

Education:

The Inner wealth of life



Albert Lawrence

Banaha Saenghiron, J.S.G.

*EDUCATION:
THE INNER WEALTH OF LIFE*

Albert Lawrence

Bancha Saenghiran, f.s.g.

genl.

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*EDUCATION:
THE INNER WEALTH OF LIFE*

Lifelong Education in Proseses and Poems

Compiled by

*Albert Lawrence
Bancha Saenghiran, f.s.g.*



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As a compilation.

Rights to individual poems reside with
the artists themselves.

Cover: Candle symbolizes life.

Clock signifies time.

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Life and time are two inseparable aspects of human being.
Life is a paradox. Once life begins, it keeps on moving and
heading towards an end while enlightening oneself and
showing the way for others. The span of life is measured by
a clock, man-made device to frame time into seconds, minutes,
hours, days, weeks, months, and years. Time rolls on and it
can never be called back again. It plays a role in a span and
rhythm of human life. What is now is called present;
what was gone, the past; and what is to come, the future.

Human life can be developed in every dimension. As time
passes, learning increases adding more value to life as
man gains experiences enable him to face life's obstacles.
The brighter the candle light of life is shining, the better
and clearer is his vision and future.

The author: Bancha Saenghiran alias Albert Lawrence.

Bancha Saenghiran is the name given by father and mother.

Whereas Albert Lawrence is self-chosen name on his vocation,
entering a religious life as a Brother of Saint Gabriel.

For the ones who have contributed to my growth
as a person especially my father and mother
who acted as my first educators.

Especially, for my father, Julio Visai Saenghiran,
in particular who had left those he loved and cared
for so dearly behind on September 14, 1996
and from whom I have learned so much.

Preface

As July 7, 1995 marked my 50th birthday anniversary, I went through some of my old notes, collection of quotations and poems. Papers are piling high in my room as years go by, and I want to get rid of some of them. On one hand, I want to keep them as they still have some personal values to me. On the other, I want them to be of some use to others, too.

From my professional life as an educator, I found out that education, one of the most essential part in life, is a long process. A person begins to learn once he opens his eyes to the world and the process of lifelong education picks up its nuances and emphases depending on the rhythm of life.

The proses and poems of this book are compiled from the pens of the world's greatest writers. The book is best shown by illustrative poems, love songs, sonnets and some of the proses. Most of sources can be referred to and some cannot. I want readers to consider this book as memento and also a source of knowledge, a lifelong education a person can cherish.

Listening to life makes me sensitive to its silent invitation to change and renew my world of meaning and action.

Life, at every stage, is a process of education. It is a longer process, conviction grows slowly from its infancy, childhood, school years, college life, adulthood, married life, old age, till the end of one's life.

Bancha Saenghiran

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Education

Real education aims at helping people to discover themselves and their potentials and supplying them with the necessary enthusiasm to actualize themselves and their potentialities, in the concrete existential situation in which they find themselves-- uniqueness of the individuals.



*Childhood
&
Mother and Father,
The First Educators*





The life-giver, the nourisher, an architect of the child's environment, tender love and care provider, and the first educator...is the mother who can teach a child and prepare him for the tough time ahead.

The same can be attributed to the father who in his silent way is shaping and moulding the life of a child.





Mother

*If I were ever to write a book
About someone who's so dear to me,
I'd try to record all the wonderful things
That she has been and always will be.*

*She's sincere; she devoted; she's loving;
She can bring joy to those feeling blue;
She goes out of her way to do things for me
And she'd gladly reach out to help you.*

*She never forgets to pause every day
To give thanks to Our Father above
For the generous blessings and gifts he bestows
And the greatest of all these gifts--love.*

*My book would conclude with the obvious fact
That she's unique--unlike any other;
I'd then need a special name for my book...
The title would definitely be Mother.*

Carolyn L. French

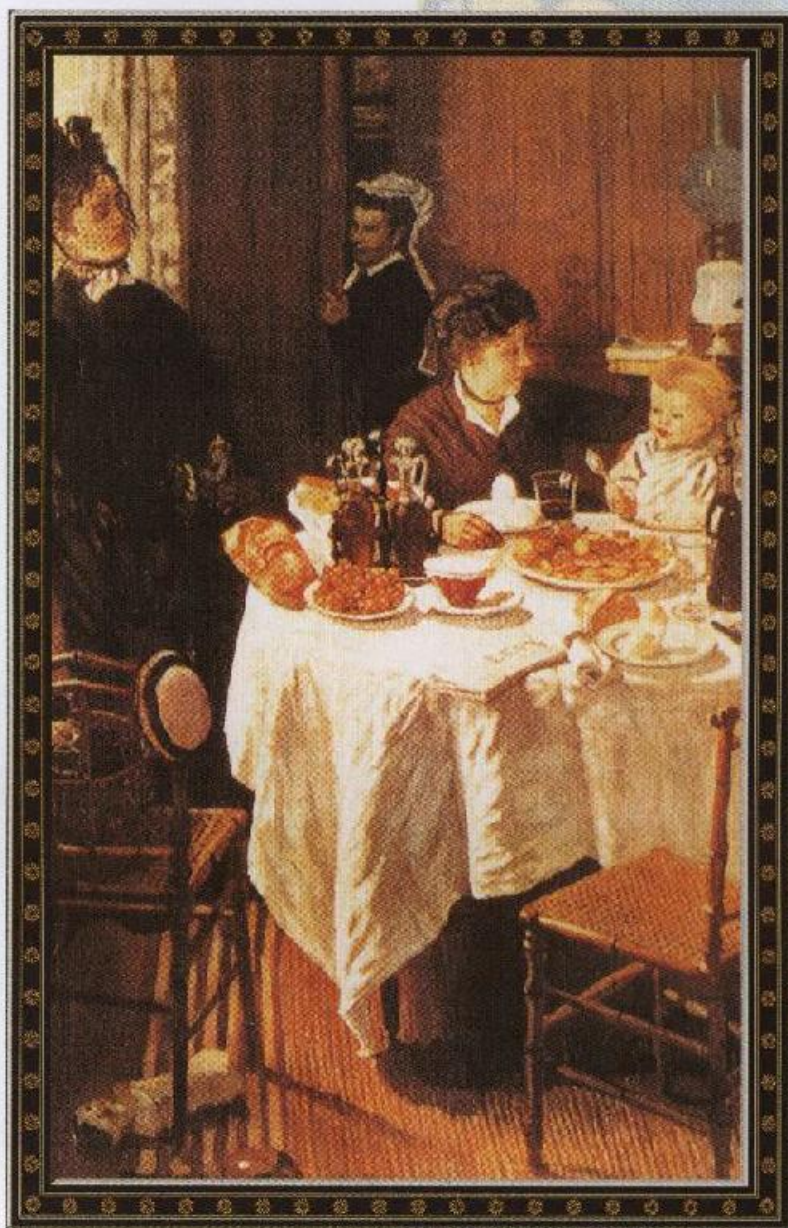


My Mother

*My mother was an angel upon earth.
She was a minister of blessing to all
human beings within her sphere of
action....She had no feelings but of
kindness and beneficence, yet her mind
was as firm as her temper was mild
and gentle. She had known sorrow,
but her sorrow was silent....She had
been fifty years the delight of my father's
heart. If there is existence and retribution
beyond the grave, my mother is happy.
But if virtue alone is happiness below,
never was existence upon earth more
blessed than hers.*

John Quincy Adams





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Mother of Mine

*Mother of mine, you gave to me
All of my life to do as I please
I owe everything I have to you
Mother, sweet mother of mine.*

*Mother of mine, when I was young
You taught me the right way
Things had to be done
Without your love where would I be
Mother, sweet mother of mine.*

*Mother, you gave me happiness
Much more than words can say
I thank the Lord that he may bless You
Every night and every day.*

*Mother of mine, now I am grown
And I can walk straight all on my own
I'd like to give you what you gave to me
Mother, sweet mother of mine.*





Thank You for Being My Mother

A Mother is very special--

Each day her love shows she cares;

No matter what may arise--

You can count on her to be there.

Through the years she continues to guide us

In gentle, yet firm ways;

The principles she still teaches

Are kindness and consideration each day.

Her understanding knows no limit--

She is patient beyond compare;

A Mother listens to each side of a story--

Her decision is always fair.

Thank you for being my Mother

And for always believing in me;

Thank you for your support

In my many times of need.

