

Mother Teresa's *Anyway* Poem

People are often unreasonable, illogical and self centered;
Forgive them anyway.

If you are kind, people may accuse you of selfish, ulterior
motives;
Be kind anyway.

If you are successful, you will win some false friends and some
true enemies;
Succeed anyway.

If you are honest and frank, people may cheat you;
Be honest and frank anyway.

What you spend years building, someone could destroy
overnight;
Build anyway.

If you find serenity and happiness, they may be jealous;
Be happy anyway.

The good you do today, people will often forget tomorrow;
Do good anyway.

Give the world the best you have, and it may never be enough;
Give the world the best you've got anyway.

You see, in the final analysis, it is between you and your God;
It was never between you and them anyway.

MY LORD GOD
I HAVE NO IDEA WHERE I AM GOING.
I DO NOT SEE THE ROAD AHEAD OF ME.
I CANNOT KNOW FOR CERTAIN WHERE IT
WILL END.

NOR DO I REALLY KNOW MYSELF,
AND THE FACT THAT I THINK I AM
FOLLOWING
YOUR WILL DOES NOT MEAN
THAT I AM ACTUALLY DOING SO.
BUT I BELIEVE THAT MY DESIRE TO PLEASE
YOU

DOES IN FACT PLEASE YOU.
AND I HOPE THAT I HAVE THAT DESIRE
IN ALL THAT I AM DOING.
I HOPE THAT I WILL NEVER DO ANYTHING
APART FROM THAT DESIRE.

AND I KNOW THAT IF I DO THIS
YOU WILL LEAD ME BY THE RIGHT ROAD
THOUGH I MAY KNOW NOTHING ABOUT IT.
THEREFORE WILL I TRUST YOU ALWAYS
THOUGH I MAY SEEM TO BE LOST
AND IN THE SHADOW OF DEATH.

I WILL NOT FEAR
FOR YOU ARE EVER WITH ME,
AND YOU WILL NEVER LEAVE ME
TO FACE MY PERILS ALONE.

THOMAS MERTON (1915-1968)

Attitude

By Charles Swindoll

"The longer I live, the more I realize the impact of attitude on life. Attitude to me is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or do. It is more important than company...a company...a home. The remarkable thing is we have a choice everyday regarding the attitude we will embrace for that day. We cannot change our past, we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude...I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you...we are in charge of our own attitudes".

Dear Brother in Christ,

I can only imagine how difficult some of your days might be. (I have difficult ones too) But remember that you are not alone....you are never alone. Stay strong in the Lord and He will give you joy unspeakable! Following is one of my favorite prayers, and I suggest that you too consider praying this one often:

Prayer of Saint Francis of Assisi

Lord, make me an instrument of your peace.
Where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
and where there is sadness, joy.

O Divine Master, grant that I may not so much seek
to be consoled as to console;
to be understood as to understand;
to be loved as to love.
For it is in giving that we receive;
it is in pardoning that we are pardoned;
and it is in dying that we are born to eternal life. Amen

Christ's love & mine too,
Your brother.....

MORNING PRAYER

**GOD OF MY LIFE,
I WELCOME THIS NEW DAY.
IT IS YOUR GIFT TO ME,
THE FIRST DAY OF THE REST OF MY LIFE.
I THANK YOU FOR THE GIFT OF BEING ALIVE THIS MORNING.
I THANK YOU FOR SLEEP WHICH REFRESHES ME.
I THANK YOU FOR THE CHANCE TO BEGIN LIFE ALL OVER AGAIN.**

**LORD,
THIS DAY IS FULL OF PROMISE AND OPPORTUNITY.
HELP ME NOT TO WASTE IT.
THIS DAY IS FULL OF MYSTERY AND THE UNKNOWN.
HELP ME TO FACE IT WITHOUT FEAR OR ANXIETY.
THIS DAY IS FULL OF BEAUTY AND ADVENTURE.
HELP ME TO BE FULLY AWARE OF IT ALL.**

**DURING THIS DAY,
MAY I BECOME A MORE THOUGHTFUL PERSON,
A MORE PRAYERFUL PERSON, A MORE GENEROUS PERSON.
HELP ME NOT TO BE TURNED IN ON MYSELF,
BUT TO BE SENSITIVE AND HELPFUL TO OTHERS.
WHEN NIGHT COMES,
MAY I LOOK BACK UPON THIS DAY WITHOUT REGRETS;
AND MAY NO ONE BE UNHAPPY
BECAUSE OF ANYTHING I HAVE DONE,
OR ANYTHING I HAVE FAILED TO DO.**

**LORD,
BLESS THIS DAY FOR ME, AND FOR ALL OF US.
MAKE IT A DAY IN WHICH WE GROW MORE LIKE YOUR SON,
OUR LORD, JESUS CHRIST.**



FIVE STEPS

New Year's Resolutions are often a joke. In spite of this many find the beginning of a new year an ideal time to re-evaluate the past and set the course for the future. They do not advertise their resolutions, but they have them and keep them.

