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Sentiments

of the

Season

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beginnings

Barbara Sher - "You can learn new things at any time in your life if you're willing to be a beginner. If you actually learn to like being a beginner, the whole world opens up to you."

German proverb - "Begun is half done."

Horace - "He had the deed half done, who has made a beginning"

Irish Proverb - "A good beginning is half the work."

Ralph Waldo Emerson - "The majority of men are bundles of beginnings."

William Bridges - "Much as we may wish to make a new beginning, some part of us resists doing so as though we were making the first step toward disaster."

William Bridges - "...we come to beginnings only at the end."

Rachel Carson - "Beginnings are apt to be shadowy and so it is the beginnings of the great mother life, the sea. "

German proverb - "A good beginning makes a good ending."

American Proverb- "From small beginnings come great things. ."



friendship

Aristotle - "In poverty and other misfortunes of life, true friends are a sure refuge."

Aristotle - " Without good friends no one would choose to live, though he had all other goods. "

Aristotle - "Friends are an aid to the young, to guard them from error; to the elderly, to attend to their wants and to supplement their failing power of action; to those in the prime of life, to assist them to noble deeds."

Aristotle - "We should behave to our friends as we would wish our friends to behave to us."

Aristotle - "Wishing to be friends is quick work, but friendship is a slow-ripening fruit."

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

Dale Dauten - "Nine-tenths of wisdom is appreciation. Go find somebody's hand and squeeze it, while there's time."



gratitude

Albert Camus - "If there is a sin against life, it consists perhaps not so much in despairing of life as in hoping for another life and in eluding the implacable grandeur of this life."



Macrina Wiederkehr - "The fast pace of our lives makes it difficult for us to find grace in the present moment, and when the simple gifts at our fingertips cease to nourish us, we have a tendency to crave the sensational."

Ralph Waldo Emerson - "When I first open my eyes upon the morning meadows and look out upon the beautiful world, I thank God I am alive."

Ralph Waldo Emerson - "This time, like all times, is a very good one if we but know what to do with it. "

Timothy Ray Miller - "When you are open to the beauty, mystery, and grandeur of ordinary existence, you "get it" that it always has been beautiful, mysterious, and grand and always will be. This is the precious present, regardless of what yesterday was like, regardless of what tomorrow may bring. When your inner eyes open, you can find immense beauty hidden within the inconsequential details of daily life. When your inner ears open, you can hear the subtle, lovely music of the universe everywhere you go. When the heart of your heart opens, you can take deep pleasure in the company of the people around you--family, friends, acquaintances, or strangers--including those whose characters are less than perfect, just as your character is less than perfect. When you are open to the beauty, mystery, and grandeur of ordinary existence, you "get it" that it always has been beautiful, mysterious, and grand and always will be".

Timothy Ray Miller - "This is the precious moment, but strangely, sadly, few people know it."

hope

Norman Vincent Peale - "Practice hope. As hopefulness becomes a habit, you can achieve a permanently happy spirit."



Monroe Forester - "Hope is always available to us. When we feel defeated, we need only take a deep breath and say, "Yes," and hope will reappear."

Timothy Ray Miller - "True hope responds to the real world, to real life; it is an active effort. "

Ralph Waldo Emerson - "But in the mud and scum of things There always, always something sings."

Ralph Waldo Emerson - "Wise men put their trust in ideas and not in circumstances.""

Samuel Johnson - "Whatever enlarges hope will also exalt courage."

Emily Dickinson - " 'Hope' is the thing with feathers
That perches in the soul
And sings the tunes without the words
And never stops
at all. "

Howard Thurman - "A dream is the bearer of a new possibility, the enlarged horizon, the great hope. "

joy

[Dale Dauten](#) - "Forget the resolutions. Forget control and discipline...too much work. Instead try experimenting. Go in search of something to fall in love with...something about yourself, your career, your spouse."



[Greg Anderson](#) - '...focus on the journey, not the destination. Joy is found not in finishing an activity but in doing it. '

[Norman Vincent Peale](#) - "Joy increases as you give it, and diminishes as you try to keep it for yourself. In giving it, you will accumulate a deposit of joy greater than you ever believed possible."