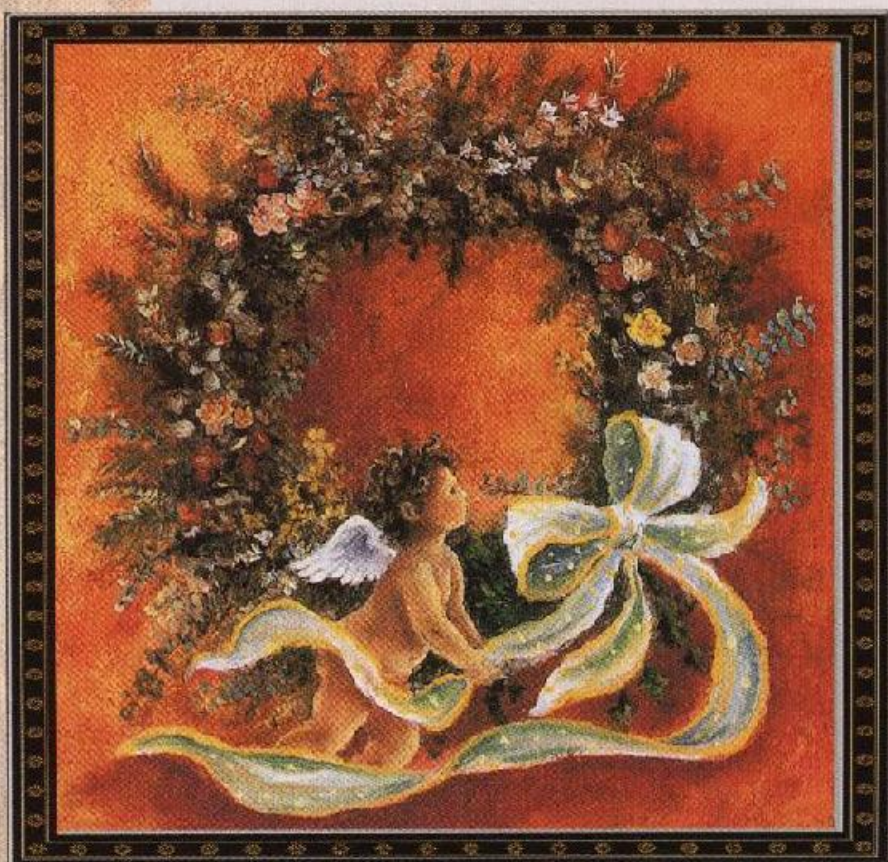
Most of all...thank you

For just enabling me to see--

That you're the very best Mother

There could ever be.

Mary A. Bourdeau



My Dad

*My dad was a man who taught me
right from wrong,
Even though sometimes his words were
tough and strong.
Sometimes the sound of his voice may
have scared me with fright,
But because of the sound, the words
stirred me right.
He gave me the knowledge to know
on my own
How to fix the wrong to right while grown.
Even though grown, if I couldn't or wouldn't
put the wrong to the right zone.
Back he came with his words and
sometimes tone.
Even though this man gave us many a yell,
I still feel he taught us well.
This man on September fourteenth
passed away.
A eulogy written by family, he went
with praise.
You can tell he left this earth with his
family's deepest love.
So he must be in heaven with the
Lord above.
My dad, our dad,
He was the best we ever had.*

*...adapted from
Carolyn Bunting*



Let Me Walk in Your Footsteps, Dad

*Dad let me grow up to be the person that you became,
And have your strength and courage, but always
being the same.*

*Let me be understanding, and teach the way you do.
Be a friend to my children, feeling the pain they go
through.*

*Give me patience and an open mind, and the loving
ways you have:*

*Your thoughtfulness of others, your touch, Dad,
when we're sad.*

*Let me walk in your footsteps Dad so all the world
can see,
The way that I am is because you let me grow up
and be me.
I want to raise my children, the way that you did, Dad
Always knowing when to listen, to possess the
qualities you have.
There's no better example, Dad, you're all I want to be
Putting yourself in other's shoes, saying "what if this
were me?"
You're what dads are all about, you seem to
always be there;
Seeing the world doesn't hurt me, because you
love and care.
Let me walk in your footsteps, Dad, be a concerned
person like you
Have a home and little children, teaching them the
golden rule.
Thank you for my life, Dad, that's the part that
makes me say,
Never would I change you for the world
You're the best, I love you, Dad, always.*

Geraldine A. Green



My First Love

*Sonnets are full of love, and this my tome
 Has many sonnets: so here now shall be
 One sonnet more, a loving sonnet from me
 To her whose heart is my heart's quiet home,
 To my first Love, my Mother on whose knee
 I learn love-lore that is not troublesome:
 Whose service is my special dignity
 And she my lodestar while I go and come.
 And so because you love, and because
 I love you, Mother, I have woven a wreath
 Of rhymes where with to crown your honored name:
 In you not fourscore years can dim the flame
 Of love, whose blessed glow transcends the laws
 Of time and chance and mortal life and death.*

Christina G. Rossetti





Transformation

*A child, like a flower, buds and begins its journey of life.
Emerging from within, it enters a world full of unknowns.
As it grows it takes what's offered from this world,
the treasures as well as strife.*

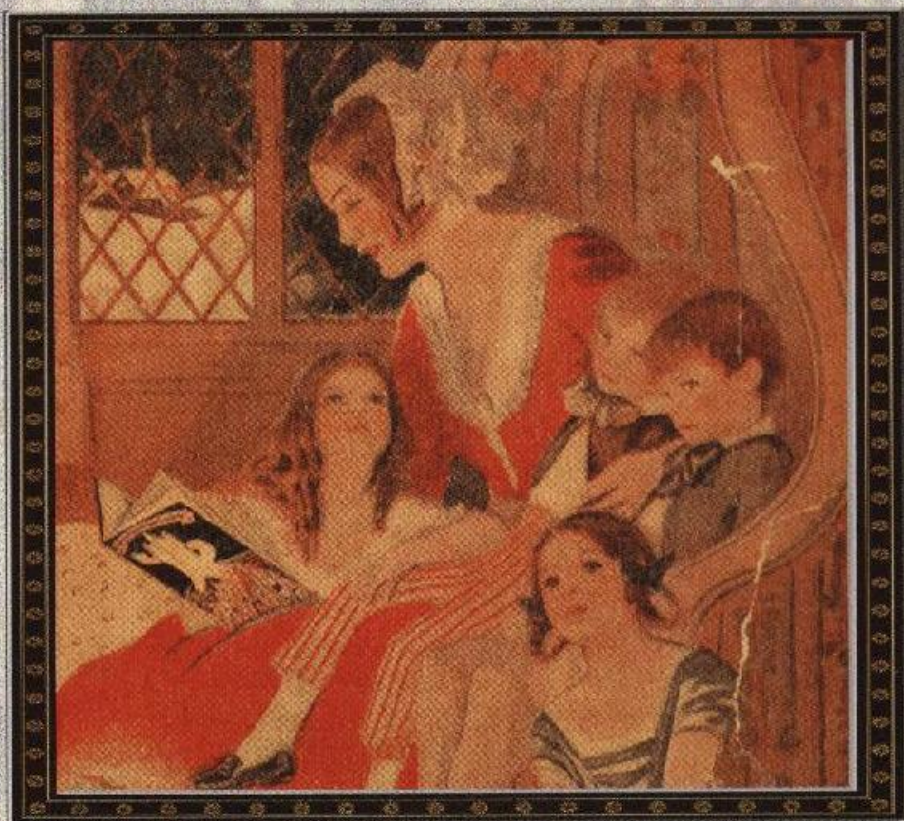
*The bud becomes a flower, the child an adult who
continues to take but now can give, as it has grown.
The flower within time, begins to wither, petals fall,
stem droops, life gone from its core.*

*For the child, the years pass, the skin wrinkles,
body droops, the color and life fade and then
is no more.*

The cycle of life keeps turning and we observe.

Linda Boughman





Children's Ways

PLAYGROUNDS

*In summer I am very glad
 We children are so small,
For we can see a thousand things
 That men can't see at all.*

*They don't know much about the moss
 And all the stones they pass:
They never lie and play among
 The forests in the grass:*

*They walk about a long way off;
 And, when we're at the sea,
Bet father stoop as best he can
 He can't find things like me.*

*But, when the snow is on the ground
 And all the puddles freeze,
I wish that I were very tall,
 High up above the trees.*

Laurence Alma-Tadema



Children's Brains

MAN IS INTELLIGENT BECAUSE HE USES HIS BRAIN. OUR
CHILDREN'S BRAINS GROW AS MUCH AS WE GIVE THEM THE
OPPORTUNITY TO GROW.

*We give them this opportunity by presenting them
with vast numbers of facts prior to six years of age during
which years they can take them in at a startling rate...*

OUR CHILDREN ARE AS INTELLIGENT AS WE GIVE THEM THE
OPPORTUNITY TO BE.

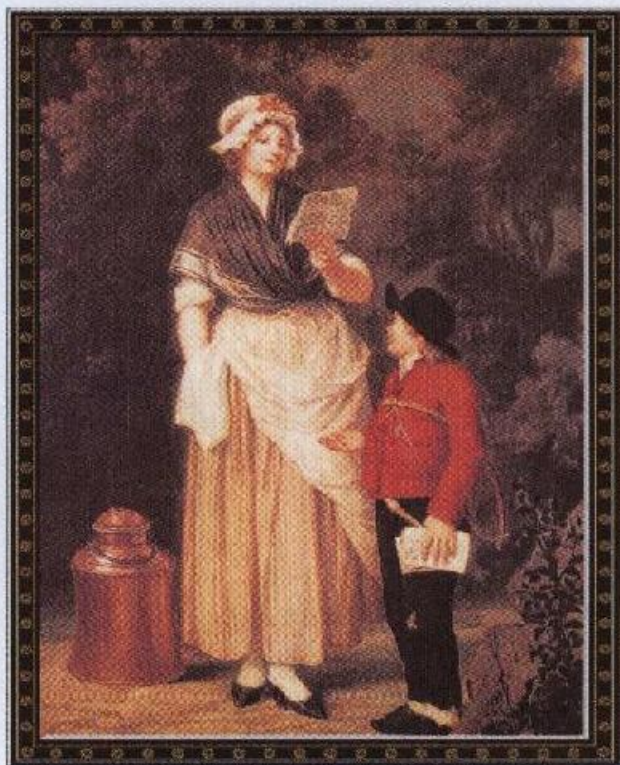
This is most especially true during the first six years of life.

INTELLIGENCE IS ENTIRELY A PRODUCT OF THE HUMAN BRAIN.

