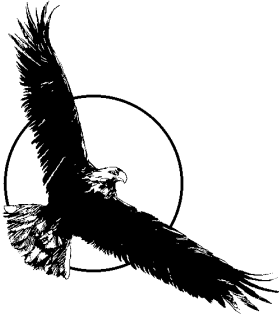
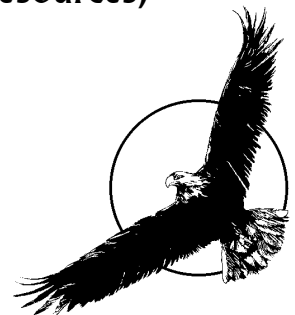


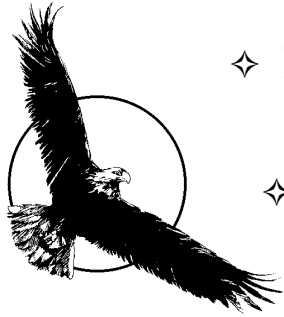
PROVERBS FOR ABUNDANT LIVING

Fr. Brian Cavanaugh, TOR



- ✧ **In life** we are to encourage and build up each other;
not to discourage and tear down one another.
 - ✧ **In life** we are to add, not subtract;
to multiply, not divide.
- ✧ **In life** we are to leave an enduring impression;
not a careless dent.
- ✧ **In life** we are to smooth out the rough roads along the journey;
not create new potholes.
 - ✧ **In life** we are to sing a joyful song;
not just drone a groan.
- ✧ **In life** we are to add our harmonious strains to life's symphony;
not strain the symphony with clatter and clang.
 - ✧ **In life** we are to soar on eagles' wings.
not to peck and cluck with our beaks in the dirt like chickens.
- ✧ **In life** we are to radiate light into unseen places;
not permit unknown fears to dim our radiance.
 - ✧ **In life** we are to leap in faith;
not to limp with doubt.
- ✧ **In life** we are to give freely of our time, our love, our resources;
not to cling on to them greedily.
 - ✧ **In life** we are to lift up others;
not push them down.
- ✧ **In life** we are to open our hands to those in need;
not to clutch our hands in fists of distrust.





- ✧ **In life** we are to lend a helping hand to make loads lighter;
not use heavy hands to hold others back.
- ✧ **In life** we are to be messengers of peace, signs of joy;
not Chicken Little portents of gloom-n-doom.
- ✧ **In life** we are to enjoy, to savor, to remember, to reflect;
not to overlook, to forget, to ignore, to reject.
 - ✧ **In life** we are to seek conscious awareness;
not doze in the doldrums of half-awake.
 - ✧ **In life** we are to dare mighty things;
not to fear things gravely.
- ✧ **In life** we are to show up, stand up, step forward and speak up;
not to cringe in fear, choosing to sit down, or to step back,
allowing the voices of silence to speak so loudly.
- ✧ **In life** we are to exercise proper stewardship of earth's resources;
not pillage the heritage of future generations.
 - ✧ **In life** we are to move forward through forgiveness;
not grind to a halt mired in bitterness and resentment.
 - ✧ **In life** we are to be wacky, weird, and wonderful
in our own unique God-given way;
not to be staid-n-proper lemmings, stuck on life's treadmill.
 - ✧ **In life** we are to reach, to stretch, and to soar;
not to slink in fear, held back by mistrust and doubt.
 - ✧ **In life** we are to realize: "I am a remarkable Somebody!";
not listen to other's jabs:
"You're a Nobody, an Everybody, an Anybody."
- ✧ **In life** we are to comprehend, "I am worthwhile";
not tremble with feelings of worthlessness.
- ✧ **In life** we are to create, to laugh, and to live life nobly;
not to despair, to moan, or to live life less.

