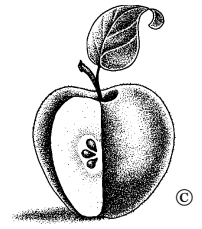


# Apple Seeds®



Franciscan University of Steubenville  
Steubenville, OH 43952-1792

www.appleseeds.org ✦ facebook.com/FrBrianPhotos/

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Email: appleseeds@franciscan.edu

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## THIS YOU WILL BECOME

James Allen  
*As a Man Thinketh*

“Playing for Keeps,” ESQUIRE, May ‘87, p. 113

“The vision that you glorify in your mind, the ideal that you enthrone in your heart; by this you will build your life. This you will become. Thought and character are one. Good thoughts bear good fruit. The higher a man lifts his thoughts, the greater his achievement. Cherish your dreams and ideals. Keep your goal forever in mind, for as a man thinks, so he is.”



“It resists definition, yet can be instantly recognized. It comes in many varieties, yet follows certain unchanging laws. It makes us, in the words of the Olympic motto, ‘Faster, Higher, and Stronger,’ yet is not really a goal or a destination but rather a process, a journey. We call this journey *mastery* and tend to assume that it requires a special ticket available only to those born with exceptional abilities. But mastery is not reserved for the supertalented or even for those who are fortunate enough to have gotten an early start. It is available to anyone who is willing to get on the path and stay on it...”

## OUR FINEST MOMENTS

M. Scott Peck  
*The Road Less Traveled and Beyond*

“The truth is that our finest moments, more often than not, occur precisely when we are uncomfortable, when we’re not feeling happy or fulfilled, when we’re struggling and searching.”

## WE BUILD OUR...

Henry Hancock

“Out of our beliefs are born our deeds;  
Out of our deeds we form our habits;  
Out of our habits we grow our character;  
And out of our character we build our destiny.”

## GIFT OF ENCOURAGEMENT

Sidney Madwed

“The finest gift you can give anyone is encouragement. Yet, almost no one gets the encouragement they need to grow to their full potential. If everyone received the encouragement they need to grow, the genius in most everyone would blossom and the world would produce abundance beyond our wildest dreams.”

## KEY TO SUCCESS

William C. Menninger

“Six essential qualities that are the key to success: sincerity, personal integrity, humility, courtesy, wisdom, charity.”

## ECUMENICAL UNITY PRAYER

Bishop Nathan Soderblom

A prayer written by Lutheran Bishop Nathan Soderblom from Upsala, a pioneer of the movement for ecumenical unity:

“Lord, be before us to guide us,  
be behind us to push us,  
be beneath us to carry us,  
be above us to bless us,  
be around us to protect us,  
be in us so that in body and soul  
we serve you for the glory of your Name.”



## OUR MISSION

Bishop Crowley

“Each day we are sent forth on a mission to live the Beatitudes. Ours is not a life of avoiding evil, it is a vibrant opportunity to live and breathe the goodness of God.

Ours is not a mission to tear down, to destroy. We are sent forth as those Christians who love one another, to build up, to recreate in love this universe that will forever bear the mark of whatever we contribute....

What will be the heritage that we shall pass on to future generations and upon which we shall judge ourselves before the face of God? We have been sent; let us be about our

## ART OF MASTERY

George Leonard

mission.”

## CHALLENGE OF LOVING

CHRISTOPHERS, 11/'79

“Love flows from person to person or it does not flow at all. It is not communicated by institutions or organizations but by the people who comprise them.

Love is communicated in what we do. But too often, fear gets in the way of love....fear of the unknown, fear of danger, fear of loss.

There are many reasons we fail to love and they are familiar reasons pride, anger, jealousy, envy, lust, sloth, gluttony.

Every one of them can be traced to fear in one form or another.”

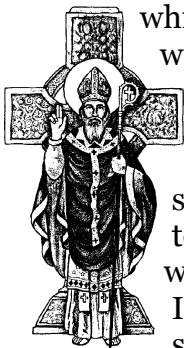
## HABITS OF AN IRISH KING

*Bits & Pieces*, Vol. 20, #3, March '87

“In ancient times, an Irish king was asked how he had achieved his station in life. Said he: ‘I was a listener in woods, I was a gazer at stars, I was blind where secrets were concerned, I was silent in a wilderness, I was talkative among many, I was mild in the mead-hall, I was stern in battle, I was gentle toward allies, I was a physician to the sick, I was weak toward the feeble, I was strong toward the powerful, I did not deride the old though I was young, I would not speak of anyone in his (or her) absence, I would not reproach, but I would praise, I would not ask, but I would give, for it is through these habits that the young become old and kingly warriors.’”

## TREASURY OF IRISH FOLKLORE

Padraic Colum



“For most of us the picture of a white-bearded personage banishing a wriggling snake covers a great deal of what we know about Saint Patrick. However, [t]here were never any snakes in Ireland, and so our saint was under no necessity to banish them. Now the Norse word for *toad* is *paud*; coming to Ireland they noticed there were no such creatures there. They heard of a man whose name was *Paudrig*, and they thought that this meant ‘toad-expeller,’ and out of this misunderstanding came the legend of

Patrick’s banishing not only toads but snakes. Of course that helped to add veneration to his name, for the snake was the emblem of evil. And so the most popular of the stories about Ireland’s apostle has a Norse and not an Irish origin.

We have got to get past both the shamrock and the snake to perceive what sort of man the apostle really was. He was a man of great conviction, great energy, great charity; he combined great visionary power with a practical sense and a soldierly audacity; he could have been a good general and a remarkable poet. He was a saint because he loved men

and loved God.”

## ON SCRUPULOSITY

Vauvenargues

“There are those who are so scrupulously afraid of doing wrong that they seldom venture to do anything.”

## THE FISHERMAN’S RESCUE

Rev. Wm A. Anderson  
*In His Light*, p. 37

“There was a newspaper account about a man who had fallen through the ice while fishing. While he struggled and screamed from the water, he saw a man rushing across the ice with a rope over his shoulder. In a few moments, that man had the fisherman out of the water and on his way to the hospital. The man left the half-frozen fisherman in the ER, shook his hand and said, ‘Someday you may find someone in need, and help that person because of today.’ Only after the man left did the fisherman realize that he didn’t even know his rescuer’s name.

The fisherman told a reporter that encountering this man had changed his life. As he lay in the hospital nervously realizing that he could have been a frozen corpse at the bottom of the lake, he wondered what he would have done if someone else needed his help. ‘Never get involved if you don’t have to,’ had been his life’s slogan. He thanked God that his rescuer did not have the same slogan to guide his life. This fisherman now determined to erase that attitude from his life, to reach out and share with people. He marveled at how the kindness and courage of one man who passed through his life for a little more than an hour, had transformed his life.”

for•give

/fər'gɪv/

To Love

- stop feeling angry or resentful toward (someone) for an offense, flaw or mistake.
- cancel (a debt)