John Powell offers the following five steps as essentials to fully alive humans, for people who seek a vision of life which brings deep meaning and genuine usefulness.

1) *Accept Yourself.* Fully alive people accept and love themselves as they are. They live for today. They like being who they are. When there are imperfections they try to be understanding and gentle.

2) *Be Yourself.* Self-acceptance allows them to be authentic and real. No Masks. No games. No defense mechanisms. Authentic people think their own thoughts and do not need the approval of others. Their feelings, thoughts, and choices are not for sale.

3) *Forget Yourself.* Fully alive people easily go out of themselves in genuine care and concern. Do-gooders use others to make themselves feel good. Fully alive people act because they care. Empathy enables them to feel deeply and spontaneously with others. There are only windows and no mirrors in their lives.

4) *Believe.* Fully alive people have a sense of mission. Life has a goal. My life has a purpose, a vocation. Devotion to the mission raises above pettiness and meaninglessness. Fully alive people believe in some-(one) thing bigger than themselves.

5) *Belong.* Fully alive people commit themselves to others. The fully alive person is "for" others. Butterflies may be free, but we need the heart of another as a home for our hearts.

Fully alive persons say "yes" to whatever life has to offer, and embrace it. They are unafraid. If life hands them a joy, they enjoy it. If life hands them a difficult task, they enjoy channeling their energies and talents to deal with it. Either way they rejoice. For them all is good. Some is tough good and some is easy good, but all is good. All is opportunity. Never to be repeated.

Maybe this is just what you are looking for today.



HANDY LITTLE CHART--GOD HAS A POSITIVE ANSWER

You Say: It's Impossible--God says-All things are possible-Luke 18:27

You Say: I'm too tired-God says-I will give you rest-Math 11:28

You Say: Nobody really loves-God says: I love you-John 3:16

You Say: I can't go on-God Says-My grace is sufficient-Psalm 91:15

You Say:I can't figure things out-God Says-I will direct your steps Prov 3:5

You Say: I can't do it-God Says-You can do all things-Phil 4:13

You Say: I'm not able-God Says-I am able--II Corinth. 9:8

You Say: It's not worth it-God Says-It will be worth it-Roman 8:28

You Say: I can't forgive myself-God Says-I Forgive You-I John 1:9

You Say: I can't manage-God Says-I will supply your needs-Phil 4:19

You Say: I'm not smart enough-God Says-I give you wisdom I Corth 1:30

You Say: I feel all alone-God Says-I will never leave you-Hebrews 13:5

Is Your JAR FULL?

A teacher in a time management class told his students it was time for a quiz and then pulled out a one-gallon wide mouth mason jar and set it on the desk in front of him.

He produced about a dozen fist-sized rocks and carefully placed them, one at a time in the jar. When the jar was filled to the top and no more rocks would fit inside, he asked, "Is the jar full?"

Everyone said "yes."

"Really," he said, and then pulled out a bucket of gravel. He dumped some gravel in and shook the jar. This caused the pieces of gravel to work themselves down into the spaces between the big rocks. Then he asked the group again, "Is the jar full?"

By this time the class was on to him "Probably not," they answered.

"Good" he says and reached under the table and brought out a bucket of sand. He started dumping the sand in and it went into all the spaces left between the rocks and the gravel. Once more, he asked, "Is the jar full?"

"No" the students shouted. Once again he said, "Good!"