*Human intelligence is most particularly a product of
the human cortex. Only man has a human cortex and only
man needs one.*

Glenn Doman





How to Teach a Child

*HOW TO MAKE YOUR CHILD INCREDIBLY CAPABLE
(RECIPE FOR SUCCESS)*

- 1. Teach him because you think it's a great idea and a privilege for you.*
- 2. Talk clearly, loudly, and with great enthusiasm.*
- 3. Relax and enjoy yourself.*
- 4. Trust your kid; show it in your attitude, manner, and actions.*
- 5. Always be giving him new information.*
- 6. Once he knows old information, put it away.*

7. *Teach him with purpose and in a highly organized way.*
8. *Make the learning materials large and easy to see.*
9. *Provide an environment free from visual, auditory, and tactile distractions.*
10. *Teach him only at the times when he is happy and well.*
11. *Always show materials very, very quickly.*
12. *Always stop before he wants to stop.*
13. *Trust that he knows the things you have taught him.*
14. *Be on his side; bet on him.*
15. *Always be willing to change your approach; make each day new and exciting.*
16. *Present knowledge as a privilege that he has earned.*
17. *Always, always, always tell him the truth.*
18. *Always keep a promise you make.*
19. *Give him the correct answer rather than jumping on the wrong one.*
20. *Don't test him. (If he wants to show you what he knows and succeeds, trust that he knows it. If he fails, suspect that he is pulling your leg.)*
21. *When he asks you a question, answer honestly and factually, with enthusiasm.*

How to Multiply Your Baby's Intelligence

Glenn Doman



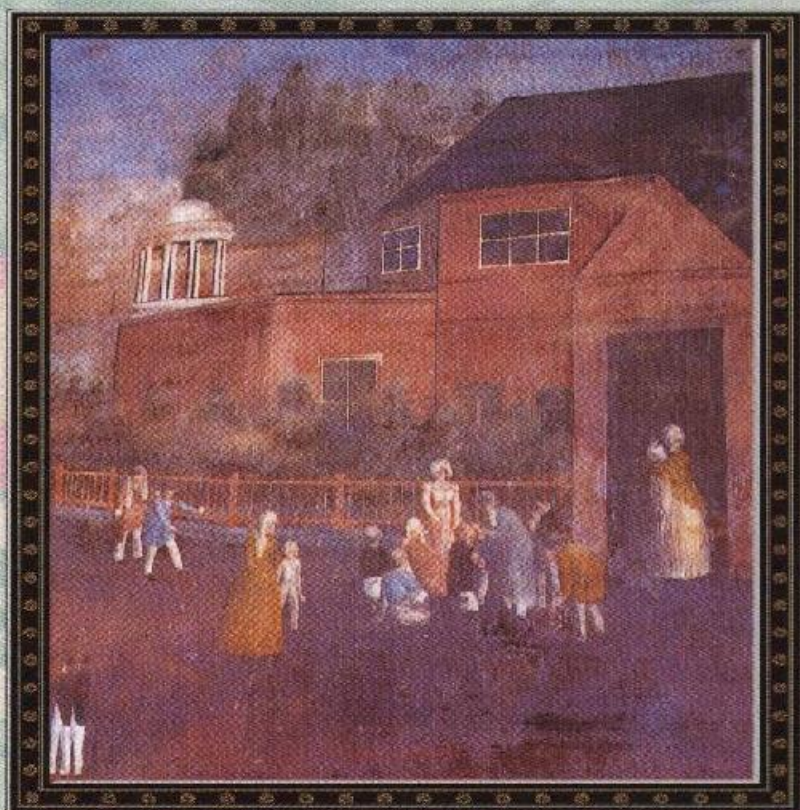
School Years





"School" comes from a Greek word
meaning a resting place,
a place of leisure.
It is a place away from
the troubles and turmoil
of everyday life.

Greek schools of Plato's and
Aristotle's time
that in such a school
one would take the time
to get together with one's self
and to become
whole, healthy, and holy.



School Parted Us

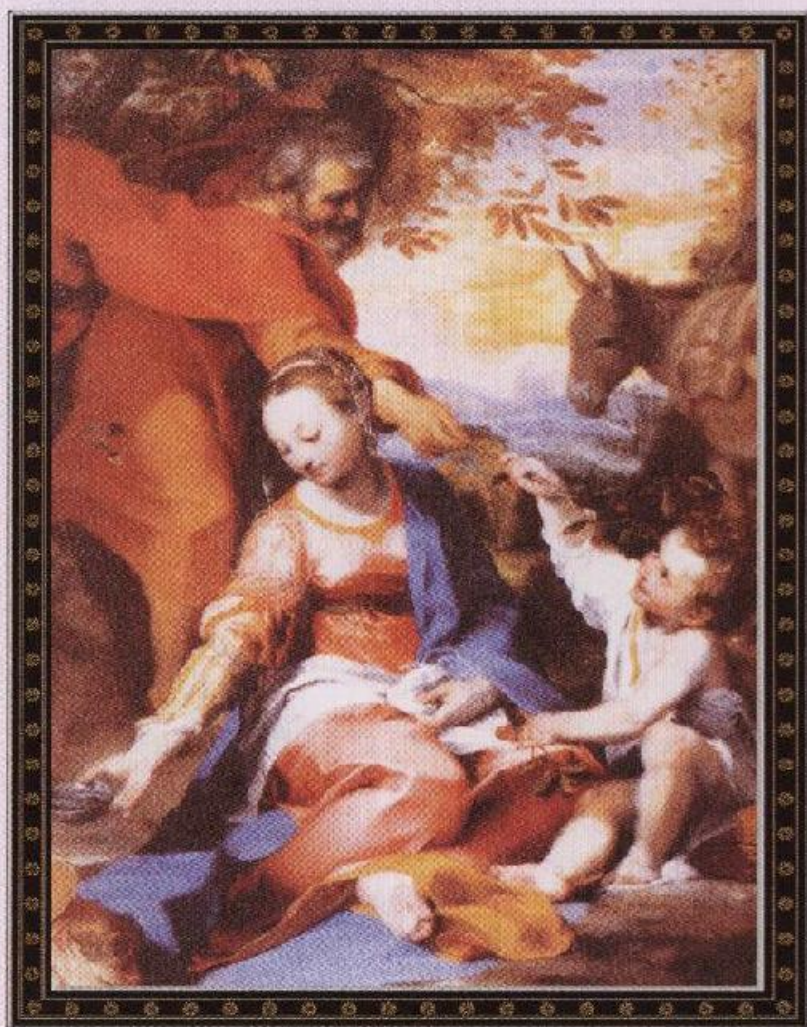
*School parted us; we never found again
That childish world where our two spirits mingled
Like scents from varying roses that remain
One sweetness, nor can evermore be singled.*

*Yet the twin habit of that early time
Lingered for long about the heart and tongue:
We had been natives of one happy clime,
And its dear accent to our utterance clung.*

*Till the dire years whose awful name is Change
Had grasped our souls still yearning in divorce,
And pitiless shaped them in two forms that range
Two elements which sever their life's course.*

*But were another childhood-world my share,
I would be born a little sister there.*

George Eliot



How Children Learn

*Why is this important?
The world stoutly believes that:*

- 1. Success is a result of high motivation.*
- 2. Failure is a result of a lack of motivation.*

*May I respectfully propose that at least in children
this is the exact opposite of the truth.*

In children:

**HIGH MOTIVATION IS A PRODUCT OF SUCCESS
and
LOW MOTIVATION IS A PRODUCT OF FAILURE**

Glenn Doman





Study

*Man studies in order to explore
the beauty of the unknown.
He studies so that he may know
how to harmonize his feelings
with those of the other peoples of the world.*

*He ought to learn the significance
and the vanity of man, for by doing so
he would become human, humble,
understanding and not proud,
not arrogant, not hypocritical.*



Purpose of Education

While discussing life's problem in my office, one student made a remark on the purposes of education:

*I am eager to know the purpose of education
Is it to uplift the family's prestige?
Or is it to gain more knowledge?
Or is it to obtain higher degree?*

การศึกษาเพื่อยิ่งใดใคร่อยากรู้
เพื่อเชิดชูวงศ์ตระกูลขุนทิพย์เรี
หรือเพื่อให้ได้ความรู้ดูไรดี
หรือเพื่อให้ถึงซึ่งปริญญา

(51 บ.ค. 2523)

