

Tides wax and wane, but Your love harbors me to where the waters are safe, and I anchor and am satisfied. I cry out all around me "It is good it is good and echoes return "It is it is good, it is good"

My spirit knows only love
Since all love is of God
my spirit knows God
knows is of God.

My spirit radiates and extends it and needs no object to receive it.

All things are merely different manifestations of God's love.

Therefore, because my spirit is made of it, I am also related to other things that have it, related to all things, always.

SEASONED SALT

Sodium is an extremely active element found naturally only in combined form; it always links itself to another element. Chlorine, on the other hand, is the poisonous gas that gives bleach its offensive odor. When sodium and chlorine are combined, the result is sodium chloride -- common table salt -- the substance we use to preserve meat and bring out its flavor.

Love and truth can be like sodium and chlorine. Love without truth is flighty, sometimes blind, willing to combine with various doctrines. On the other hand, truth by itself can be offensive, sometimes even poisonous. Spoken without love, it can turn people away from the gospel.

When truth and love are combined in an individual or a church, however, then we have what Jesus called 'the salt of the earth,' and we're able to preserve and bring out the beauty of our faith.

MY LIFE IS RICHLY BLESSED. I SHARE MY BLESSINGS WITH OTHERS.

My life is richly blessed and prospered, for I am ever- enfolded in God's loving care.

So much is made available to me through the loving goodness of God- much more than I need just for myself.

I share my blessings with others, for I am an open channel of God's limitless love, flowing through me and showing me how to enrich the lives of others. A kind word or a smile truly effortless gifts to give- touch and inspire those I meet, and these people go on to bless and enrich the lives of others.

Sharing with others is an expression of love, a manifestation of God's limitless love flowing through me. As I respond to the needs of others, I realize that my capacity for sharing God's good is infinite. I offer what I can, whenever I can, to help others.

God is able to provide you with every blessing in abundance, so that you may always have enough of everything and may provide in abundance for every good work. -II Cor. 9:8

ON LOVE

There is no difficulty that enough love will not conquer. No disease that enough love will not heal
No door that enough love will not open
No gulf that enough love will not bridge
No wall that enough love will not throw down
so wrong that enough love will not redeem

It Makes no difference

How deeply rooted May be the trouble

How Muddled the tangle

How great the mistake

A sufficient realization of love will dissolve it all

If only you could love enough

You would be the happiest and most powerful person in the world

There is a wonderful, mystical law of nature that the three things we crave most in life happiness, freedom and peace of mind are always attained by giving them to someone else.

The Christian does not have to wait until he suffers himself; the sufferings of his brethren for whom Christ died are enough to awaken his compassion.
-Dietrich Bonhoeffer

if a man wants to be of the greatest possible value to his fellow-creatures, let him begin the long, solitary task of perfecting himself.

-Robertson Davies

I expect to pass through this world but once. Any good therefore that I can do, or any kindness that I can show to my fellow creature, let me do it now. Let me not defer or neglect it, for I shall not pass this way again.

That best portion of a good man's life, His little, nameless, unremembered acts Of kindness and of love. -William Wordsworth

There is no man so good, who, were he to submit all his thoughts and actions to the laws, would not deserve hanging ten times in his life. -Montaigne

Should not the giver be thankful that the receiver received? Is not giving a need? Is not receiving, mercy? -Friedrich Nietzsche

When you give, do not let your left hand know what your right hand is doing. Matthew 6:3

Be charitable and indulgent to every one but thyself. Joseph Joubert

No one can do me any good by loving me; I have more love than I need, or could do any good with; but people do me good by making me love them -- which isn't easy. John Ruskin

A man is only as good as what he loves.
-Saul Bellow

In the act of loving someone you arm them against you.

if you want to be loved, be lovable. -Ovid

The one thing we can never get enough of is love.
And the one thing we never give enough of is love.
Henry Miller

In how many lives does Love really play a dominant part? The average taxpayer is no more capable of a 'grand passion' than of a grand opera.
-Israel Zangwill

Love, all love of other sights controls. And makes one little room an everywhere. -John Donne

Love cannot accept what it is. Everywhere on earth it cries out against kindness, compassion, intelligence, everything that leads to compromise. Love demands the impossible, the absolute, the sky on fire, inexhaustible springtime. life after death, and death itself transformed into eternal life.
-Camus

A Christian woman, laboring among the moral lepers of London found a poor street girl desperately ill in a bare, cold room. With her own hands she ministered to her changing her bed linen, procuring medicine & nourishing food, a fire, and making the poor place as bright and cheery as possible and then she said "may I pray with you?"

