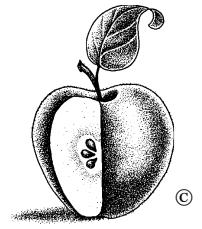


# Apple Seeds®



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## A DAILY PRAYER

Brenda Sloat

“Do not ask to have your life’s load lightened,  
but for courage to endure.

Do not ask for perfection in all you do,  
but for the wisdom not to repeat mis-  
takes.

Do not ask for fulfillment in all your life,  
but for patience to accept frustration.

And finally, do not ask for more before saying,  
“Thank You” for what you have already  
received.”

## JOY OF BEING HUMAN

Eugene Kennedy

“Hope grows in the midst of persons who  
are trying to grow in relationship to each other.  
We must dig into ourselves for the energies of  
hope when we are challenged to invest it in  
others, for their sake. Hope has a difficult birth —  
and sometimes a short life — precisely because it  
forces us to break the bowl in which we hoard  
our self-concerns.”

## SERIES OF CHOICES

Zig Ziglar,

TOP PERFORMANCE, Vol. 3, # 5

“All life is a series of choices and what you  
choose to give life today will determine what life  
will give you tomorrow...Whatever choices we  
make, we are also choosing the end results of  
them.”

## LIFE IS AN ADVENT SEASON

CONNECTIONS, 11-28-93

“Life is a constant Advent season: we are  
continually waiting to become, to discover, to  
complete, to fulfill. Hope, struggle, fear, expecta-  
tion and fulfillment are all part of our Advent  
experience. The world is not as just, not as  
loving, not as whole as we know it can and  
should be. But the coming of Christ and his  
presence among us — as one of us — give  
us reason to live in hope: that light will  
shatter the darkness, that we can be  
liberated from our fears and prejudices, that



we are never alone or abandoned. May this  
Advent season be a time for bringing hope,  
transformation and fulfillment into the  
Advent of our lives.”

## TO BE RECONCILERS

Jay Cormier

*Daily Reflections for Advent & Christmas, 2013-14*

“**Dec. 14:** As disciples of Jesus, we  
are called to be reconcilers, not judges; we are  
called to forgive, not keep score; we are called to  
welcome back those who want to return and to  
enable them to put their lives back in order, with-  
out setting up conditions or establishing litmus  
tests to determine their worthiness and sincer-  
ity.”

## FULLY HUMAN, FULLY ALIVE

Fr. John Powell, SJ

“The fifth essential step into the fullness of life is:  
**TO BELONG...** ‘a place to call home,’ a sense  
of community. A community is a union of  
persons who have in common, who share in  
mutuality their most precious possessions —  
themselves. They know and are open to one  
another. They are for one another. They  
share in love their persons and their lives.”

## ON COURAGE

Caleb C. Colton, *Forbes*, July 10, `89

“Physical courage, which despises all dan-  
ger, will make a person brave in one way; and  
moral courage, which despises all opinion, will  
make one brave in another.”

## THE INNER EYE

CORD, May `82

“The kind of sensitivity which allowed  
Francis (of Assisi) to be drawn toward Christ is  
born out of his deep contemplation, his own  
interior union with the Lord. One does not  
come to see the beauty of the created  
world as revealing Christ unless by grace.  
This kind of beauty is seen only by the  
‘inner eye.’ It is the vision of the mystic  
whose eyes have been given the gift of sight.”



## MESSENGERS OF JOY

St. John Paul II

“Christ came to bring joy: joy to children, joy to parents, joy to families and to friends, joy to workers and to scholars, joy to the sick and joy to the elderly, joy to all humanity. In a true sense, joy is the keynote of the Christian message and the recurring motif of the Gospels...”

***Be Messengers of Joy.***”

## MAKING CONNECTIONS

Fr. Herbert Weber

FAITH TODAY, 2-27-86

“To make connections there must first be an abundance of listening, which is much more than hearing the other person’s words. A good listener tries to pick up emotional expressions as well as an indication of the speaker’s purpose.”

## WANT TO BE NOTICED

*Soundings*, May `86

“Even before two-year-olds can say the complete word *watch*, they want to be heard and seen. They want to be noticed. They want to feel important. Do we ever change? Probably not. We all want to feel important...”

We can no longer shout for attention, and stomping a foot is really out. Nor can we wear signs around our necks saying, ‘I want to feel important,’ but that’s what most of us would like to do.

...Try to keep this in mind. When you are talking with someone who works for you, you should remember, with a few words or a gesture, to make that person feel important. You don’t have to use lavish praise. Even just recognition helps.

...When we are young, we struggle desperately for recognition. As we grow older and wiser, we realize others need it too, sometimes more than we do.”

## BEING A PEACEMAKER

Olga Morris

“Peace begins with the way I think and respond in all my dealings with people. Before I can work for global peace, I have to be able to resolve personal conflicts peacefully. Being a peacemaker starts here at home.”

## MEANINGS OF CHRISTMAS

Fr. Andrew Greeley

WOMAN’S DAY, 12-22-81

“It might be easy to run away to a monastery, away from the commercialization, the hectic

hustle, the demanding family responsibilities of Christmastime. Then we would have a holy Christmas. But we would forget the lesson of the Incarnation, of the enfleshing of God — the lesson that we who are followers of Jesus do not run from the secular; rather we try to transform it. It is our mission to make holy the secular aspects of Christmas just as the early Christians baptized the Christmas tree. And we do this by being holy people — kind, patient, generous, loving, laughing people — no matter how maddening is the Christmas rush...”

## PRICELESS TIME

Earl Nightingale,

INSIGHT # 70

“If we don’t get what we want out of this life, it is seldom because we are not given enough time for it; we have more than enough time. As with most everything else, it’s what we choose to do with it that makes all the difference.”

## THE JOY OF EXPECTING

James M. Sullivan, OP

MAGNIFICAT, Dec. 2011, p. 11

In your travels, have you ever had a plane flight delayed? Have you sat in the airport waiting for the plane to take off, land, or just get to the gate? Most likely, all of us have at one time or another. Believe it or not, waiting for planes actually helps us live our spiritual lives better! Seriously!

This is true because of the real distinction between “waiting” and “expecting.” When we wait we simply look at the present and what is happening. When we expect we look to the future for some promised fulfillment that is beyond our ability.

Waiting looks at what is not happening, expecting looks at what is about to happen. This is why we do not simply wait for Christ to return; we expect Christ to return, and we expect him to fulfill all his promises.

The difference between waiting and expecting is desire. The desire for what that airplane trip promises at the other end keeps us patient in the boarding area. The desire for Christ’s return keeps us patient in this life as we expect the great things of the life ahead of us.

The next time your plane is delayed, thank God, and look forward with greater expectation to what is still ahead. Joy is in the expecting of Jesus!