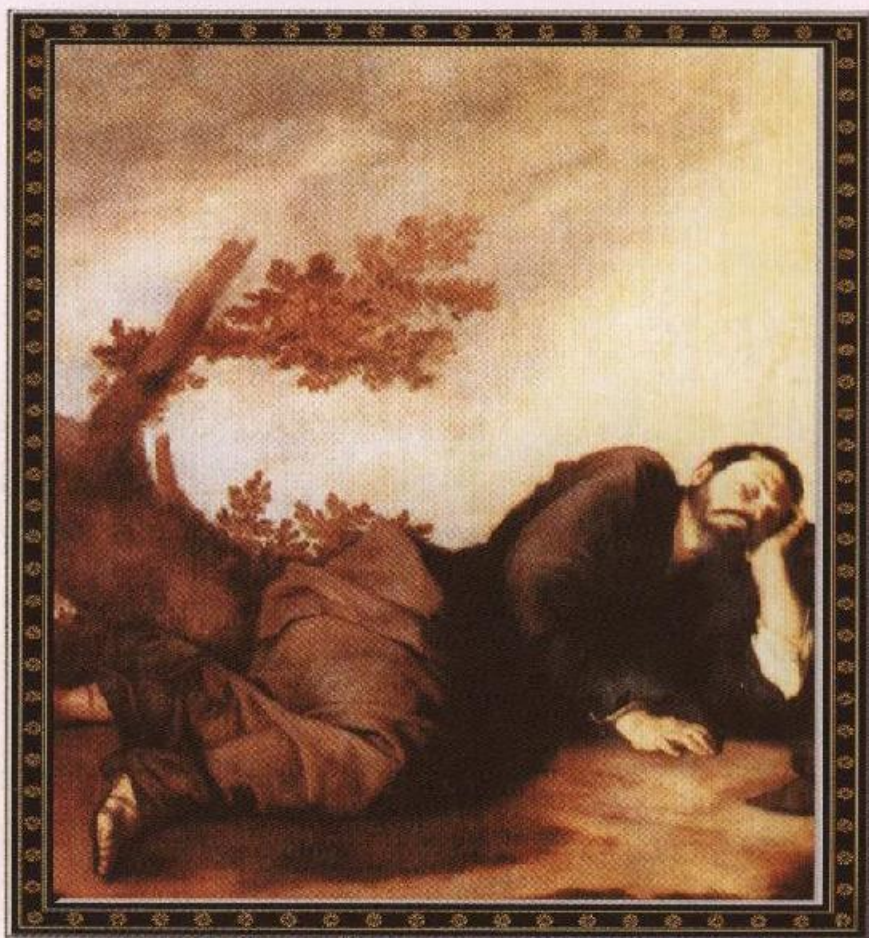


Examination

*Let's look at precisely what Churchill said about testing--
and consequently its opposite motivation:*

... I had scarcely passed my twelfth birthday when I entered the inhospitable regions of examinations, through which for the next seven years I was destined to journey. These examinations were a great trial to me. The subjects which were dearest to the examiners were almost invariably those I fancied least. I would have liked to have been examined in history, poetry and writing essays. The examiners, on the other hand, were partial to Latin and mathematics. And their will prevailed. Moreover, the questions which they asked on both these subjects were almost invariably those to which I was unable to suggest a satisfactory answer. I should have liked to be asked to say what I knew. They always tried to ask what I did not know. When I would have willingly displayed my knowledge, they sought to expose my ignorance. This sort of treatment had only one result: I did not do well in examinations.

*My Early Life,
Winston S. Churchill,
Manor books (1972)*



Student's Attitude

This poem was found inscribed on a wooden desk in a classroom.

Its translation is as follows:

*I don't want to study and I feel very sleepy
I am tired of the lesson and instructor
I cannot understand the lesson at all, I want to sleep
Why don't you leave the class and leave me alone.*

September 23, 1980

เก็บตกจากห้อง 211

ไม่อยากเรียนเขียนอ่านพาลจะหลับ
เบื่อตำรับตำราหน้าคนสอน
ไม่รู้เรื่องต้องใจให้ยานอน
หน้าสอนสอนอยู่ได้ไปสักที

23 กันยายน 2523



For a Fine Young Man on His Graduation

*If you know what you are able to accomplish
Yet realize the things you cannot do
If you can find a goal that you believe in
And understand what God expects of you
If you can always use your talents wisely
Remaining calm when everything goes wrong
And seek your goal with persevering courage
Relying on your faith to make you strong...*

*If you can see the beauty that surrounds you
And wonder at the wisdom of God's love
If you can be a child for just a moment
While gazing at the stars that shine above
If you can be aware of human weakness
Yet criticize the thoughtlessness you've shown
And when your heart is breaking keep believing
That other hearts are sadder than your own.*

*If you can disregard the faults of others
And love them for the good that they have done
If you can overlook your needs and troubles
And always try to help the other one
If you can light the way by your example
And offer understanding sympathy
Then you will have the joy that comes from knowing
You're the person God intended you to be!*

C.A. Herrmann



Adulthood





Since life poses an endless series of problems, life is always difficult and is full of pain as well as joy. Yet it is in this whole process of meeting and solving problems that life has its meaning.

Peck, 1990

The Mystery

Are we haunted by the mystery of life?

Always searching for the truth?

Where do we start? Who can we ask?

Perhaps the great men of the past

Could surely give us an inside clue?

So let us search our inside too?

In the darkness of the night

Our thoughts come clearer, brighter

Our soul protests, our unreality it rests

Don't disturb the mystery,

Live happy, what will be, will be!

Mathilde Schletzbaum



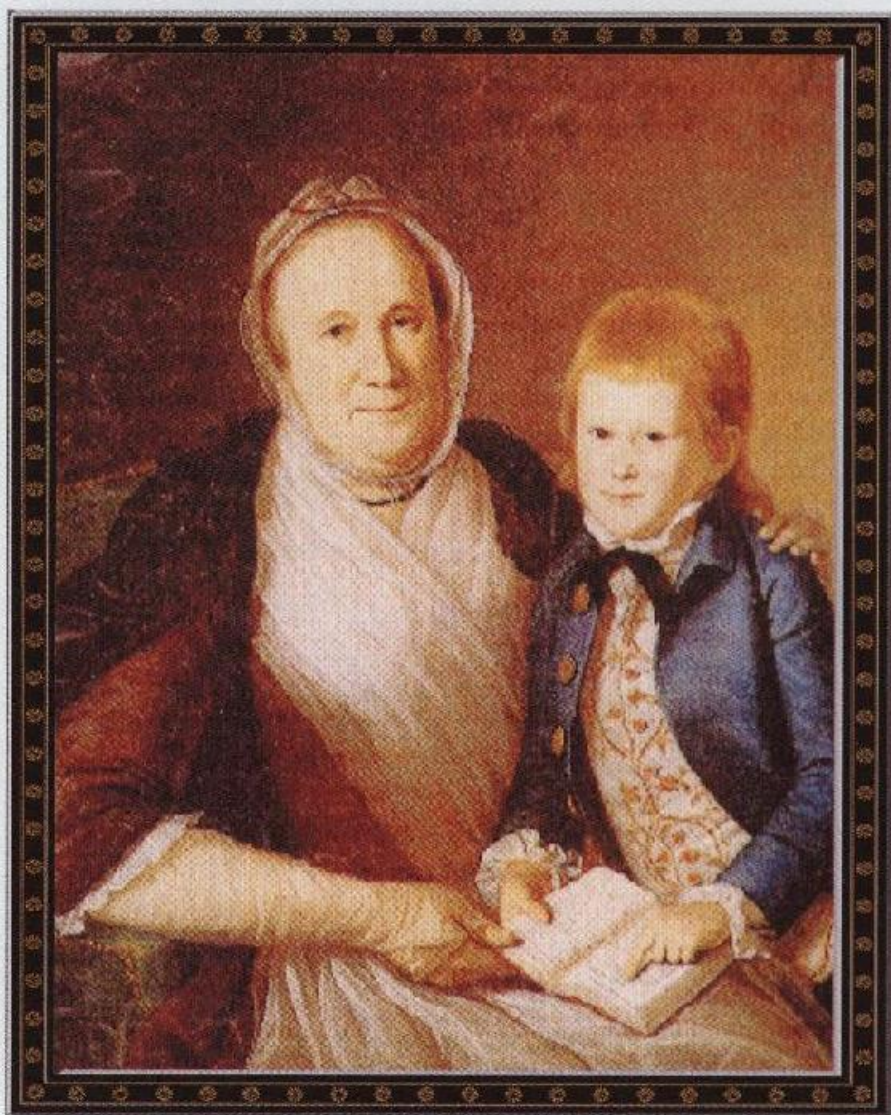
Identity

During the last 20 years, as women have redefined sexual and gender roles, men have, often grudgingly, been forced to reconsider what it means to be a man. We have had our own inadequacies--our isolation, our emotional numbness, our insecurities--thrown up in our face. Not surprisingly, a few of the mildest quotes here are self-deprecating.

*One supposes that it's about time, considering
our need for dominance, and our
wars and violence-mongering both abroad
and in our own homes. A more equitable
and compassionate arrangement between
the sexes is surely in order.*

*But what is the order? If men are not
rewarded for their ability to kill and
conquer, and if women can perform in the
workplace as well as men, what can a man
do that affirms his sense of masculinity.
These are the issues that men face today.
They are difficult and painful--so if your
husband, boyfriend, father, brother or friend
seems to be working on them, grant him
some consideration. Unless you support
him, he is unlikely to keep trying.*





Lessons from Life's Experiences

Difficult Times in Life Can Help Us Grow

*There are times when we can't explain
the difficulties we face,
but one thing is certain:
we all face them at some point.
There are some difficulties
that shape us for a lifetime,
and some that leave us
only momentarily changed.*

*Some of us will search
deep within our souls for answers
we may or may not find.
But in that searching,
we may find that
the difficulties we face
will diminish,
and we can come to accept
not only what we've come through,
but the pain we've experienced,
as well.*

