



Franciscan University of Steubenville ✧ Steubenville, OH 43952
 www.appleseeds.org ✧ facebook.com/FrBrianPhotos/

Volume 41, #7

Email: appleseeds@franciscan.edu

March 2026

MORNING PRAYER

Thomas Dekker

“To awaken each morning with a smile
 brightening my face;
 to greet the day with reverence for the
 opportunities it contains;
 to approach my work with a clean
 mind;
 to hold ever before me, even in the
 doing of little things, the Ultimate
 Purpose toward which I am working;
 to meet men and women with laughter on my
 lips and love in my heart;
 to be gentle, kind, and courteous through all the
 hours;
 to approach the night with weariness that ever
 woos sleep and the joy that comes from
 work well done —
 this is how I desire to waste wisely my days.”



made the best of them,

To despise nothing in the world except falsehood
 and meanness and to fear nothing except
 cowardice,
 To be governed by your admirations
 rather than by your disgusts,
 To covet nothing that is your neighbor’s
 except for his or her kindness of
 heart and gentleness of manners,
 To think seldom of your enemies ... often of your
 friends,
 These are little guideposts on the footpath to
 peace.”

RECOGNIZE GOOD WORK *Soundings, Vol. C, # 4A*

“Recognize good work and you give others
 the will to do better work. Don’t recognize it and
 you feed one of the biggest gripes people have —
 lack of recognition.

The best thing to do every time is to give
 credit where credit is due. You’ll be a better per-
 son for it and you’ll win more respect.”

ENEMY OF PROGRESS

John H. Patterson

“*Good enough* is the enemy of all progress.”

AS GOD CREATED YOU ... ! St. Francis de Sales

“Do not wish to be anything but what you are,
 and try to be that perfectly.”

LOOK FEAR IN THE FACE

Eleanor Roosevelt

“I gain strength, courage and
 confidence by every experience in which
 I must stop and look fear in the face ...
 I say to myself, I’ve lived through
 this and can take the next thing that
 comes along ... We must do the things we
 think we cannot do.”



A FOOTPATH TO PEACE

Henry van Dyke

“To be glad of life because it gives you
 the chance to love, to work, to play
 and to look up at the stars,
 To be satisfied with your possessions but
 not contented with yourself until you have

CELTIC SPIRITUALITY

Esther de Waal

“The Extraordinary in the Ordinary,” *WEAVINGS, Vol. II, # 3, p. 13*

“The Celtic approach to God opens up a
 world in which nothing is too common to be
 exalted and nothing is so exalted that it cannot be
 made common. ...

As we read these words we can
 glimpse that experience of the presence
 of God which has been the reality of ...
 people’s lives ever since the start of the
 day. It is a gift which they have, and
 which they bring to us, of taking this
 moment, this place, this happening as
 the time and place for an encounter with
 God. So God meets us where we are, at
 home, at work, in the daily, in the ordin-
 ary.”

ACT PRECEDES WILL Parker Palmer

... “Do not think your way into a new kind of

living, but live your way into a new kind of thinking.”

THE TIME IS SHORT

Phillips Brooks

“Oh, my dear friends, you who are letting miserable misunderstandings run on from year to year, meaning to clear them up some day; you who are keeping wretched quarrels alive because you cannot quite make up your mind that now is the day to sacrifice your pride and kill them; you who are passing men sullenly upon the street, not speaking to them out of some silly spite, and yet knowing that it would fill you with shame and remorse if you heard that one of these men were dead tomorrow morning; you who are letting your neighbor starve, till you hear that he is dying of starvation; or letting your friend’s heart ache for a word of appreciation or sympathy, which you mean to give him some day — if you only could know and see and feel, all of a sudden, that “the time is short,” how it would break the spell! How you would go instantly and do the thing which you might never have another chance to do.”

AN IRISH BLESSING

“And may the blessing
of the great rains be upon you.
May they beat upon your spirit
and wash it fair and clean.
And leave there many a shining pool
and sometimes a star.”



Positive vs. Negative Pride

Rev. Robert H. Schuller, *Self-Esteem: The New Reformation*

... “We have failed to distinguish between positive pride and negative pride. Negative pride is that destructive arrogance that assumes, ‘I can do anything all by myself!’ It is the exact opposite of that healthy humility I choose to call ‘self-esteem.’ Positive pride is that creative and compassionate confidence Christ inspired when he said, ‘You are the light of the world!’”

LOVE & TALENT

Sydney J. Harris

“Love that is not expressed in loving action does not really exist, just as talent that does not express itself in creative works does not exist; neither of these is a state of mind, or feeling, but an activity, or it is a myth.”

THE GOOD LIFE

Anonymous

“When you can look at yesterday without regret and at tomorrow without fear, you’re on your way to the good life.”

CULTIVATE TACT

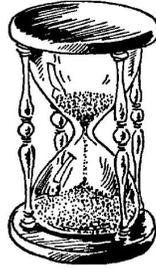
Baltasar Gracián

“Cultivate tact for it is the mark of culture ... the lubricant of human relationships, softening contacts and minimizing friction.”

ON EXPERIENCE

Aldous Huxley

“Experience is not what happens to a person, it is what one does with what happens to him to her. It is a gift for dealing with the accidents of existence, not the accidents themselves.”



THE FROZEN EAGLE

Source Unknown

Once a proud eagle perched on the tip of a chunk of ice floating swiftly down the river. The big bird seemed oblivious to the tremendous waterfall that lay ahead. At the same time, a hunter was walking down a path along the river’s edge. Seeing the huge bird perched on the chunk of ice, the hunter clapped his hands and cried out, “Brother Eagle, fly away, fly away. There is danger ahead!”

The eagle merely shrugged its great wings as if to say, “Don’t bother me. I know what I’m doing.”

As the chunk of ice floated closer to the waterfall, the hunter again cried out, “Fly away, Brother Eagle! There is a waterfall ahead!”

At that moment, the eagle looked down just in time to see that the chunk of ice had reached the brink of the waterfall and was about to go over the edge. It spread its mighty wings and prepared for immediate take-off. But the eagle was unable to rise. Its claws were frozen to the ice and it went down with the iceberg.

What are you frozen to? What do you need to let go of, to stop clinging to? Hear the voice of Jesus calling out to you — “There’s danger ahead.”

For an eagle to soar high in the sky it has to let go of the earth. So too, for people.