The girl said, "No! you don't care for me; you're doing this to get to heaven."
Many years passed, the Christian woman unwearily kind, the sinful girl hard and bitter. At last the woman said, "my dear you are nearly well now, and I shall not come again, but this as it is my last visit I want you to let me kiss you"
And the lips that known prayers and God's Holy Word and the lips that had known curses and unholy caresses and then the girls heart broke. That was Christ's way.

BECAUSE SHE WAS LOVED

There was a very old married couple who radiated a tremendous happiness. The wife especially, who was almost unable to move because of old age and illness and in whose kind old face the joys and sufferings of many years had etched a hundred lines was filled with such a gratitude for life. What could possibly be the source of this kindly person's radiance. In every other respect, they were very common people, and their room indicated only the most modest comfort. But suddenly I knew where it

all came from, for I saw those two speaking to each other, and their eyes hanging upon each other. All at once it became clear that this woman was clearly loved.

It was not because she was a cheerful and pleasant person that she was loved by her husband all those years. It was probably the other way around. Because she was so loved she became the person she was.

START WITH A BROWNIE

A number of years ago, in a mental institution outside Boston, a young girl known as "Little Annie" was locked in the dungeon. The dungeon was the only place, said the doctors, for those who were hopelessly insane. In Little Annie's case, they saw no hope for her, so she was consigned to a living death in that small cage which received little light and even less hope. About that time, an elderly nurse was nearing retirement. She felt there was hope for all of God's children, so she started taking her lunch into the dungeon and eating outside Little Annie's cage. She felt perhaps she should communicate some love and hope to the little girl.

In many ways, Little Annie was like an animal. On occasions, she would violently attack the person who came into her cage. At other times, she would completely ignore them. When the elderly nurse started visiting her, Little Annie gave no indication that she was even aware of her presence. One day, the elderly nurse brought some brownies to the dungeon and left them outside the cage. Little Annie gave no hint she knew they were there, but when the nurse returned the next day, the brownies were gone. From that time on, the nurse would bring brownies when she made her Thursday visit. Soon after, the doctors in the institution noticed a change was taking place. After a period of time they decided to move Little Annie upstairs. Finally, the day came when the hopeless case was told she could return home. But Little Annie did not wish to leave. She chose to stay, to help others. She it was who cared for, taught, and nurtured Helen Keller, for Little Annie's name was Anne Sullivan.

Nothing is impossible where there is love

I am sure that he who began a good work in you will bring it to completion at the day of Jesus Christ. It is right for me to feel this about you all because I hold you in my heart. Phil1:6

Scatter love as you scatter seeds- your store stays undiminished. For love makes love as seeds make seeds in a harvest never finished; nor look to see how your gift fares- it is enough to plant it; Just sow love with a lavish hand and take harvest for granted.
-Kashi Rahman

Love is the active concern for the life & the growth of that which we love. -Erich Fromm

The ultimate act of courage & humanity is when we love without seeing results.

Love is creative- it calls forth the good & noble
Love is free- if forced it is duty- not love
Love is Faithful- it holds onto the beloved with strength in the face of rejection
Love is purifying- it is willingness to suffer, to give of oneself to the extent of ones very life
Love is union- perfection
Love requires us to renounce nothing but our own self- to get further & further away from I, Me & my

Love takes time. It needs a history of giving & receiving, laughing & crying, Love never promises instant gratification, only ultimate fulfillment. Love means believing in someone or something. It supposes a willingness to struggle, to work to suffer and to rejoice. Satisfaction & ultimate fulfillment are by-products of dedicated love. They belong only to those who can reach beyond themselves; to whom giving is more important than receiving. Love is doing everything you can to help others build whatever dreams they have. Love involves much careful & active listening. It is doing whatever needs to be done and saying whatever will promote the others happiness & well- being . Sometimes love hurts. Love is on a constant journey to what others need. It must be attentive, caring & open, both to what others say and to what others cannot say. Love says no with empathy & great compassion. Love is firm, but when needed, it must be tender. When others have tried & failed, love is the hand in yours in your moments of discouragement & disappointment. Love is reliable. Love is a choice and a commitment to other's true & lasting happiness. It is dedicated to growth and fulfillment. Love is not selfish. Love forgives and does not attach conditions. It is genuine, always a free gift. Love is a commitment that endures all things. It encourages freedom. It is the first to encourage & the last to condemn.
-B. Upham

