

Apple Seeds.



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BORN FOR A REASON

Danny Thomas

"All of us are born for a reason, but all of us don't discover why. Success in life has nothing to do with what you gain in life or accomplish for yourself. It's what you do for others."

GOOD THINGS ARE YOURS

Anon.

"Fear less, hope more; whine less, breathe more; talk less, say more; hate less, love more; and all good things are yours."

DAILY REFLECTION

Grenville Kleiser

"Set apart a definite time for daily reflection. This is exceedingly important to you as a means of developing new ideas. Moreover, it is chiefly through meditation that you can properly take stock of your ideas, examine and estimate them, and set them in proper mental order. Through reflection you acquire the power to enter more deeply into what you have read, seen, or heard, and determine definitely what new ideas are worthy of a permanent place in your mind."

YOU CAN CONTROL ...

Soundings, March '89

"You can't control the length of your life, but you can control its width and depth. You can't control the weather, but you can control the moral atmosphere that surrounds you. You can't control the faults of others, but you can see to it that you do not develop similar failings. You can't control hard times, but you can save a little money to see you through them."

ON SELF-ESTEEM Martin Buber

"Each person wishes to be confirmed in one's being by another, and wishes to have a presence in the being of another person ... Secretly



and bashfully he or she watches for a Yes which

allows him or her to be and which can come to one only from one human being to another."

GOAL OF EDUCATION John Gardner

"The ultimate goal of the educational system is to shift to the individual the burden of pursuing one's own education."

EXPERIENCE THE MYSTERIOUS

Dr. Albert Einstein

"The most beautiful thing we can experience is the mysterious. It is the source of all true art and science."

CLEAR COMMUNICATIONS Bits & Pieces, Oct. '85

"... To avoid communication breakdowns, we need to recognize how much our feelings affect our ability to communicate. If we are upset, anger influences how we communicate or understand messages. Try to recognize your own or someone else's feelings that may be interfering with clear communication. Make the necessary adjustments."

ON WISDOM

Anonymous

"Wisdom comes more from living than from studying."

IMMORTAL MINDS

Daniel Webster

"If we work upon marble, it will perish. If we work upon brass, time will efface it. If we rear temples, they will crumble to dust. But if we work upon men's immortal minds,

if we imbue them with high

principles,

With the just fear of God and love of their fellow men,

We engrave on those tablets something which no time can efface,

ON PRINCIPLES

Anonymous

"The person who pays an ounce of principle for a pound of popularity gets badly cheated."

THE SECRET OF LIFE

Anonymous

"An eight-year-old approached an old man in front of a wishing well, looked up into his eyes and asked, 'I understand you're a very wise man. I'd like to know the secret of life?'

"The old man looked down at the youngster and replied, 'I've thought a lot in my lifetime, and the secret can be summed up in four words:

'The first is **Think**. Think about the values you wish to live your life by.

'The second is **Believe.** Believe in yourself based on the thinking you've done about the values you're going to live your life by.

'The third is **Dream.** Dream about the things that can be, based on your belief in yourself and the values you're going to live by.

'The last is **Dare.** Dare to make your dreams become reality, based on your belief in yourself and your values.'

"And with that, Walt E. Disney said to the boy, 'Think, Believe, Dream and Dare."

HABIT OF BEING GRATEFUL

Ralph Waldo Emerson

O taste and see that

the **LORd** is Good; happy are those who take refuge in **him.**

"Cultivate the habit of being grateful for every good thing that comes to you, and give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude."

SUPPORT AGAINST STORMS Anonymous

The Giant Sequoia trees of California tower as much as 300 feet above the ground. Strangely, these giants have unusually shallow root systems

that reach out in all directions to capture the greatest amount of surface moisture. Seldom will you see a redwood sequoia standing alone because high winds would quickly uproot it. That's why they grow in clusters. Their intertwining roots firmly provide support for one another against any storm.

WHAT IS LEADERSHIP?

Rev. Robert Schuller

"The quality of character that comprises real leadership can only emerge in a life that is controlled by the 'I Can' belief. Possibility thinking is the foundation for leadership capabilities. But before the 'I Can' there is the 'I Am.' I must have a self-esteem that is strong. My personal selfworth is more important than my personal net worth. I must believe that I have value!

"We build leadership by teaching the two great foundations of faith: 'I Am Somebody' and 'I can do something great!'"

ALMIGHTY FATHER ... LIVING WORDS, Vol.4, #3 Fr. Bernard Schumacher, OSB

"Almighty Father, be at my right side today to draw good to me, at my left to ward off temptation, behind me to prevent me from being surprised by evil, in front of me to give me the heart to go forward. Surround me as the sea surrounds an island and my day is bound to be a good one!"

LIFTING POWER OF SQUASH Anonymous

At Amherst College, researchers experimented with a squash seed that was planted in rich, fertile soil. Eventually the seed grew into a plant that produced a squash as big as a soccer ball. Then the researchers placed a steel band around the squash. Attached to the steel band was a device for measuring lifting power.

The purpose of the experiment was to determine the lifting power of the squash. As the squash continued to grow and to stretch the steel band, it reached a lifting power of 500 pounds.

Amazing! Within two more months the lifting power went up to 1,500 pounds. After another month it was 2,000 pounds. It was not until the lifting power had reached an incredible 5,000 pounds that the rind of the squash burst open.

When the squash was opened, the researchers discovered that it had built up a whole network of tough fibers to fight against the

pressure that was binding its growth. Moreover, the roots supporting the squash had reached out some eighty thousand feet in every direction searching for more and more nourishment to strengthen the fibers.

Oh, if we could only learn from the squash.