Grace means more than gifts. In grace something is transcended, once and for all overcome. Grace happens in spite of something; it happens in spite of separateness and alienation. Grace means that life is once again united with life, self is reconciled with self. Grace means accepting the abandoned one. Grace transforms fate into a meaningful vocation. It transforms guilt to trust and courage. The word grace has something triumphant in it.

YRJO KALLINEN

If you believe that you can damage, then believe that you can fix.

REBBE NACHMAN
It’s not what’s happening to you now or what has happened in your past that determines who you become. Rather, it’s your decisions about what to focus on, what things mean to you, and what you’re going to do about them that will determine your ultimate destiny.

ANTHONY ROBBINS

In stepping outside of the self and working for the common good, a solidarity with others is confirmed.

ARTHUR DOBRIN

The future always holds something for the man who keeps his faith in it.

H. L. HOLLIS

Friendship is something that creates equality and mutuality, not a reward for finding equality or a way of intensifying existing mutuality.

ROWAN D. WILLIAMS
Care less for your harvest than for how it is shared, and your life will have meaning and your heart will have peace.

KENT NERBURN

The trouble with most people is that they think with their hopes or fears or wishes rather than with their minds.

WILL DURANT

Gratitude is born in hearts that take time to count past mercies.

CHARLES E. JEFFERSON

To bless all without discrimination of any sort is the ultimate form of giving, because those you bless will never know from whence came the sudden ray that burst through the clouds of their skies, and you will rarely be a witness to the sunlight in their lives.

PIERRE PRADERVAND
A STORY OF SHARING

A chance encounter while on a hike through the New England countryside inspired Sam Walter Foss to write one of his most famous poems, “The House by the Side of the Road.” Foss had just covered 24 miles on a 25-mile trek. He was weary and wishing to hitch a ride on a passing wagon, yet there was none in sight. He decided to take a rest under a tree just off the road.

Posted on the tree was a sign that read: *There is a spring of good water inside the fence. Drink if you are thirsty.* As directed, Foss helped himself to a drink and noticed another sign on a nearby bench: *Sit down and rest if you are tired.* Once seated, he noticed another sign atop a basket of apples: *If you like apples, help yourself.*

Soon, an old man appeared, and Foss asked him about the signs. “Well, we had the water going to waste, and we thought it would be a good thing if we could get some thirsty travelers to drink a little of it.” the old man said. “Then, this is a pleasant spot to rest in, and Mother reminded me of this old bench that was doing nobody any good in our attic. So I brought it down here. We have more apples than we can eat at this time of the year, and we thought that
it would be a satisfaction to us if they could be used somehow. So we put up the signs, and they seem to be doing some good.”

They’d certainly done Foss some good. He now had the energy to tackle the last mile of his journey and felt inspired to do something more. He thanked the old man and set off on his way. When he reached his final destination he sat down and wrote the words: *Let me live in a house by the side of the road, and be a friend to man.*

---

**True charity is the desire to be useful to others without thought of recompense.**

EMANUEL SWEDENBORG

---

**blessings**

Reflect upon your blessings, of which every man has plenty, not on your past misfortunes, of which all men have some.

CHARLES DICKENS
thoughts on WORK

Honesty and hard work are still the key to success. Do not stay in a work or social environment where you are not encouraged to do what is right.

J. KENNETH GLASS

* The more a person can do, the more can motivate them.

FREDERICK HERZBERG

* Being called into the bosses’ offices is like being called into the dentist. I try to keep it as soothing and soft as I can.

CAROL WALLACE

* Caring is a powerful business advantage.

SCOTT JOHNSON

* Next to knowing about your own business, the best thing to know about is the other fellow’s business.

JOHN D. ROCKEFELLER
Deciding whether or not to trust a person is like deciding whether or not to climb a tree, because you might get a wonderful view from the highest branch, or you might simply get covered in sap, and for this reason many people choose to spend their time alone and indoors, where it is harder to get a splinter.

LEMONY SNICKET

To transform the emptiness of loneliness to the fullness of aloneness. Ah, that is the secret of life.

SUNITA KHOSLA

The light of a hundred stars does not equal the light of the moon.