In the sense in which a person can ever be said to be at home in the world, he is at home not through dominating or explaining, but through caring & being cared for. -Mayeroff

Love is a sense of wholeness, and a sense of wholeness casts out fear. -C. Humphreys

What could be more radical than loving your neighbor as yourself?

May you awaken today & everyday to find yourself alive & in love in the heart of God

Loving is the art of caring
Caring is the art of sharing
Sharing is the art of Living
Living is the art of Loving

The heart will always seek its own and on the journey from star to star will often pause, but never tire...for love is endless and like the universe, is curved upon itself, forever reaching outward & beyond, leaving trails of silver dust for other hearts brave enough to follow

Love is a rainbow in your heart.

"Loving, like prayer is a power as well as a process. ifs curative. It is creative." -Zona Gale

I WAS HUNGRY AND YOU SHARED YOUR LUNCH WITH ME" I WAS THIRSTY AND YOU GAVE ME HALF YOUR COKE: I WAS COLD AND YOU LOANED ME YOUR SWEATER: I WAS DIFFERENT AND YOU TOLD THE OTHERS NOT TO MAKE FUN OF ME: I WAS SICK AND YOU EXPLAINED MY HOMEWORK TO ME: I WAS GROUNDED AND YOU VISITED ME. AS LONG AS YOU DID IT FOR ONE OF THESE, THE LEAST OF MY BRETHREN, YOU DID IT FOR ME.

Anybody can be a heart specialist. The only requirement is loving somebody. -Angie Papadakis

Those who love deeply never grow old; they may die of old age. but they die young.

The loneliest place in the world is the human heart when love is absent. -E.C. McKenzie

It is no chore for me to love the whole world. My only real problem is my neighbor next door.

Love may not make the world go round, but it certainly makes the trip worthwhile

To those of you who really listen, I've got something to say: Love your enemies. Do good to those who hate you. Bless those who curse you and recommend to God those who abuse you. When someone slaps you on one cheek, turn and give him the other. If a man takes your coat, let him have your shirt as well. Give to anyone who asks of you. When a man takes what belongs to you, do not demand it back. Do to others whatever you would wish them to do for you. Face it, if you love those who love you, so what? Those whom you look down upon as sinners do that much. If you do good to those who do good to you, how much credit can you take? Sinners do the same. If you lend to the people who you know will pay you back, does your generosity cost you anything? Expecting to be paid back in full, sinners do that for sinners.

Love your enemy and do good; lend without expecting repayment. your reward will be substantial. You'll be called sons of the Most High and it'll be true because He himself is good to the ungrateful and the wicked.

Be compassionate as your Father is compassionate. Don't judge and then you won't be judged. Don't condemn and you won't be condemned. Forgive, and you will be forgiven. Give, and you will be made to receive what you deserve and then some. Because by whatever measure you give, it will be given back to you in the same measure. Luke 6: 27-38

I have come more and more to realize that being unwanted is the worst disease that any human being can ever experience. Nowadays we have found medicine for leprosy & lepers can be cured. There's medicine for TB & consumptives can be cured. But for being Unwanted, except there are willing hands to serve and there's a loving heart to love, I don't think this terrible disease can be cured. -Mother Teresa

It is in the shelter of each other that the people live."
-Irish proverb

Only to the self-disciplined person can one say,
"Do as you will, and it will probably be all right."
-ABRAHAM MASLOW

A good marriage is that in which each appoints the other guardian of his solitude. Once the realization is accepted that between the closest human beings infinite distances continue to exist, a wonderful living side by side can grow up, if they succeed in loving the distance between them which makes it possible for each to see the other whole against a wide sky.

-RAINER MARIA RILKE

To renew the personal one should be able to look at a person at different times during the day, and each and every time see a different face.