Sherrie L. Householder



The Challenge of Life

No one can determine who I am

But myself

My parents can not

My teachers can not

My friends can not

They can guide me

But in the final analysis

The problem is completely mine

For I have abilities

That are completely unique to me

And the challenge of life

Is for me

To discover them

To develop them

To use them

For then and only then

Will I know

Who I Am

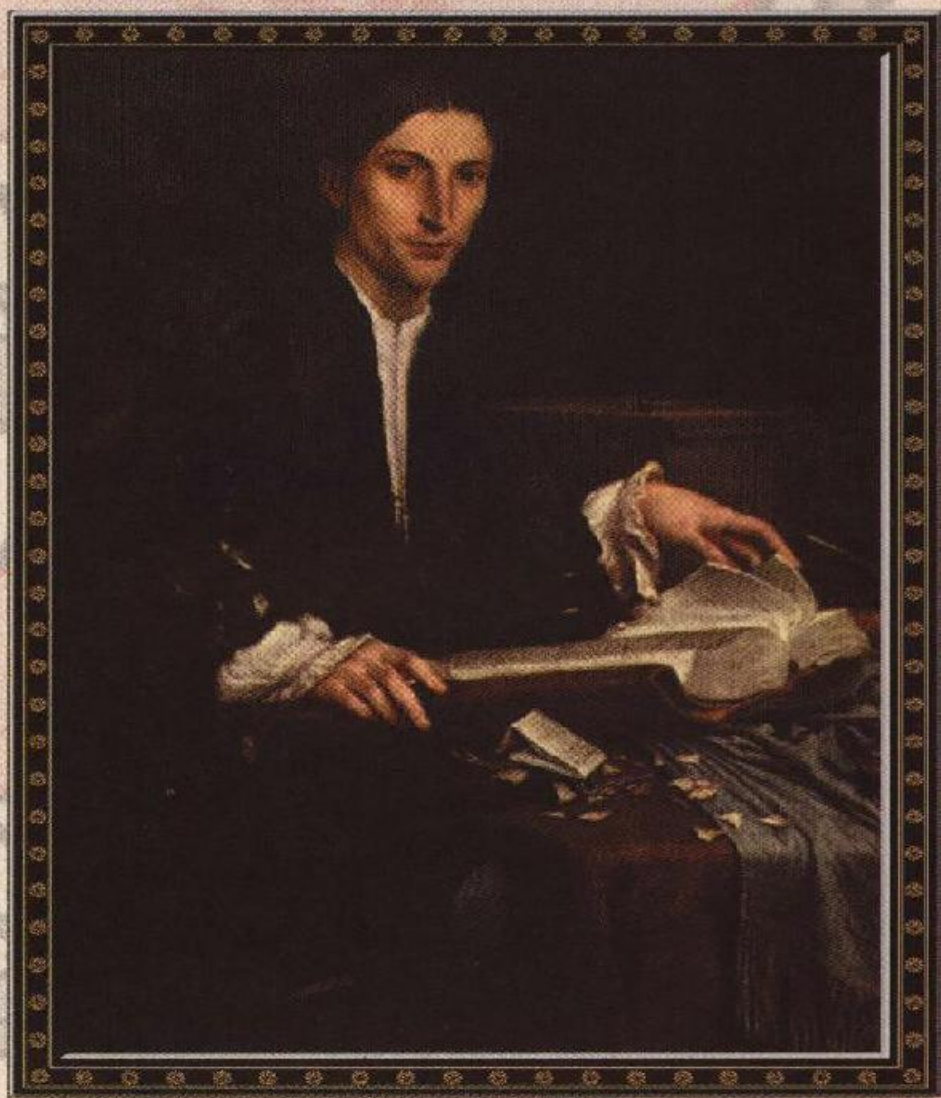
Javan



Live One Day at a Time

*We cannot change the past;
we just need to keep
the good memories
and acquire wisdom
from the mistakes we've made.
We cannot predict the future;
we just need to hope and pray
for the best and what is right,
and believe that's how it will be.
We can live a day at a time,
enjoying the present
and always seeking to become
a more loving and better person.*

Karen Berry



*You Have the Power
to Make Your Life Everything
You Want It to Be*

*This life is yours
Take the power
to choose what you want to do
and do it well
Take the power
to love what you want in life
and love it honestly
Take the power
to walk in the forest
and be a part of nature
Take the power
to control your own life
No one else can do it for you
Nothing is too good for you
You deserve the best
Take the power
to make your life
healthy
exciting
worthwhile
and very happy*

Susan Polis Schutz



Life's Disappointments Always Lead to Better Tomorrows

In life,

*though there may be pain
and sorrow,
along the way also lies
a great happiness.*

*Though your world feels broken,
pick up what's good
and move on,
for somehow your desires
will find fulfillment.*

Remember that

*in the end, the ups and downs
will balance themselves.*

*Cry your tears,
smile your smiles,
but never, never surrender.*

Remember that

*in yourself lies the strength
to believe that your dreams
are always close by,
even when they seem to be
farthest away.*

Linda Principe



*Look to the Future
and Brighter Days Ahead*

*Sometimes it seems like the world
is crumbling around us
and we just can't go on.*

*But those are the times when
we most need to look to the future,
to hold on to our faith and hope
and to each other.*

*One of the hardest things to accept
is the realization that
things that make no sense,
to us now
may never make any sense,
but life will go on anyway--
with no explanations or apologies,
and that we somehow survive
the changes thrust upon us.*

*We even manage to grow...
but nothing grows without rain,
so when it begins to pour,
let it flow.*

*And when the storm has passed,
let it go.*

*Be kind to yourself;
ask for what you need.
You are not alone.*

Kerry McCaskill



A Perfect Day

*When you come to the end of a perfect day
And you sit alone with your thought,
While the chimes ring out with a carol gay
For the joy that the day has brought,
Do you think what the end of a perfect day
Can mean to a tired heart,
When the sun goes down with a flaming ray,
And the dear friends have to part?*

*Well, this is the end of a perfect day,
Near the end of a journey, too;
But it leaves a thought that is big and strong.
With a wish that is kind and true.
For memory has painted this perfect day
With colors that never fade,
And we find, at the end of a perfect day,
The soul of a friend we've made.*

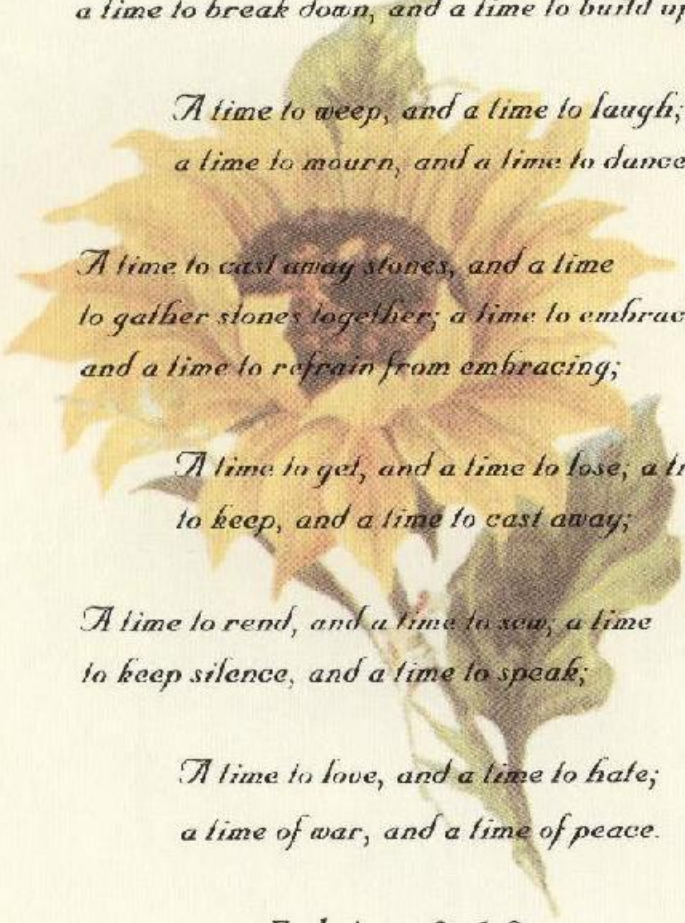
Carrie Jacobs Bond



A Time for Everything

*To everything there is a season, and a time
to every purpose under heaven:*

*A time to be born, and a time to die;
a time to plant, and a time to pluck up
that which is planted;*



*A time to kill, and a time to heal;
a time to break down, and a time to build up;*

*A time to weep, and a time to laugh;
a time to mourn, and a time to dance;*

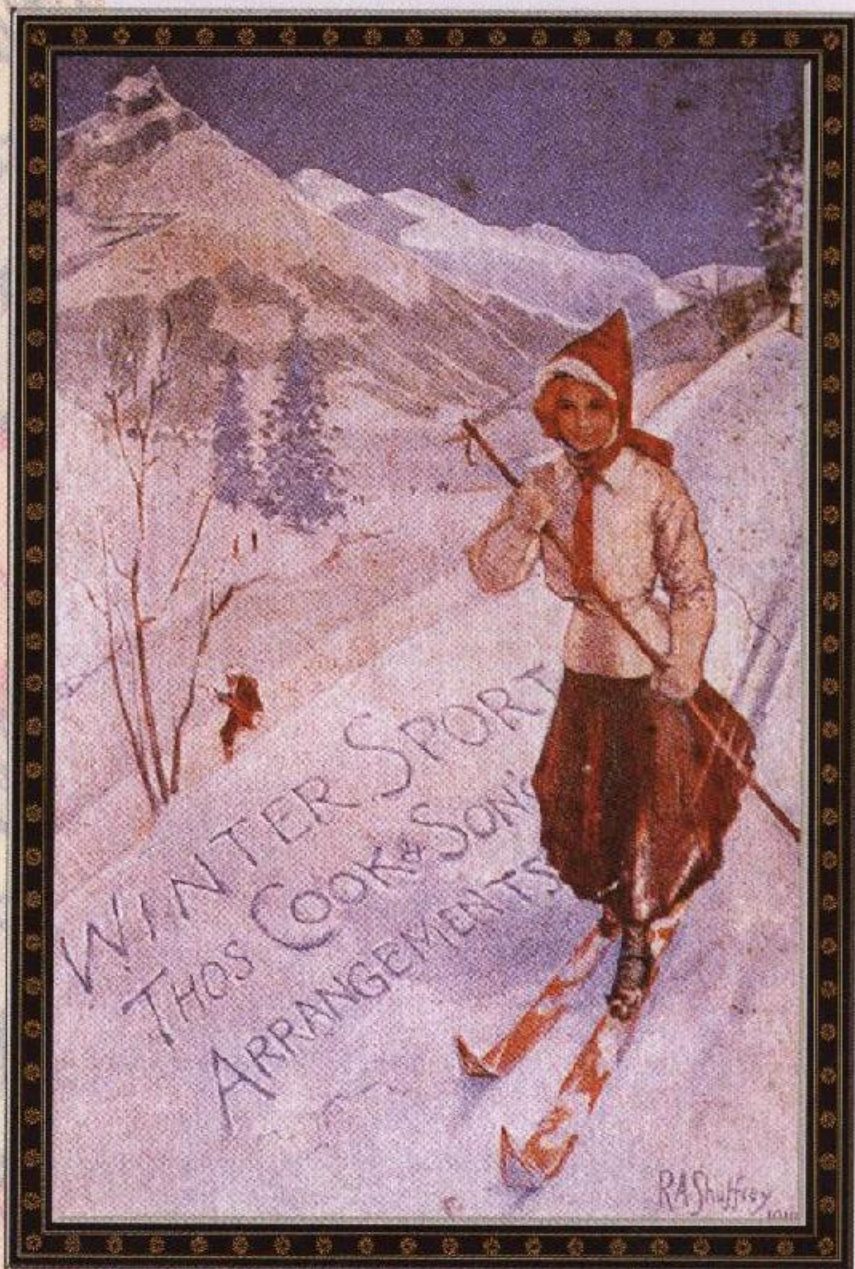
*A time to cast away stones, and a time
to gather stones together; a time to embrace,
and a time to refrain from embracing;*

