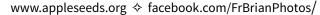


Apple Seeds

Franciscan University of Steubenville Steubenville, OH 43952-1792



Email: appleseeds@franciscan.edu

November 2019

Volume 35, #3

On Learning

Abigail Adams

"Learning is not attained by chance, it must be sought for with ardor and attended to with diligence."

A HUNDRED VIRTUES Charles Kingsley

"Thank God every morning when you get up that you have something to do that day which must be done, whether you like it or not. Being forced to work, and forced to do your best, will breed in you temperance and self control, diligence and strength of will, cheerfulness and a hundred virtues which the idle never know."

GREATEST GOOD Marshall Field

"The greatest good a man can do is to cultivate himself, develop his powers in order that he may be of greater service to humanity."

THANKSGIVING DAY PRAYER

Thanksgiving Day Mass: Collect *The Roman Missal: Third Typical Edition*

"Father, all Powerful,

your gifts of love are countless and your goodness infinite; as we come before you on Thanksgiving Day

with gratitude for your kindness, open our hearts to have concern

for every man, woman, and child, so that we may share your gifts in loving service.

Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit,

one God, for ever and ever.

Amen."

THE BEST THINGS Robert Louis Stevenson

"The best things are nearest: breath in your nostrils, light in your eyes, flowers at your feet,

duties at your hand, the path of God just before you. Then do not grasp at the stars, but do life's plain common work as it comes, certain that daily duties and daily bread are the sweetest things of life."

EXPECT TO INVEST

Leo Buscaglia Loving Each Other

"Expect to invest a great deal of time and energy in your relationships. Lasting relationships don't just happen, they are created....Don't allow your relationships to die of neglect."

POTENTIALS YOU HAVE Ray Bradbury

"You never know what potentials you have. I'm not saying for a minute that everyone in the world has fantastic talent, but imagine that you have a fairly good one that you haven't tested."

GRATITUDE

November

THE CHRISTOPHERS 3-Minutes-A Day, # 23, Aug. 19

"Gratitude is one of the hallmarks of the believer – gratitude to God for the gifts he has given us, and gratitude to those who have made it possible for us to develop those gifts to their full potential.

No one achieves success unaided. If you have been successful in life, remember in a special way those who made that success possible."

NOT TO BE FORGOTTEN Benjamin Franklin

"If you would not be forgotten as soon as you are gone, either write things worth reading or do things worth writing."

POWER OF CHOICE

FAITH TODAY, MAY `85

"Having endowed people with the power to make choices, God always respects human freedom. To force people to conform to His will, to order events in such a way as to absolve people of their responsibility, would dehumanize them. For freedom distinguishes human beings from animals.

The power to make free choices – to exercise the human will - is a precious and terrible

power. We can use it to fulfill ourselves or to destroy ourselves. Used rightly, free choice is a share in God's own creativity."

Baal Shem Tov WISDOM SEEDS

"It doesn't do any good to sit up and take notice if you just keep on sitting."

ONE'S OWN JOURNEY

Paula Ripple, Walking With Loneliness

"As we pursue the sometimes lonely journey through our own life experiences, the presence of those who walk with us, without words but

with great love, frees us and strengthens us to go on. Those who are free inside themselves set us free from the inner fears and insecurities which paralyze us. Those who have known the cost of beginning and ending give us the courage to somehow do it better or at least to try again."

DEVELOPING LEADERS Kouses & Posner The Leadership Challenge, p. 270

"We once asked U.S. Army Major General John H. Stanford to tell us how we would go about developing leaders....He replied, 'When anyone asks me that question I tell them I have the secret to success in life. The secret to success is to stay in love. Staying in love gives you the fire to really ignite other people, to see inside other people, to have a greater desire to get things done than other people. A person who is not in love doesn't really feel the kind of excitement that helps them to get ahead, to lead others and to achieve. I don't know any other fire, any other thing in life that is more exhilarating and is more positive a feeling than love is."

MOST FREQUENT QUESTION Source Unknown Sower's Seeds That Nurture Family Values, #59, p. 66

Some time ago Ann Landers was asked by a reporter, "What is the question that you are asked most frequently by your readers?"

Miss Landers answered that it was a very simple question: "What's the matter with me? Why am I so lonely?"

The interviewer then asked her what was her advice to that problem. Her answer was equally as simple: "Get involved! Do something good for other people."

> People who need your help are all around you. Everywhere you look, you will see them. One finds what one looks for in life. What is it you see?

THE GIFT OF STORY

淡淡

THE LORD

WILL INDEED

GIVE WHAT

IS GOOD,

AND OUR

LAND WILL

YIELD ITS

HARVEST.

Dr. Clarissa Pinkola Estes

"Stories that instruct renew, and heal provide a vital nourishment to the psyche that cannot be obtained in any other way. Stories reveal over and over again the precious and peculiar knack that humans have for triumph over travail. They provide all the vital instructions we need to live

a useful, necessary and unbounded life – a life of meaning, a life worth remembering."

A LETTER OF GRATITUDE Anonymous

Sower's Seeds of Encouragement, 13

One Thanksgiving some years ago, while watching a football game, a successful businessman reflected on his life and thought of all the people who had been influential in helping him become who he was. He decided to write each person a thank you card telling him or her of his gratitude for their influence on his life.

His fourth grade teacher quickly came to mind for her insistence in striving for excellence in every endeavor. She pounded it into her students, be it regarding homework, tests, or class projects. So he sent her a thank-you note.

One day, just after the new year, he received a return letter from his former teacher. She apologized for not replying sooner, but stated that his letter took some time getting to her, since she had moved in with her daughter after retiring from 66 years of teaching grade school. She told him how thankful she was to have received his card and how it cheered her to find out he had learned so well his lessons in excellence. She went on to say that in her 66 years of teaching, this was the first thank you card she had ever received, and how grateful she was that he had taken the time to remember her.

So who is it that needs to hear from you during this holiday season?