-THOMAS FOGARTY

To get close in love, one must remove the fix you have on a person, realizing that you don't know and never will know them.

We seek love continually in the gentle mystery of sea and earth only to discover it in the unwavering touch of a friend.

Legend Of Two Hebrew Brothers

There were two brothers who lived side by side on adjoining lands. One was the head of a large family, the other lived alone. One night, the former lay awake and thought: "My brother lives alone, he has not the companionship of wife and children to cheer his heart as I have. While he sleeps, I will carry some of my sheaves into his field."

At the same hour, the other brother reasoned: "My brother has a large family, and his necessities are greater than mine.

As he sleeps, I will put some of my sheaves on his side of the field." Thus the two brothers went out, each carrying out his purposes and each laden with sheaves and met at the dividing line. There they embraced.

Years later, at the very place stood the Jerusalem temple, and on the very spot of their meeting stood the temple's altar.

In real love you want the other Person's good. In romantic love you want the other person."

-Margaret Anderson

Who are the suffering ones?

I don't know..but they're mine.

Love offers plenty of mystery and uncertainty. But if God is with you as you go through it, the outcome can only be good.

*We shape our lives not by what we carry with us, but by what we share with others.

THE MINISTRY OF WEAKNESS

True missionaries are people who are hunting for the Divine treasure hidden in the heart of the people to whom they want to make the Good News known. They always expect to see the beauty and truth of God shining through those with whom they live and work. We minister above all with our weakness, a weakness that invites us to receive from those to whom we go. -Henri Nouwen

Let us be kinder to one another.

-Aldous Huxley on his deathbed

Our task must be to free ourselves. by widening
our circle Of compassion to embrace all living
beings and all of nature -Albert Einstein

The world is composed of takers and givers. The
takers may eat better, but the givers sleep better.
-Byron Frederick

Real love is helping someone who can never return
the favor.

For giving is living the messenger said.
Go feed the hungry love's sweet bread
Must I keep giving again and again?
My selfish & quarrelsome answer ran
"Oh no" said the angel,
piercing me through & through
Just until the master stops giving to you!

GETTING RID OF AN ENEMY

In the days of the American Revolutionary War
there lived at Ephrata, Pennsylvania, a pastor who
enjoyed the friendship of General Washington.
There also lived in that town an evil-minded man
who did all in his power to abuse and oppose this
pastor. One day this man was involved in treason
and was arrested and sentenced to death. The old
preacher started out on foot and walked the whole
seventy miles to Philadelphia to plead for this
man's life. He was admitted into Washington's
presence and at once begged for the life of the
traitor. Washington said, "No, I cannot grant you the
life of your friend." The preacher exclaimed, "My
friend, he is the bitterest enemy I have."
Washington cried, "What? You've walked seventy
miles to save the life of an enemy? That puts the
matter in a different light. I will grant the pardon."
And he did. That pastor took that man from the very
shadow of death back to his own home- no longer
as an enemy, but as a friend.

AS LONG AS WE HOLD ON TO FEAR OF
THE UNKNOWN, WE WILL NOT BE FREE TO
LOVE.

Every soul speaks the same language. Know that
language of love which swells within the human
temple. -Maharaj Ji

What you dislike for yourself do not like for Me.
-Spanish proverb

We shape our lives not by what we carry with us
but by what we share with others.

"Let all that you do be done in love."
-1 Corinthians 16:14

"Hold fast to love and justice." -Hosea 12:6

"For I am convinced that neither death nor life,
neither angels nor demons neither the present or
the future, nor any powers, neither height nor depth,
nor anything else in all creation, will be able to
separate us from the love of God. -Romans 8:38

"And we know that all things work together for good
to them that love God, to them who are the called
according to his purpose." -Romans 8:28

"We all walk the same path of life. Until we all learn
to live in peace, like brothers and children of the
same Earth Mother, calamities will be with us as
usual ... as long as men do not learn to love one
another as brothers and become children from the
same family." -Cochise, Apache

"But as it is written, eye hath not seen, nor ear
heard, neither have entered into the heart of man,
the things which God hath prepared for them that
love Him." -1Corinthians 2:9

"For this is the message that ye heard from the
beginning, that we should love one another."
-1 John 3:11

The temple of love- to find contentment & joy
inside everyone

How He Lived

Not how did he die?
But how did he live?
Not what did he gain?
But what did he give?
These are the merits
To measure the worth
Of a man as man,
Regardless of birth.
Not what was his station?
But had he a heart?
And how did he play
His God-given part?
Was he ever ready
With word of good cheer
To bring a smile,
To banish a tear?
Not what was his church?
Nor what was his creed?
But had he befriended
Those really in need?
Not, what did the sketch
In the newspaper say?
But how many were sorry
When he passed away?