*A time to get, and a time to lose, a time
to keep, and a time to cast away;*

*A time to rend, and a time to sew, a time
to keep silence, and a time to speak;*

*A time to love, and a time to hate;
a time of war, and a time of peace.*

Ecclesiastes 3: 1-8

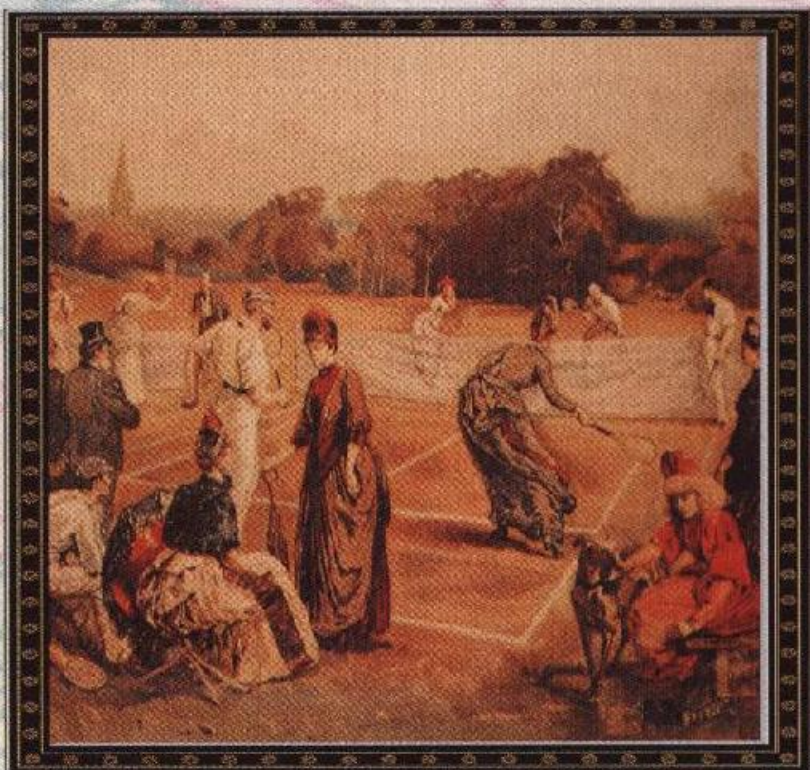


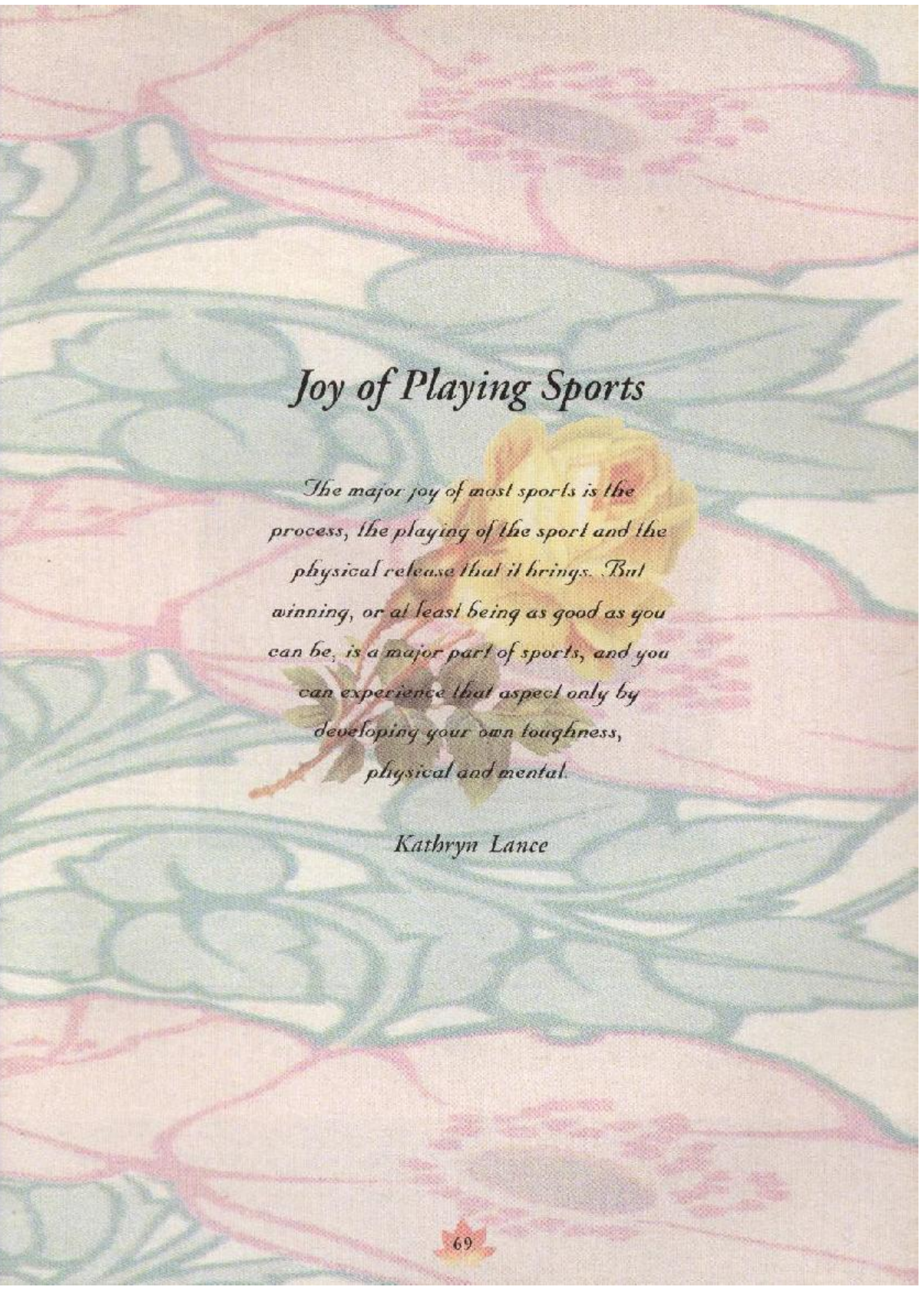
Life Is Like a Sport

*Life is like a sport. Sometime you win, sometime you lose.
The important thing is to learn to manage both...*

*I don't need my happiness, my well-being,
to be based on winning or losing. That part of my life is over.
My life is more vague now. But it's also more
adventurous and mysterious. Each day brings
some little piece of happiness I never allowed myself
to experience when I was playing.*

