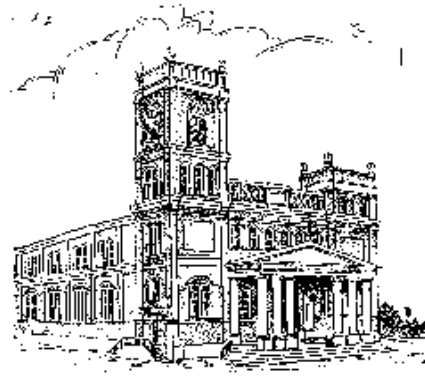


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A Little "extra" for O.L.G. parish family

January 17, 2010

I Have a Dream Rev. Martin Luther King, Jr.

"I have a dream that one day this nation will rise up and live out the true meaning of its creed: 'We hold these truths to be self-evident; that all men are created equal' ... I have a dream that one day 'every valley shall be exalted, every hill and mountain shall be made low, the rough places will be made plains, and the crooked places will be made straight, and the glory of the Lord shall be revealed, and all flesh shall see it together' ... This will be the day when all God's children will be able to sing with new meaning, 'My country 'tis of thee, sweet land of liberty, of thee I sing. Land where my fathers died, land of the pilgrims' pride, from every mountainside, let freedom ring' ...



When we let freedom ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all God's children, black and white, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of that old Negro spiritual, 'Free at last! Free at last! Thank God Almighty, we are free at last!'"

We Live in... Parker Palmer, *WEAVINGS*, Vol. III, # 4, p. 2

"Today we live in a culture of brokenness and fragmentation. Images of individualism and autonomy are far more compelling to us than visions of unity, and the fabric of relatedness seems dangerously threadbare and frayed."

Wisdom Seeds Anonymous

"It is easier to fight for one's principles than to live up to them."

"Knowledge and timber should not be much used till they are seasoned."

"The whale only gets harpooned when it spouts off."

Kind Words Mother Teresa

"Kind words can be short and easy to speak, but their echoes are truly great."

For the Rest of my Life... Og Mandino, *The Return of the Ragpicker,*

"For the rest of my life there are two days that will never again trouble me. The first day is yesterday with all its blunders and tears, its follies and defeats. Yesterday has passed forever beyond my control.

The other day is tomorrow with its pitfalls and threats, its dangers and mystery. Until the sun rises again, I have no stake in tomorrow, for it is still unborn.

With God's help and only one day to concentrate all my effort and energy on, this day, I can win! Only when I add the burden of those two frightening eternities, yesterday and tomorrow, am I in danger of faltering under the load. Never again! This is my day! This is my only day! Today is all there is! Today is the rest of my life..."

Career Advice Charles Kingsley

"Get your tools ready. God will find you work."



Life is an Empty Bottle *Sower's Seeds Plenty,*

Earlier this century, a woman went to her doctor with a catalogue of complaints about her health. The physician examined her thoroughly and became convinced that there was nothing physically wrong with her. He suspected it was her negative outlook on life—her bitterness and resentment—that was the key to her feeling the way she did.

The wise physician took the woman into a back room in his office where he kept some of his medicine. He showed her a shelf filled with empty bottles. He said to her: "See those bottles. Notice that they are all empty. They are shaped differently from one another, but basically they are all alike. Most importantly, they have nothing in them. Now, I can take one of these bottles and fill it with poison—enough poison to kill a human being. Or I can fill it with enough medicine to bring down a fever, or ease a throbbing headache or fight bacteria in one part of the body. The important thing is that I make the choice. I can fill it with whatever I choose."

The doctor looked her in the eye and said, "Each day that we are given is basically like one of these empty bottles. We can choose to fill it with love and life-affirming thoughts and attitudes, or we can fill it with destructive, poisonous thoughts. The choice is ours."

And what will you choose? Life-affirming, positive, healing thoughts? Or, the seething poisons of anger, bitterness and prejudice? The choice is yours!

Blessed Are They... Elizabeth, Princess Bibesco

"Blessed are they who can give without remembering, and take without forgetting."