If I had three days to see, this is what I would want to see. On the first day I would want to see the people whose kindness and companionship has made my life worth living. I would call in my friends and look for a long time into their faces. I would also look into the face of a new baby. I would like to see the many books which have been read to me.

The next day I would get up early to see the dawn. I would visit a museum to learn of man's upward progress in the making of things. I would go, also, to an art museum to probe the human souls by studying paintings and sculpture.

The third morning I would again greet the dawn, eager to discover new beauties in nature. I would spend this last day in the haunts of persons, where they work. I would stand at a busy street corner, trying to understand something of the daily lives of persons by looking into their faces and reading what is written there.

On the last evening, I would go to a theatre and see a hilariously funny play, so as to appreciate the overtones of humor in the human spirit. Yes, by God's light in Christ, seeing what matters, and beholding the extraordinary in the common place.

“Jenning's Corollary—The chance of bread falling with the buttered side up is directly proportional to the cost of the carpet.”

LORD, DELIVER ME
FROM MYSELF

There are men who are their own victims, more miserable than one can imagine because they are condemned to loving no one but themselves. One must understand their suffering to free them, for this suffering is nothing less than experiencing hell. If they find a friend who brings them to the realization that they are their own tormentors, it is the first step in their salvation; especially if they find a committed Christian who is to them the light and joy that can draw them away from themselves.

Perhaps then they will pray, "Lord, deliver me from myself." If they ask this earnestly, they are on the road to salvation. This is the first stage.

We too can say this prayer every night when we come home, to escape from ourselves to other men and to God.

THE LAST LAW:

If several things that could have gone wrong have not gone wrong, it would have been ultimately beneficial for them to have gone wrong.

Want To Spend Your Life, or Invest It?

THE FAULT One man gets nothing but discord out of a piano; another gets harmony. No one claims the piano is at fault. Life is about the same. The discord is there, and the harmony is there. Study to play it correctly, and it will give forth the beauty; play it falsely, and it will give forth the ugliness. Life is not at fault.

Let us not look back in anger or forward in fear, but around in awareness.

—James Thurber

RESPONDING VS. REACTING Responding carries with it the positive idea of moving favorably toward another person. Reacting carries with it the idea of resisting or backing away from another. Whether you respond or react will be determined by your assessment of the person in question. For example, identical twin girls grew up with an alcoholic father. When they reached adulthood, one twin became an alcoholic, the other an abstainer. The sisters were interviewed by a psychologist. The psychologist asked the first twin why she became an alcoholic. She responded, "Well, what do you expect from the daughter of an alcoholic?" In a separate session, the psychologist asked the second twin why she became an abstainer. She said, "Well, what do you expect from the daughter of an alcoholic?"

"What happens to us in life is not nearly so important as how we respond to it.

TRAVELLING LIGHT In the last century, a tourist from America paid a visit to a renowned Polish rabbi, Hofetz Chaim. He was astonished to see that the rabbi's home was only a simple room filled with books, plus a table and a cot.

The tourist asked, "Rabbi, where is your furniture?" Hofetz Chaim replied, "Where is yours?"

The puzzled American asked, "Mine? But I'm only a visitor here. I'm only passing through." To which the wise rabbi replied, "So am I."

THE CRITIC British columnist Bernard Levin, commenting on the taste of two music critics: "If this pair had been present at the miracle of the loaves and fishes, one of them would have complained that there was no lemon to go with the fish, and the other would have demanded more butter for the bread."

The Real Choices . . . You don't get to choose how you're going to die. Or when. You only decide how you're going to live. Now!
Joan Baez, Daybreak

WISDOM FROM HELEN KELLER I believe that we can live on earth according to the teachings of Jesus, and that the greatest happiness will come to the world when man obeys His commandment "Love ye one another."

I believe that we can live on earth according to the fulfillment of God's will, and that when the will of God is done on earth as it is done in heaven, every man will love his fellow men, and act towards them as he desires they should act towards him. I believe that the welfare of each is bound up in the welfare of all.

I believe that life is given us so we may grow in love, and I believe that God is in me as the sun is in the color and fragrance of a flower -- the Light in my darkness, the Voice in my silence.

I believe that only in broken gleams has the Sun of Truth yet shone upon men. I believe that love will finally establish the Kingdom of God on earth, and that the Cornerstones of that Kingdom will be Liberty, Truth, Brotherhood, and Service.
Helen Keller

Wisdom . . . is the intelligence that keeps you from getting into situations that require -- wisdom.

It's a Wonderful Life

LIMITED VISION Eight-year-old Frank had looked forward for weeks to this particular Saturday because his father had promised to take him fishing if the weather was suitable.

There hadn't been any rain for weeks and as Saturday approached, Frank was confident of the fishing trip. But, wouldn't you know it, when Saturday morning dawned, it was raining heavily and it appeared that it would continue all day.

Frank wandered around the house, peering out the windows and grumbling more than a little. "Seems like the Lord would know that it would have been better to have the rain yesterday than today," he complained to his father who was sitting by the fireplace, enjoying a good book.

His father tried to explain to Frank how badly the rain was needed, how it would make the flowers grow and bring much needed moisture to the farmer's crops. But Frank was adamant. "It just isn't right," he said over and over.

Then, about three o'clock, the rain stopped. Still time for some fishing, and quickly the gear was loaded and they were off to the lake. Whether it was the rain or some other reason, the fish were biting hungrily and father and son returned with a full string of fine, big fish.

At supper, when some of the fish were ready, Frank's mom asked him to say grace. Frank did -- and concluded his prayer by saying, "And, Lord, if I sounded grumpy earlier today it was because I couldn't see far enough ahead."

No doubt much of our complaining is because we "can't see far enough ahead."

Success does not mean the accumulation of wealth, the maintenance of position, or a supremacy of power. Success means a life free from the burden of anxiety and liberated from fear. There is no successful life without peace.

THE GRASS MAY NOT BE GREENER "I sit in my house in Buffalo and sometimes I get so lonely it's unbelievable. Life has been so good to me. I've got a great wife, good kids, money, my own health -- and I'm lonely and bored. . . I often wondered why so many rich people commit suicide. Money sure isn't a cure-all." O.J. Simpson, People Magazine June 12, 1978

"I have had few difficulties, many friends, great successes; I have gone from wife to wife, and from house to house, visited great countries of the world, but I am fed up with inventing devices to fill up 24 hours of the day."

Suicide note left by Ralph Barton, Cartoonist.

Our job is not to try to make things happen, not to influence people, not to be aggressive; but rather, with flexibility, to meet life as it comes with a consciousness of love and an expectation of good. As a mirror, reflecting as our experiences the patterns of thought presented to it.

"Life is not a plate to be emptied, but a bowl to be filled."

“The fool with all his other thoughts, has this also: he is always getting ready to live.”

Epicurus (341-270 B.C.)