I love & I am loved
Therefore I am
in your heart: in hope, hospitality, humility & humor

FRIEND FOR LIFE

The story of Helen Keller and her teacher Anne Sullivan.

Anne Sullivan was born half blind and lost her mother at an early age and ended up in the poor house. Then surgery restored her sight and she devoted herself to the care of the blind.

As a 19-month-old child Helen Keller lost both her hearing and her sight. Anne Sullivan became her teacher and taught her to spell by touching and spelling on her hands. With her help Helen Keller rose to renown. Teacher and pupil remained inseparable for 49 years.

Time came when misfortune befell Anne Sullivan and she became blind. And now Helen Keller taught her how to overcome the lack of sight. She schooled her former teacher as devotedly as she herself had been schooled. Finally Helen Keller stood at the deathbed of her other half. When it was all over, she said: "I pray for strength to endure the silent dark until she smiles upon me again."

ASSORTMENT OF GIVERS

There are three kinds of givers - the flint, the sponge and the honeycomb.-To get anything out of a flint you must hammer it. And then you get only chips and sparks. To get water out of a sponge you must squeeze it, and the more you use pressure, the more you will get. But the honeycomb just overflows with its own sweetness. Which kind of giver are you?

It doesn't matter who you love or how you love but that you love.
For in the end the act of loving anyone is the act of loving God.

Is Anybody Happier?

Is anybody happier
Because you passed his way?
Does anyone remember
That you spoke to him today?
This day is almost over,
And its toiling time is through;
Is there anyone to utter now
A friendly word for you?
Can you say tonight in passing
With the days that slipped so fast,
That you helped a single person,
Of the many that you passed?
Is a single heart rejoicing
Over what you did or said?
Does one whose hopes were fading
Now with courage look ahead?
Did you waste the day, or lose it?
Was it well or poorly spent?
Did you leave a trail of kindness

Or a scar of discontent?

But let there be spaces in your togetherness,
And let the winds of the heavens dance between you.
Love one another, but make not a bond of love:
Let it rather be a moving sea between the shores of your souls.
Fill each other's cup but drink not from one cup.
Give one another of your bread but eat not from the same loaf
Sing and dance together and be joyous, but let each one of you be alone,
Even as the strings of a lute are alone though they quiver with the same music
Give your hearts, but not into each other's keeping.
For only the hand of Life can contain your hearts.
And stand together yet not too near together:
For the pillars of the temple stand apart,
And the oak tree and the cypress grow not in each other's shadow.

The more you look for someone to fill your needs, the less likely you are to find a companion. The more you try to fill someone else's needs, however, the more likely you will be to find a companion and perhaps even a friend. Strange but true. Life is always like that.

TO THE BILLIONS OF SOULS WHO HAVE COME BEFORE US- WE GIVE THANKS FOR THE GIFT OF YOUR LIVES.
WE PLEDGE THIS MOMENT TO GIVE YOU HONOR BY TRANSFORMING THIS WORLD WITH LOVE THROUGH OUR LIVES.

If we have a deep affection for people, they will excuse our shortcomings. Those who have had the greatest love for humanity are the ones we admire most. Love is the greatest thing in life & without it we are lost.

We cannot live only for ourselves. A thousand fibers connect us with our fellow men; and among those fibers, as sympathetic threads, our actions run as causes, and they come back to us as effects.
-Herman Melville

The heart has its own reasons which reason does not know. -Blaise Pascal

Pure religion is love in action

The luxury of doing good surpasses every other personal enjoyment. -John Gay

What you deny to others will be denied to you, for the plain reason that you are always legislating for yourself, all your words and actions define the world you want to live in. -Thaddeus Golas

It is as hard for the good to suspect evil as it is for the bad to suspect good. -Cicero

The only thing you have to offer to another being, ever, is your own state of being. -Ram Dass

Today see if you can stretch your heart and expand your love so that it touches not only those to whom you can give it easily but to those who need it so much. -Daphne Rose Kingma

Give light, and the darkness will disappear of itself. -Erasmus

What the world really needs is more love and less paperwork. -Pearl Bailey

Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things connect. -Chief Seattle

Making Sacrifices Can Make Us Rich

So long as we love, we serve. So long as we are loved by others I would say we were indispensable; and no person is useless while he or she has a friend. -ROBERT LOUIS STEVENSON

If you help a friend in need, he is sure to remember you- the next time he's in need.

