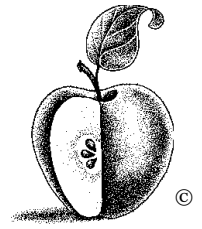


# Apple Seeds®

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**Apple Seeds®** begins its thirty-seventh year of sowing “seeds” of inspiration and motivation. The intent of this publication is to provide quotations and short stories from eclectic sources that promote positive attitudes and personal development of holistic human potential – from tiny seeds to ripened fruit. Your favorite quotes, stories or suggestions that would enhance Apple Seeds® are appreciated. Send them to the address listed above.

**Plant these “seeds” well and water often. Enjoy!**

## TEACHING

Luis Martin

“Teaching is not a science, but an art. It can be developed and nurtured, but it cannot be taught.

Methodologies are to great teaching what a musical score is to the sound of a great symphony. The score does not make the sounds; human beings do. Following the same score, a gifted musician creates art and a poor one treats the audience to a musical catastrophe.

Teaching is an action that emanates from a person, the teacher. The qualities of that person will ultimately determine the nature and quality of the teaching.”

## WHICH IS LOST

Francis Bacon

“There is no comparison between that which is lost by not succeeding and that which is lost by not trying.”

## STEREOTYPES

Shirley Chisholm

“We must reject not only the stereotypes that others hold of us, but also the stereotypes that we hold of ourselves.”

## COACHES TRANSFORM

Joe Ehrmann

*Inside Out Coaching*, 2011, p. 8

“Outside of parenting there might not be a better platform than coaching to transform boys or girls into healthy and thriving men and women. A coach’s responsibilities include helping young people to confront and comprehend the toxic culture that is trying to seduce and shape them. Coaches have the power to teach and to affirm and

to convey empathy and compassion. And, I believe, there may not be a more influential group of leaders in the world than transformational coaches.”

## DOING YOUR DUTY

Thomas Carlyle

“Do the duty which lies nearest you. The second duty will already become clearer.”

## A SAINT FOR OUR TIME

Fr. Ron Rolheiser, OMI

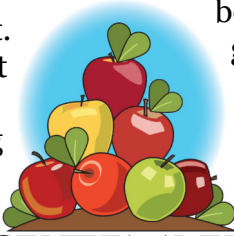
“Michael Higgins writes in his biography of Henri Nouwen, his was a ‘genius born of anguish’. Nouwen was a saint wracked with anxiety, an ideal patron for a generation awash with it.

Writing in his diaries, Henri Nouwen describes his struggle this way: ‘I want to be a great saint, but I also want to experience all the sensations that sinners experience. I want to withdraw into the silence of prayer, but I don’t want to miss anything happening in the world. I want to bury myself in anonymity among the poor, but I also want to write books, be known by others, see places, meet people, and do interesting things.’ That’s what he wrestled with, just as we all do, but he managed, in the end, to will the one thing.”

## PATH OF EXCELLENCE

Ted W. Engstrom  
*The Pursuit of Excellence*

“Right now...you know you are designed to perform tasks far greater than you’ve performed to date. You know you have the ability to move well beyond your present self-imposed limitations. But for some reason, you do not choose the



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path of excellence. You're an eight-cylinder car straining on only using four."

**DESIRE TO EXCEL** TOP PERFORMANCE, Vol. 1, #4. P. 11

"Successful people get to the top because they identify their objectives, use their talents, and constantly sharpen them by dedication and hard work. Their 'breaks' come because of their commitment and discipline and desire to excel."

**LEADERS** Bennis & Nanus, p. 27

"Leadership seems to be the marshaling of skills possessed by a majority but used by a minority. But it is something that can be learned by anyone, taught to everyone, denied to no one."

**GROWTH FROM WITHIN** Errol Strider

"Science has discovered that you cannot change an element unless you change the nucleus. It is the same with personality. In order for a person to grow the nucleus, or the innermost self, must change. Often we seek to grow or change ourselves by adjusting the external aspects of our lives: our jobs, relationships, or hobbies, thinking these changes will bring growth, happiness and newness to our lives. We all too often forget that permanent or real change only comes when the center of our being, our inner drives, and motivations, undergo transformation."



**HIDDEN CAPACITIES** Alan McGinnis  
*More Sower's Seeds*, p. 49

History books are full of stories of gifted persons whose talents were overlooked by a procession of people until someone believed in them. Albert Einstein was four years old before he could speak and seven before he could read. Isaac Newton did poorly in grade school. A newspaper editor fired Walt Disney because he had "no good ideas." Wernher von Braun failed ninth grade algebra. Joseph Haydn gave up on making a musician out of Beethoven, who seemed a slow and plodding man with no apparent talent.

There is a lesson in such stories: different people develop at different rates, and the best motivators are always on the lookout for hidden

capacities.

**O GOD OF TRUTH** Source Unknown

"From the cowardice that shrinks from new truths,  
From the laziness that is content with half-truths,  
From the arrogance that thinks it knows all truths,  
O God of Truth, deliver us."

**WARMHEARTEDNESS** Donald De Marco  
*The Many Faces of Virtue*, p. 87

"Warmheartedness embraces a multitude of virtues, including sympathy, kindness, congeniality, gentleness, and care. We do not expect young people to exhibit warmheartedness. It is a virtue for those who are seasoned in virtue. According to J.P. Marquand, "There is a certain phase in the life of the aged when the warmth of the heart seems to increase in direct proportion with years."

**GIFTEDNESS** Arthur F. Miller  
*THE POWER OF UNIQUENESS*, p. 23

"Giftedness is the only means I know of for the ordinary person to make sense out of life. Each one is given a purpose and the drive and competencies to achieve that purpose. Meaning is thereby built into the adventure of living for everyone."

**THE SCREWTAPE LETTERS** C.S. Lewis  
BIBLE ILLUSTRATOR, #1083

"C.S. Lewis wrote the provocative book, *The Screwtape Letters*. It is about an exchange of letters between an elder devil, named Screwtape, and his nephew, Wormwood, who is on his first mission to learn the subtle techniques for tempting people.

Uncle Screwtape counsels, "The goal is not wickedness but indifference.' The older devil explained to his nephew, 'Your job, my dear Wormwood, is to provide me with people who do not care.'

Has Wormwood had any influence over your life?"