CHINESE PROVERB

To save something each month develops self-control. This power frees one from fear and gives abiding courage.

SAMUEL REYBURN
HOW DO FALL LEAVES DO IT?

Why do trees put on their spectacular fall show every year? Think of them as animals going into hibernation.

Leaves produce a chemical called anthocyanin that accounts for the striking reds and purples often found in the sugar and red maples, northern red oaks, sumacs, and tupelos. As the weather gets cold, trees start shutting down their systems for winter. Nutrients move out of the leaves and into the tree trunk, branches and roots. The yellow and orange tones always present in leaves begin to show as the green of chlorophyll begins to disappear.

Eventually, trees shed their leaves to prepare for the deep sleep. As leaves continue to lose color and moisture, the wind picks them up and scatters them onto the ground. Fallen leaves help contain warmth and moisture throughout the winter, thus protecting grasses and other plants until spring.

*Time is a sandpile we run our fingers in.*

CARL SANDBURG
Some misfortunes we bring upon ourselves; others are completely beyond our control. But no matter what happens to us, we always have some control over what we do about it.

**SUZY SZASZ**

Live your life as an exclamation, not an explanation.

**AUTHOR UNKNOWN**

If you walk the walk, you actually become the walk.

**PAUL DIETZEL**

A teacher affects eternity; he can never tell where influence stops.

**HENRY ADAMS**

All the performances of human art, at which we look with praise and wonder, are instances of the resistless force of perseverance.

**SAMUEL JOHNSON**
Even the most daring and accomplished people have undergone tremendous difficulty. In fact, the more successful they became, the more they attributed their success to the lessons learned during their most difficult times. Adversity is our teacher. When we view adversity as a guide towards greater inner growth, we will then learn to accept the wisdom our soul came into this life to learn.

**BARBARA ROSE**

---

Give, if thou can, an alms; if not, a sweet and gentle word.

**ROBERT HERRICK**

---

Your heart is full of fertile seeds, waiting to sprout.

**MORIHEI UESHIBA**

---

Learning is ever in the freshness of its youth, even for the old.

**AESCHYLUS**

10
Life without thankfulness is devoid of love and passion. Hope without thankfulness is lacking in fine perception. Faith without thankfulness lacks strength and fortitude. Every virtue divorced from thankfulness is maimed and limps along the spiritual road.

JOHN HENRY JOWETT

To speak gratitude is courteous and pleasant, to enact gratitude is generous and noble, but to live gratitude is to touch heaven.

JOHANNES A. GAERTNER

It is not the quantity of meat, but the cheerfulness of the guests, which makes the feast. Where there is no peace, there can be no feast.

EDWARD HYDE

Thanksgiving Day comes, by statute, once a year; to the honest man it comes as frequently as the heart of gratitude will allow.

EDWARD SANDFORD MARTIN
A LIFE-CHANGING EXPERIENCE

About 14 years ago, I was at a sales convention. I really did not want to be there, because I was unhappy with my job. During our dinner they brought out a guest speaker, coach Lou Holtz. He talked about keeping a positive attitude, giving back to people, and the importance of having goals. He spoke of a time when he was unemployed and became inspired to create a list of goals after reading *The Power of Positive Thinking*.

I was impressed by the fact that Holtz didn’t come from a big city or from a lot of money and he didn’t believe himself to be overly intelligent. I thought, “If this man can do so many great things, what is holding me back?” I made my list of goals on the flight home.

One of my goals was to hike to the base camp of Mount Everest. During the month I was in Nepal, there were times when I was very uncomfortable: no showers, the cold, altitude sickness, etc. Yet the guides who were helping us never complained and had the best outlook each day. These people had nothing and perhaps everything, which reminded me of an
acronym that Holtz used in his speech—WIN (what’s important now). What was important for me on that journey was to keep moving forward step by step and be aware of my surroundings. When it was time to go home, I left much of what I had with my guides and porters.

Before I heard Holtz speak, I’d never traveled out of the country, climbed a mountain, nor lived my life to the fullest. Since then I have run with the bulls, climbed Kilimanjaro, participated in the Pikes Peak Marathon (and 40 others), and taken my mother to Ireland.