What do we live for if it is not to make life less difficult for others? -George Elliot

Love is in the feet

The course of human history is determined not by what happens skies, but by what takes place in the hearts of men. -Sir Arthur Keith

If I truly love one person, I love all persons, I love the World, I love life
If I say to somebody else "I love you," I must be able to say, I love in you everybody, I love through you the world
I love in you also myself". -Erich Fromm

In love, the gates of my soul spring open,
Allowing me to breathe a new air of freedom and forget my own petty self
In love, my whole being streams forth out of the rigid confines of narrowness and self-assertion, which makes me a prisoner of my own poverty and emptiness. -KARL RAHNER

When you love somebody no sacrifice is too great

THE SPIRIT OF GIVING

God made the sun -- it gives heat, light, guidance.

God made the moon -- it gives tidal pull, moonbeams, decoration.

God made the stars -- they give beauty, direction, a point of orientation, awe.

God made the air -- it gives oxygen, life, balmy breezes.

God made the clouds- they give shade, beauty, rain, cooling.

God made the earth -it gives grandeur, solidity, resources, gems, nourishment.

God made the seas- they give fish, plants, moisture to the air.

God made the trees -they give perfumes, lumber, fruit, shade.

God made the flowers - they give beauty, grace, fragrance, color.

God made the birds -they give food, entertainment, beauty, decoration.

God made the beasts- they give companionship, lamb chops, wool, hides.

God made man, more specifically, God made you
-You give - What?

He made it possible for you to give joy, help, guidance, nourishment, thanks, instruction, encouragement & praise.

Know that ever about you stands the reality of love and each moment you have the power to transform your world by what you have learned. Fear not, nor he dismayed at the empty cloak that is death.

Your own world is just as much a mirage as any other. Your oneness in love is reality, and mirages cannot change reality. Don't forget. No matter what seems to be. . . wherever you go you're together, safe with the one you most love, at the point of all perspective.

You do not create your own reality. You create your own appearances. You need her power. She needs your wings. Together, you fly!

In the silence of night I have often wished for just a few words of love from one man, rather than the applause of thousands of people. -Judy Garland

Love doesn't just sit there, like a stone; it has to be made, like bread re-made all the time, made new. -Ursula LeGuin

It is amazing how easily the Christian teaching of love can deteriorate into everyone's agreeing, "If you take responsibility for me, I will for you."

THE SOURCE

In the presence of hope- faith is born.

In the presence of faith love becomes a possibility.

In the presence of love -miracles happen

A man became lost in his travels and wandered into a bed of quicksand. Confucius saw the man's predicament and said, "It is evident that men should stay out of places such as this." Next, Buddha observed the situation and said, "Let that man's plight be a lesson to the rest of the world." Then Mohammed came by and said to the sinking man, "Alas, it is the will of God." Finally, Jesus appeared. "Take my hand, brother," he said, and I will save you.

The day we stop burning with love
people will die of the cold

The greatest compliment or sign of appreciation is not "thank you"; but "I will pass your love on"

Knowledge puffs up
love builds up

To see the difference stick a pin in someone & see how they react. The knowledge-filled explode-love doesn't.

Love amplified to the power of man is passion
Passion increased to the power of mind is ecstasy
Ecstasy raised to the power of light becomes
thought

Thought amplified to the power of spirit equals love

Never waste an opportunity to tell someone you love them

I someone says "I love God" but hates his brother, he is a liar. For he cannot love God whom he has not seen, if he does not love his brother whom he has seen. 1John4:20

True love is a sacred flame
that burns eternally,
And none can dim its special glow
or change its destiny.

True love speaks in tender tones
and hears with gentle ear
true love gives with open heart
and true love conquers fear.