Chris Evert

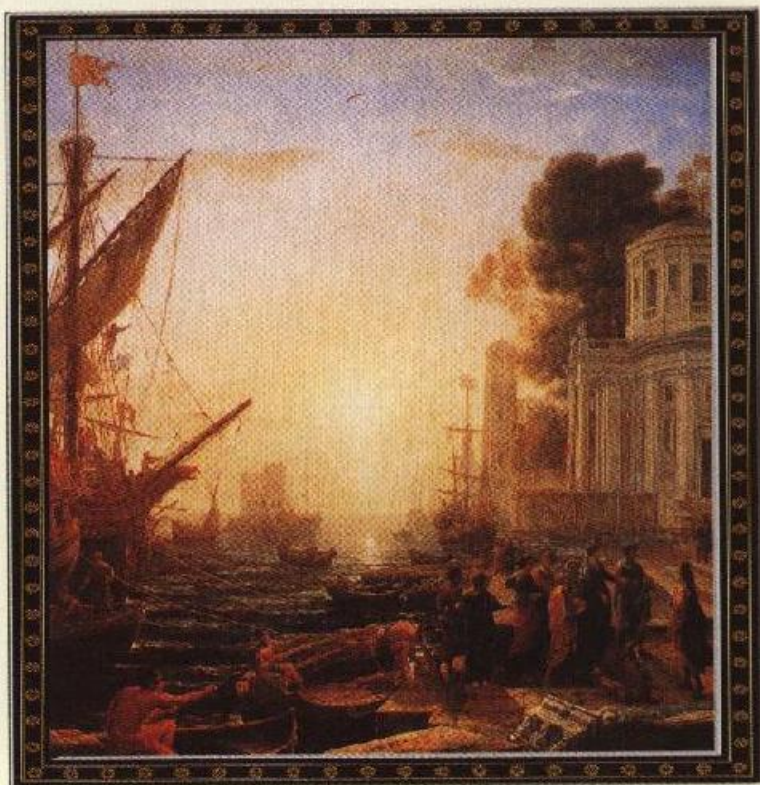




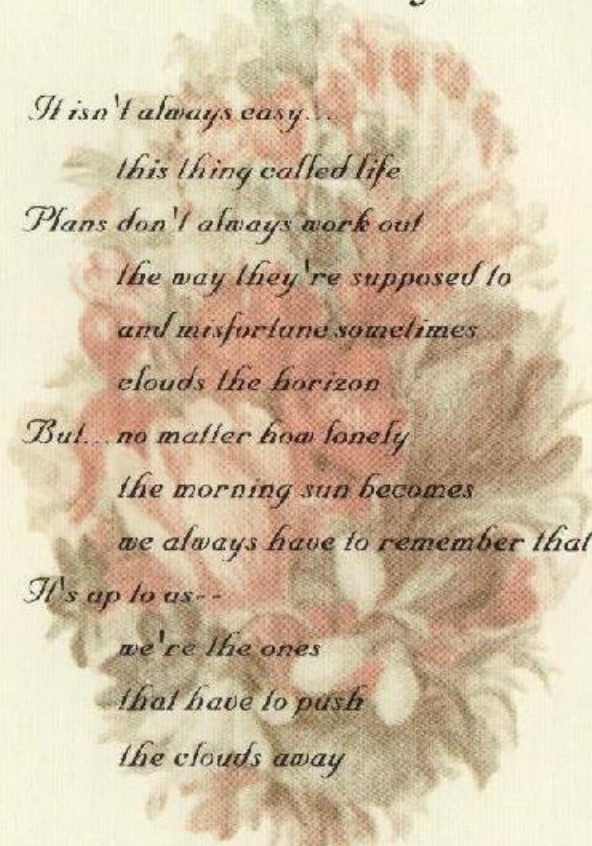
Joy of Playing Sports

The major joy of most sports is the process, the playing of the sport and the physical release that it brings. But winning, or at least being as good as you can be, is a major part of sports, and you can experience that aspect only by developing your own toughness, physical and mental.

Kathryn Lance

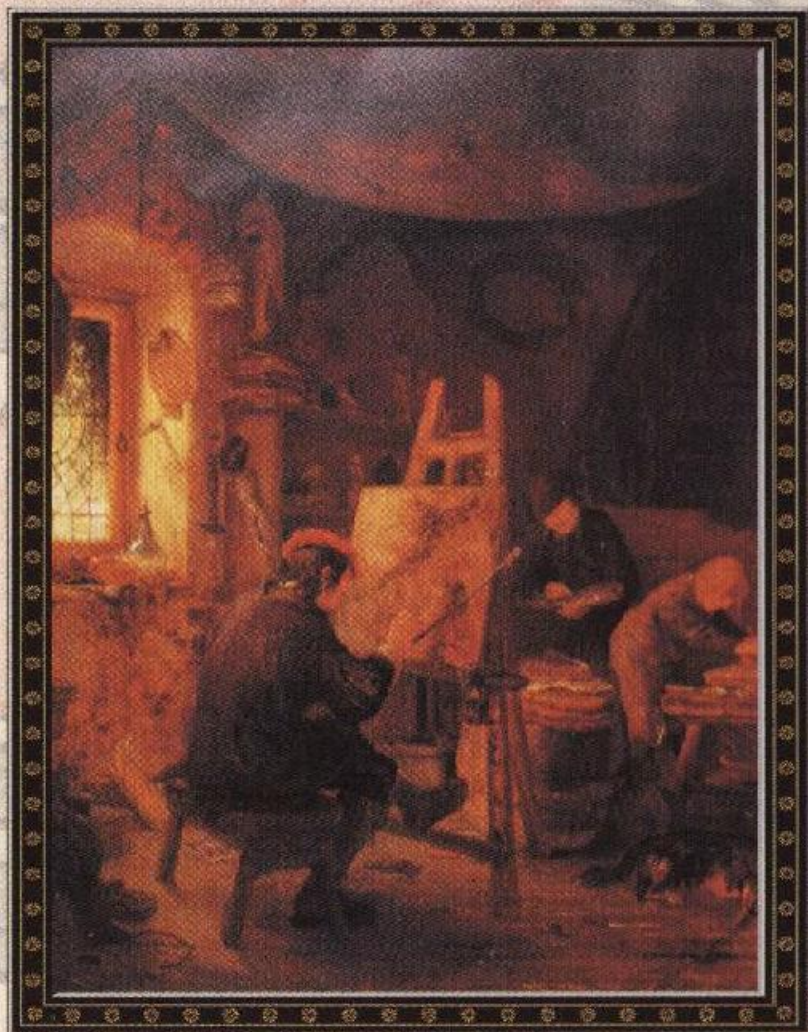


Our Destiny



*It isn't always easy...
this thing called life
Plans don't always work out
the way they're supposed to
and misfortune sometimes
clouds the horizon
But... no matter how lonely
the morning sun becomes
we always have to remember that
It's up to us--
we're the ones
that have to push
the clouds away*

Laine Parsons



Your Vision in Life

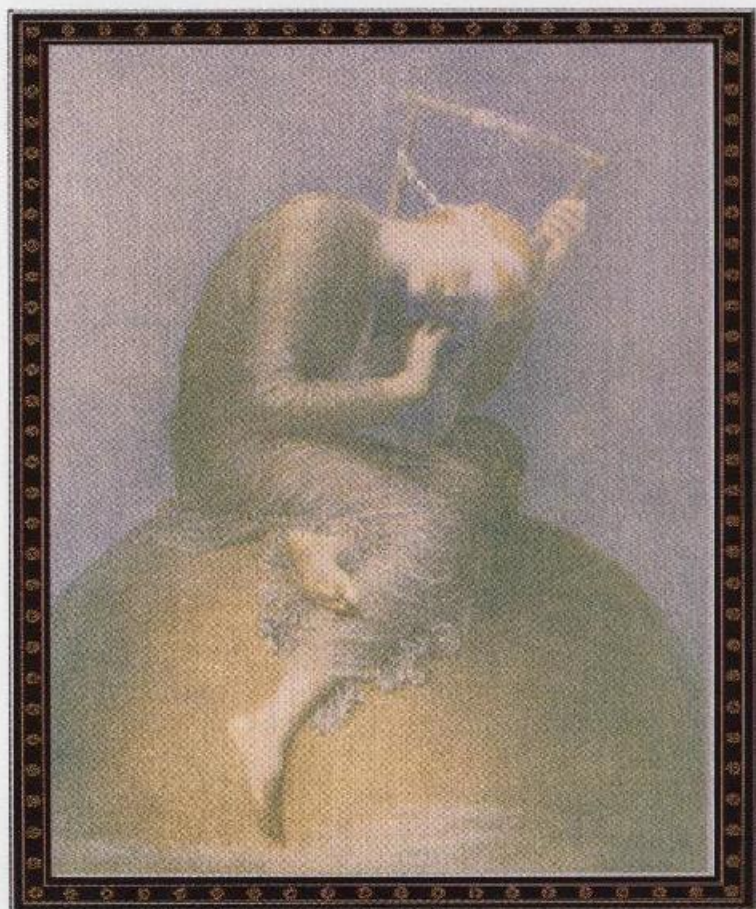
*Always Believe in Yourself
and in Your Dreams*

*In the pursuit of any dream,
there will be moments
when it seems that
the dream is lost.*

*It is then that you must have faith
in the person that you are.*

*Believe that you have
the ability to overcome
any obstacle standing in your way,
and when your dream comes true,
you will realize then
what a stronger person
you have become.*

Lynn Brown



The Real Tragedy

*So often we reach out
And offer that which we have to give
To someone who has no need
Or does not recognize the value of our gift
Thus our gift goes unreceived
Through no fault of our own
And this rejection causes pain*

*But the real tragedy occurs
When someone comes along
Who has a need for
And recognizes the value
Of what we have to give
But because the memory of rejection
Is still fresh on our mind
We are no longer
Reaching out*

Javan



Don't Quit

*When things go wrong, as they sometimes will,
When the road you're trudging seems all up hill,
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit--
Rest if you must, but don't you quit.*