[Norman Vincent Peale](#) - "Practice hope. As hopefulness becomes a habit, you can achieve a permanently happy spirit. "

[Walter Anderson](#) - "We're never so vulnerable than when we trust someone--but paradoxically, if we cannot trust, neither can we find love or joy."

[Grenville Kleiser](#) - "Be grateful for the joy of life. Be glad for the privilege of work. Be thankful for the opportunity to give and serve. Good work is the great character-builder, the sweetener of life, the maker of destiny. Let the spirit of your work be right, and whether your task be great or small you will then have the satisfaction of knowing it is worth while."

[Jean Houston](#) - "At the height of laughter, the universe is flung into a kaleidoscope of new possibilities."

[Ralph Waldo Emerson](#) - "To finish the moment, to find the journey's end in every step of the road, to live the greatest number of good hours, is wisdom."

nurturing

[Benjamin Disraeli](#) - "Nurture your minds with great thoughts. To believe in the heroic makes heroes."

[Donald A. Laird](#) - "Abilities wither under faultfinding, blossom with encouragement."

[Jean Shinoda Bolen, M.D](#) - "When you recover or discover something that nourishes your soul and bring joy, care enough about yourself to make room for it in your life"

[Jean Shinoda Bolen, M.D](#) - "You have the need and the right to spend part of your life caring for your soul. It is not easy. You have to resist the demands of the work-oriented, often defensive, element in your psyche that measures life only in terms of output -- how much you produce -- not in terms of the quality of your life experiences...To be a soulful person means to go against all the pervasive, prove-yourself values of our culture and instead treasure what is unique and internal and valuable in yourself"

[MacRina Wiederkehr](#) - "Everything in life can be nourishing. Everything can bless us, but we've got to be there for the blessing to occur. Being present with quality is a decision we are invited to make each day."

[MacRina Wiederkehr](#) - "The fast pace of our lives makes it difficult for us to find grace in the present moment, and when the simple gifts at our fingertips cease to nourish us, we have a tendency to crave the sensational."

[Plato](#) - "Knowledge is the food of the soul."

[Rabbi Harold Kushner](#) - "You nourish your soul by fulfilling your destiny, by developing the potential that the soul represents. When you fulfill your soul's destiny, you will feel 'right.'"

[Rabbi Harold Kushner](#) - If you concentrate on finding whatever is good in every situation, you will discover that your life will suddenly be filled with gratitude, a feeling that nurtures the soul.



peace

Ann Smith - "The more balanced our lives, the more serene we feel."

Grenville Kleiser - "Life is too precious to be sacrificed for the nonessential and transient...Ignore the inconsequential."

Morihei Ueshiba - "The Art of Peace begins with you...Foster peace in your own life and then apply the Art to all you encounter."

Morihei Ueshiba - "One does not need buildings, money, power, or status to practice the Art of Peace. Heaven is right where you are standing, and that is the place to train."

Ralph Waldo Emerson - "Nothing can bring you peace but yourself"

Ralph Waldo Emerson - "Finish each day and be done with it...You have done what you could; some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day; you shall begin it well and serenely."



prayer

[Emmet Fox](#) - "Bless a thing and it will bless you. Curse it and it will curse you...If you bless a situation, it has no power to hurt you, and even if it is troublesome for a time, it will gradually fade out, if you sincerely bless it. "



[Georges Bernanos](#) - 'The wish to pray is a prayer in itself.'

[Mahatma Gandhi](#) - 'Prayer is not asking. It is a longing of the soul.'

[Mahatma Gandhi](#) - 'Prayer is not an old woman's idle amusement. Properly understood and applied, it is the most potent instrument of action.'

[Mary Lou Cook](#) - 'Seek not outside yourself, heaven is within.'

[Morris Adler](#) - 'Our prayers are answered not when we are given what we ask, but when we are challenged to be what we can be. '

[Robbie Gass](#) - 'Like an ability or a muscle, hearing your inner wisdom is strengthened by doing it.'

[Sarah Ban Breathnach](#) - 'Expect to have hope rekindled. Expect your prayers to be answered in wondrous ways. The dry seasons in life do not last. The spring rains will come again.'

[Socrates](#) - 'Our prayers should be for blessings in general, for God knows best what is good for us.'

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