True love makes no harsh demands
it neither rules nor binds;
And true love holds with gentle hand
the hearts that it entwines.

My little children, let us not love in word, neither in tongue; but in deed and in truth 1John 3:18

A bell is not a bell until you ring it.
A song is not a song until you sing it.
Love in your heart is not put there to stay.
Love is not love until you give it away.

OSCAR HAMMERSTEIN

Albert Schweitzer, missionary, musician, biographer, philosopher, and surgeon, turned his back on wealth and prestige when he sailed for Africa. An old abandoned hen house was his first hospital, an old camp bed his first operating table. A reporter asked him, "Dr. Schweitzer, have you found happiness in Africa?" He replied, "I have found a place of service, and that is enough happiness for anyone."

"We can do no great things- only small things with great love." -Mother Teresa

When your heart responds instinctively to other people's joys & sorrows, you will know you have lost your self and attained the experience of your one-body-ness with the human race and love has finally arrived.

Love asks people to become more of their true selves in each other's presence and to become more steadily alive and sensitive to each other's person.
-EUGENE KENNEDY

Love your enemies for they tell you your faults
-Benjamin Franklin

Love is a fruit in Season at all times, and within the reach of every hand.
-Mother Teresa

Coffin quoted Hemingway: "The world breaks everyone, then some become strong at the broken places." Coffin: "My own broken heart is mending. And I have relearned one lesson: Love not only begets love, it transmits strength."

Sharing
is caring; is giving; is equal;
freedom from Possessiveness and attachment.
When one one is alive, One loves and is lovable.
Sharing
makes Problems bearable
makes life dynamic
makes flow possible
makes love work
For love isn't love until it is shared freely.
For what is given up returns
To share or give away is to receive more in return.
Abundance will always resupply
and return into the flow if nit restricted

When you lead an impassioned life, you'll pay for It to a degree

Nothing is so strong as gentleness; nothing is so gentle as real strength. - St. Francis deSales
Gentleness is following Him who is meek and humble of heart.

PASS IT ON

Pass on the word of encouragement
in an honest compliment ...
Pass on the look of encouragement
in a generous smile ...
Pass on the touch of encouragement
in a hearty handshake ...
Pass on the kindness of encouragement in a
thoughtful deed ...
And let the encouragement of Christ flow
through you.

One measure of our likeness to Christ is our
sensitivity to the suffering of others.

The smallest deed is better than the greatest
intention.

THE LONGER WE LIVE

the more we realize that the people who want to
help themselves can only do so by helping others.
It's a basic law of success.

People who begin by asking how they can
find success solely within themselves are doomed
from the start. The rewards go to people Who
have searched diligently for ways to help others.

I look back upon my youth and realize how so
many people gave me help & understanding,
courage- very important things to me- and they
never knew it. They entered into my life and
became powers within me. All of us live spiritually
by what others have given us, often unwittingly, in
the significant hours of our life.

At the time these significant hours may not
even be perceived. We May not recognize them
until years later when we look back, as one
remembers music or a childhood landscape. We all
owe to others much of gentleness and wisdom that
we have made our own; and We may well ask
ourselves what will others owe to us.

ALBERT SCHWEITZER

Reason- the Devil's harlot. -Martin Luther

If we were logical, the future would be bleak
indeed. But we are more than logical. We are
human beings, and we have faith, and we have
hope, and we can work. -Jacques Cousteau

Our Lord does not care so much for the importance
of our works as for the love with which they are
done.

"It is of the Lord's mercies that we are not
consumed, because his compassions fail not."
-Lamentations 3:22

HUMILITY EXERCISE

Sometimes when you feel that your going
Would leave an unfillable hole,
Just follow this simple instruction
And see how it humbles your soul.
Take a bucket and fill it with water,
Put your hand it in, up to the wrist,
Pull it out and the hole that's remaining
Is a measure of how you'll be missed
You may splash all you please when you enter
You can stir up the water galore,
But stop, and you'll find in a second
That it looks quite the same as before.

A soldier was rushed back home from the front
because his father was dying. An exception was
made for him because he was all the family his
father had.

When he walked into the intensive care
ward, he suddenly saw that this semiconscious old
man with tubes coming out of him wasn't his father.
Someone had made a colossal mistake and
rushed back the wrong man.