I had the honor of meeting Lou Holtz four years ago (also on my list). I can’t put into words how much that experience meant to me. To top it off, he left a message for my mother on her answering machine. He thought it would cheer her up because she was away taking care of my sick grandmother.

Any day a person has the ability to change someone’s life. I hope one day I will be able to change someone’s the way coach Lou Holtz changed mine. I am not overly intelligent, wealthy, or famous, but I realize that I can accomplish anything if I want it bad enough.

*Contributed by Todd Lewis  
St. Louis*
Never again clutter your days or nights with so many menial and unimportant things that you have no time to accept a real challenge when it comes along. This applies to play as well as work. A day merely survived is no cause for celebration. You are not here to fritter away your precious hours when you have the ability to accomplish so much by making a slight change in your routine. No more busy work. No more hiding from success. Leave time, leave space, to grow. Now. Now! Not tomorrow!

OG MANDINO

When a man moves away from his nature, his heart becomes hard.

LAKOTA PROVERB

Never neglect your character. It's the most important thing you possess, and you make it happen.

CLIFF ELLIS
Be not afraid of life. Believe that life is worth living, and your belief will help create the fact.

WILLIAM JAMES

To finish first, you must first finish.

RICK MEARS

Carve your name on hearts and not on marble.

AUTHOR UNKNOWN

Focus on your marriage. Because that’s the nucleus of the home, whatever you do to restore its health and strength will naturally restore what’s broken among the other relationships. If you have no children yet, this will make a comfortable nest for them to begin life well. If you have children, the changes you make in your marriage will affect the rest of the household more quickly and dramatically than you think.

CHARLES R. SWINDOLL,
Marriage: From Surviving to Thriving
If you think nobody cares if you’re alive, try missing a couple of car payments.

EARL WILSON

* 

History does not repeat itself. The historians repeat one another.

MAX BEERBOHM

* 

America’s No. 1 energy crisis is Monday morning.

AUTHOR UNKNOWN

* 

Organizing is what you do before you do something, so that when you do it, it’s not all mixed up.

A. A. MILNE

* 

A FAMILY VISIT

An elderly man living on the West Coast calls his son living on the East Coast and says: “I have some bad news to share with you. Your mother and I are divorcing.”

The son responds, “Pop, that’s insane! You can’t divorce Mom after all these years.”

16
To which the older man replies, “It may sound crazy to you, but 45 years of misery is enough for me. I am going to tell her tomorrow on Thanksgiving Day! It will be the last one we spend together!”

Frantically, the son calls his sister in the Midwest and gives her the news. The sister shouts furiously, “Like heck they’re getting a divorce. We’re both going to fly out there tomorrow and talk some sense into Dad! I don’t care if it is Thanksgiving!”

She hangs up the phone and calls her parents. When her father answers the phone she yells, “Don’t you dare do a thing until my brother and I get there tomorrow.”

The old man hangs up his phone and turns to his wife. “Well that’s settled,” he says with a smile. “They’re coming for Thanksgiving and paying their own way. Now what do we tell them for Christmas?”

* Adapted from IdeaBank

**Swim, dance a little, go to Paris every August, and live within walking distance of two hospitals.**

**Horatio Luro**
The family is both the fundamental unit of society as well as the root of culture. It ... is a perpetual source of encouragement, advocacy, assurance, and emotional refueling that empowers a child to venture with confidence into the greater world and to become all that he can be.

MARIANNE E. NEIFERT

**honor**  Honor is like an island, rugged and without a beach; once we have left it, we can never return.

NICHOLAS BOILEAU

If you spend your whole life waiting for the storm, you’ll never enjoy the sunshine.

MORRIS WEST

Honest people don’t hide their deeds.

EMILY BRONTE

*Wuthering Heights*
To persevere is always a reflection of the state of one’s inner life, one’s philosophy, and one’s perspective.

DAVID GUTERSON

Energy is an eternal delight, and he who desires, but acts not, breeds pestilence.

WILLIAM BLAKE

The most difficult secret for a man to keep is the opinion he has of himself.