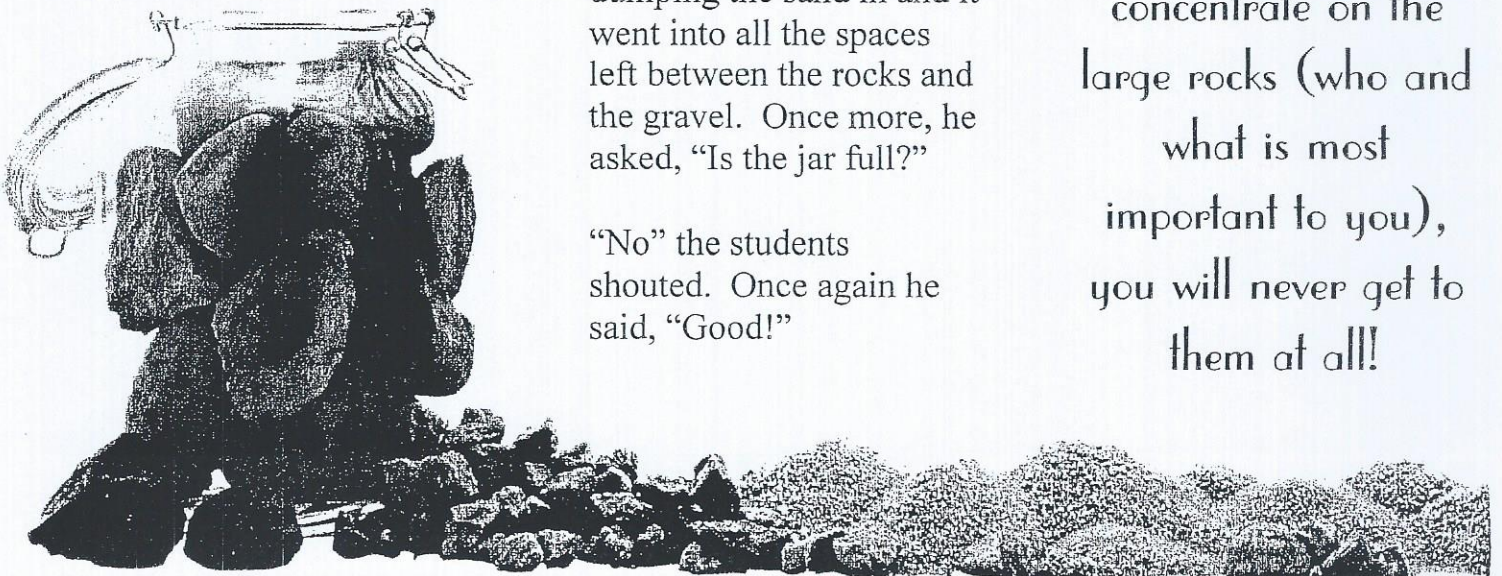
Then he grabbed a pitcher of water and began to pour it in until the jar was filled to the brim. Then he looked up at the class and asked, "What is the point of this illustration?"

One eager beaver said, "The point is, no matter how full your schedule is, if you really try hard, you can always fit some things into it."

"No", the instructor replied. "The point is, if you don't put the big rocks in first, you'll never get them in at all."

Ask yourself this: What are the **"big rocks"** in my life. Then, be sure to put those in your jar first.

If you don't
concentrate on the
large rocks (who and
what is most
important to you),
you will never get to
them at all!



Everyone was meant to share
God's all abiding love and care
He saw that we would need to know
A way to let the feelings show

So God made hugs a special sign
And symbol of His love divine
A circle of our open arms
To hold in love, and keep out harm

One simple hug can do its part
To warm, and cheer another's heart
A hug's a bit of heaven above
That signifies His perfect love

Anonymous

God Delights In You

Everything that emanates from God's life is personal. His love for you is not an abstract religious truth. It is a power that flows from the depths of His personal life.

In the Sermon on the Mount (Matthew 5:3-12), Jesus preached the Good News. He said, blessed are the poor in spirit...This means that you are highly favored by God when you are childlike in spirit. I have adapted the Beatitudes slightly to put them in a language that is more personal.

You delight me when you are poor in spirit,

You delight me when you are meek and humble of heart,

You delight me when you long to be just and good,

You delight me when you are kind and merciful,

You delight me when you are pure of heart,

You delight me when you strive for peace,

You delight me when you suffer on my account,

Rejoice and be glad, for I am preparing a fantastic reward for you...

When a child is learning to walk, does the parent become angry if he flops every now and then? Of course not...God loves all his children. They are made in His image and likeness, and He delights in each one of them. We should all rejoice in that knowledge, and live in that light.

He will rejoice over you with gladness, He will renew you in His love. (Zephaniah 3:17)

That we might recognize your rejoicing, Lord!