"How much longer does he have to live?"
he asked the doctor.

"Not more than a few hours. You've only just
made it."

The soldier thought of this dying man's son,
fighting God knew where, thousands of miles away.
He thought of the old man holding on to life in the
hope of being with his son one last time before he
died. Then he made up his mind. He leaned
forward, held the old man's hand, and said softly,
"Dad, I'm here. I'm back."

The dying man clutched at the hand offered
to him; his unseeing eyes opened to scan the
surroundings; a contented smile spread over his
face and remained there till he died about an hour
later.

RENUNCIATION

He might have built a palace at a word,
Who sometimes had not where to lay His head;
Time was when He nourished crowds with bread;
Would not one meal unto Himself afford.
Twelve legions girded with angelic sword
Were at His beck -- the scorned and buffeted!
He healed another's scratch: His own side bled,
Side, feet, and hands, with cruel piercings gored.
Oh, wonderful the wonders left undone!
And scarce less wonderful than those He wrought!
Oh, self-restraint, passing all human thought,
To have all power and He as having none!
Oh, self-denying love, which felt alone
For needs of others, never for its own.

When the other fellow acts that way, he's ugly;
When You do it, it's nerves.
When he's set in his ways, he's obstinate;
When You are, it's just firmness.
When he doesn't like your friends, he's prejudiced;
When you don't like his, You are simply
showing good Judgment of human nature
When he tries to be accommodating, he's Polishing
the apple;
When you do it, You're using tact.
When he takes time to do things, he is dead slow;
When you take ages, You are deliberate.
When he picks flaws, he's cranky;
When you do, you're discriminating

COMPASSION PRAYER

Oh, Great Spirit, Ruler of the Seen and unseen,
and one who is never absent,
Behold me- a human being, born of this land and
a wanderer over the Mother Earth.
Oh, Master-of-All, as we travel the path of life,
coming where You are at the end of a journey,
to dodge the obstacles shall I do.
But as I travel the path of life,
soaring in circles high and lofty,
I shall not live in seclusion
to withdraw from society of others.
To be tender, gentle and sympathetic to one who
suffers with grief or is in trouble, shall I make it to be.
Your sympathy is for the one who suffers.
My sympathy, too, is for the one who suffers.
Together, we are merciful.
As I go forth,
in the course of my life,
I depend on You.
Compassion-You possess.
Compassion- You give to me constantly
Without asking, You give. You extend.
Thus, I, who is here, to be compassionate, shall I,
too, make it to be.

"Finally, be ye all of one mind, having compassion
one of another; love as brethren, be pitiful, be
courteous." -1Peter 3:8

To be Poured into old wineskins
to cease being
to weep for being
to be Other
to be silent
solitary tree hand, on the landscape
We are winepresses of the memory
life clarifying in the joy of being
Who Would say that We must learn to love?
Whoever would say that to love is to die.
Felled cedar alcoholic green and wasted
to die for your friends
Wood for the sated's fire
to die for your friends

Crackling struggle
twitching hand
emptiness of being.
To die for your friends
to fill your hands
not to dry your tears
cease the mourning
litany of self giving
To die for your friends
to die in oblivion
to die for your friends,
Oh, my beloved of the dusty roads,
so many dreams
so many hands interwoven
with songs sweet to the ear
Oh, beloved companion of the dawn.
who would say
that we must learn to love,
that to love
is to die for your friends. -Nestor Paz

TRUE POWER

Love is a universal mystery. It holds us all at
one time or another.

We walk through life looking for the only
thing that can build empires in a single day or crush
them in a matter of minutes ... the thing that binds
lives together.

Love is the matter of the universe. It is the
beginning. It is beyond control of our eager mortal
hands.

Love will not be denied, it holds the power
of Life and Death. It holds us all together.

God always gave me enough love to share.

Everybody needs a hug. It changes your
metabolism -Leo Buscaglia

The Christian general has determined that
selfishness is detrimental to spiritual health.

Life is somewhat like a game of tennis; the player
who serves well seldom loses.

When I think of "LOVE" as an acronym for "Living
Our Vows Equally", I know that a relationship is
based upon true values rather than egocentric
motives.

I love.... because of who I am.

When someone somewhere cares, then someone
somewhere survives.