MARCEL PAGNOL

Trust is rebuilt by focusing not on what the other person did or did not do but on critiquing one’s own behavior, improving one’s trustworthiness, and focusing attention not on words and promises but on actions, attitudes, and ways of being.

KENNETH CLOKE and JOAN GOLDSMITH

_The Art of Waking People Up_
SHIFT YOUR FOCUS

We often rack our brains to come up with answers or solutions to the problems that face us. We stare at the challenge so hard that we’re blinded by it. Sometimes it takes a step back or a look away to get to solutions. Think of, for example, when you want to see an object in the dark. You’ll see it only by looking next to the object, not by looking at it directly.

It’s the same as when you try to walk across a room with a full cup of coffee. If you orient yourself to the cup of coffee, you’re orienting yourself to a moving target—thus, making an unsteady trek to your desk. But if you look up and orient yourself to your surroundings, you keep your balance smooth and the coffee makes it to your desk without a drop spilled.

So remember to shift your focus the next time a daunting problem or overwhelming situation is before you. The answers you need might be just out of the main view.

Don’t give up at halftime. Concentrate on winning the second half.

BEAR BRYANT
in their own words

I’m in a period of growth and expansion. I’m taking long, hard looks at the world and what’s happening in it, analyzing and thinking. I’m trying to become acquainted with the universe—with the part of it I occupy—and trying to settle, for myself, what my relationship with it is.

GENE RODDENBERRY

I find no foeman in the road but fear; to doubt is failure, and to dare success.

FREDERIC KNOWLES

I would not exchange my leisure hours for all the wealth in the world.

HONORE DE MIRABEAU

It had long since come to my attention that people of accomplishment rarely sat back and let things happen to them. They went out and happened to things.

ELINOR SMITH
Stop caring what other people think. How? Understand that this is your life, not theirs, and you’ll have no one to blame but yourself if things don’t work out the way you’d hoped ... their opinion shouldn’t matter more than your own.

STEPHANIE KLEIN

The three most important words in the English language are: 1. Attitude; 2. Attitude; 3. Attitude.

SHERWOOD STRODEL

Who does not thank for little will not thank for much.

ESTONIAN PROVERB

It is a wholesome and necessary thing for us to turn again to the Earth and in the contemplation of her beauties to know of wonder and humility.

RACHEL CARSON
Just as light brightens darkness, discovering inner fulfillment can eliminate any disorder or discomfort. This is truly the key to creating balance and harmony in everything you do.

DEEPAK CHOPRA

He that jokes confesses.

ITALIAN PROVERB

If you fail a test in life, you’ll face it time and time again until you pass it. The stakes keep getting higher if you don’t learn how to pass.

DAWN STALEY

Forgiving does not erase the bitter past. A healed memory is not a deleted memory. Instead, forgiving what we cannot forget creates a new way to remember. We change the memory of our past into a hope for our future.

LEWIS B. SMEDES
A THOUGHTFUL GESTURE
Consider the following story as a reminder that, even in tough times, we should still try to see beyond ourselves to those in need:

After shopping all day, an aching, pregnant woman and her husband shuffled into the waiting area of a busy mall. There were benches around, but all were taken. No one seemed to notice the woman as she wearily looked for a place to sit. Finally, she sat on a low wall at the edge of the area.

Suddenly the woman jumped to her feet and rushed to the door of the mall. Her worried husband followed, asking what was wrong. Then he saw that an elderly woman was trying to hold the door open while pushing a wheelchair-bound man through it. The pregnant woman had sacrificed what little comfort she had to get the door for the struggling older woman.

Would someone someday do the same for the pregnant woman, months from now, when she would be pushing a baby carriage through a door? Or would her need go unnoticed?

Adapted from the HeroicStories website
Whether you’re running errands or relaxing at the beach, keep yourself motivated with this handy tote bag. The eco-friendly design and quote is perfect wherever inspiration takes you.

We are the echo of the future.
—William Stanley Merwin

Grab your tote, be green, and you’ll be good to go. Get your own tote bag for the special discounted price of $6.95 (plus shipping).

To place your order or get more information, please call 800.878.5331. Or visit our Web site at www.bitsandpieces.biz/bits-tote

Be sure to mention codeBP0 to receive the special price listed.