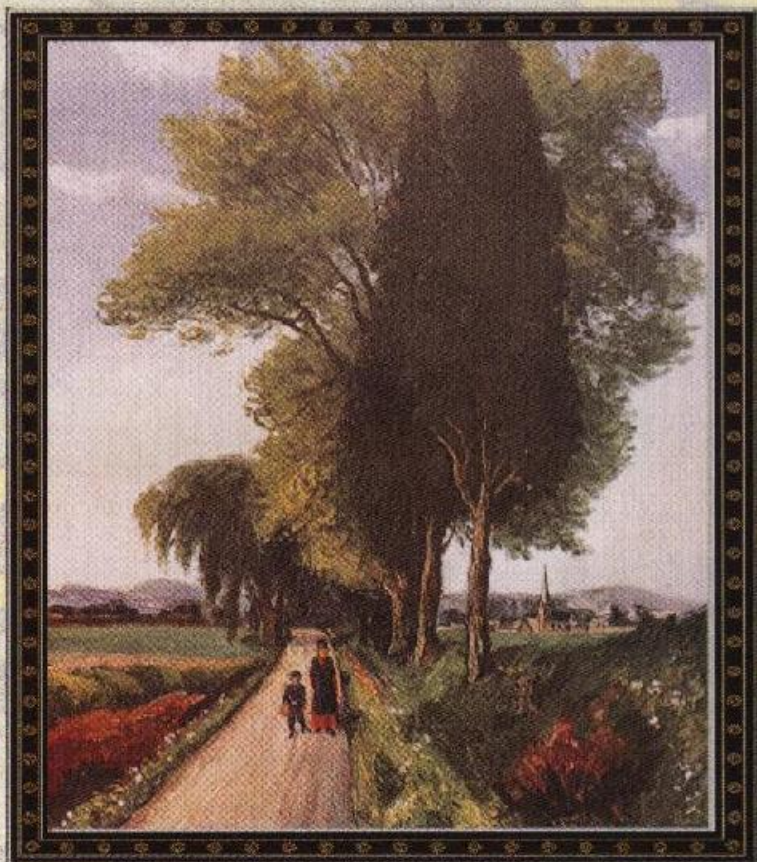
*Life is queer with its twists and turns,
As every one of us sometimes learns,
And many a person turns about
When they might have won had they
stuck it out.*

*Don't give up though the pace seems slow--
You may succeed with another blow.*

*Often the struggle has given up
When he might have captured the
victor's cup;
And he learned too late when the night
came down,
How close he was to the golden crown.*

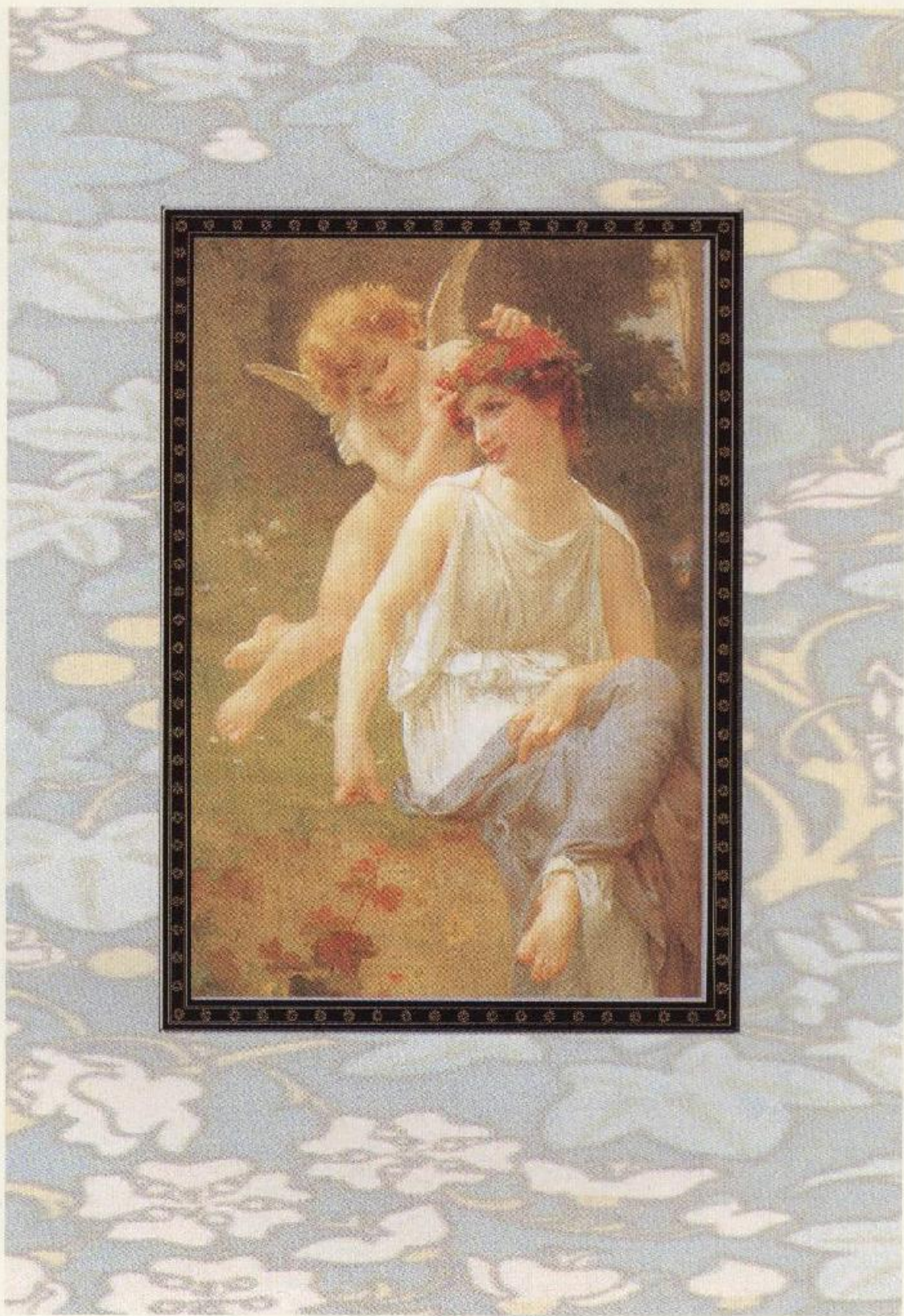
*Success is failure turned inside out--
So stick to the fight when you're
hardest hit,--
It's when things seem worst that
you mustn't quit.*





Creative Person

*That man is creative
Who can take the odds and ends of
an ordinary day
and fashion them into memorable moments
to share with those around him;
who strives, not only to know himself,
but to shape himself
into the best human being he can possibly be;
who can imagine a world that has
never been and believe that his own life
can help make that world a reality.*



How to Take Things in Life

The Serenity Prayer

*God grant me the serenity
to accept the things
I cannot change;
the courage to change
the things I can,
and the wisdom
to know the difference.*

Reinhold Niebuhr



Married Life

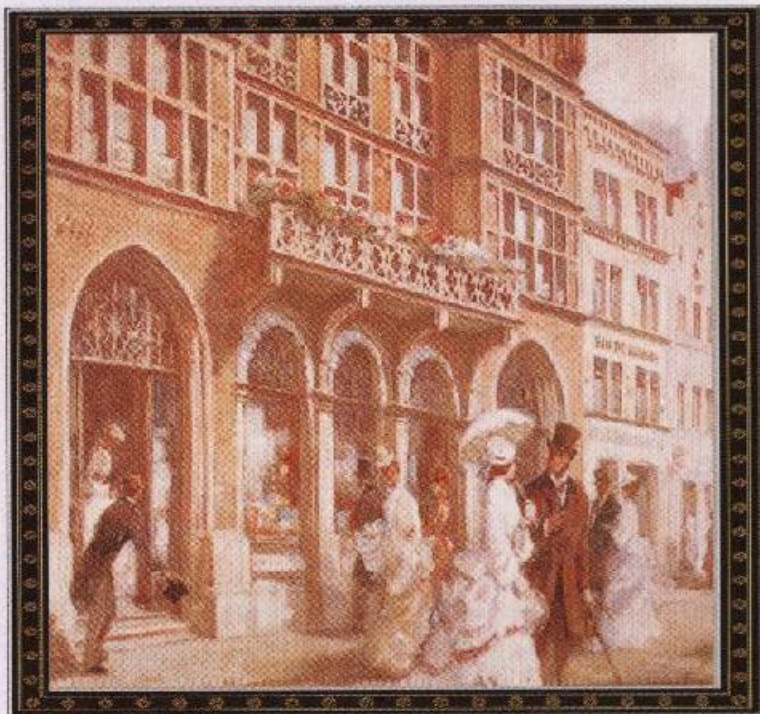




Wedding bells are
ringing out
A message sweet and clear...
May the love you
share today
Grow deeper year by year.

Marriage means interaction and communication
and sharing. If these processes are at a
maximum a couple may be said to be
truly married.

Peterson, 1956



Grow Deeper Year by Year

*You entered my life in a casual way
And saw at a glance what I needed
There were others who passed once or met me
each day*

*But never one of them heeded
Perhaps you were thinking of other folks more
Or chance simply seemed to decree it
I know there were many such chances before
But the others well, they didn't see it.*

*You just said the things that I wish
you would say
And made me believe that you meant it
I held up my head in the old gallant way
And resolved you should never repent it
There are times when encouragement means a lot
And a word is enough to convey it
There were others who could have as easy as not
But just the same they didn't say it.*

*There may have been someone who could have
done more
To help me along though I doubt it
What I needed was cheering and always before
They had let me plod onward without it
You helped to refashion the dreams of my heart
And made me turn eagerly to it
There were others who might have
But after all they didn't do it.*





Quality of Love

Sonnet 116

*Let me not to the marriage of true minds
Admit impediments. Love is not love
Which alters when it alteration finds,
Or bends with the remover to remove:
O, no! it is an ever-fixed mark,
That looks on tempests and is never shaken;
It is the star to every wandering bark,
Whose worth's unknown, although its height be taken.
Love's not Time's fool, though rosy lips and cheeks
Within his bending sickle's compass come;
Love alters not with his brief hours and weeks
But bears it out even to the edge of doom.
If this be error and upon me proved,
I never writ, nor no man ever loved.*

William Shakespeare



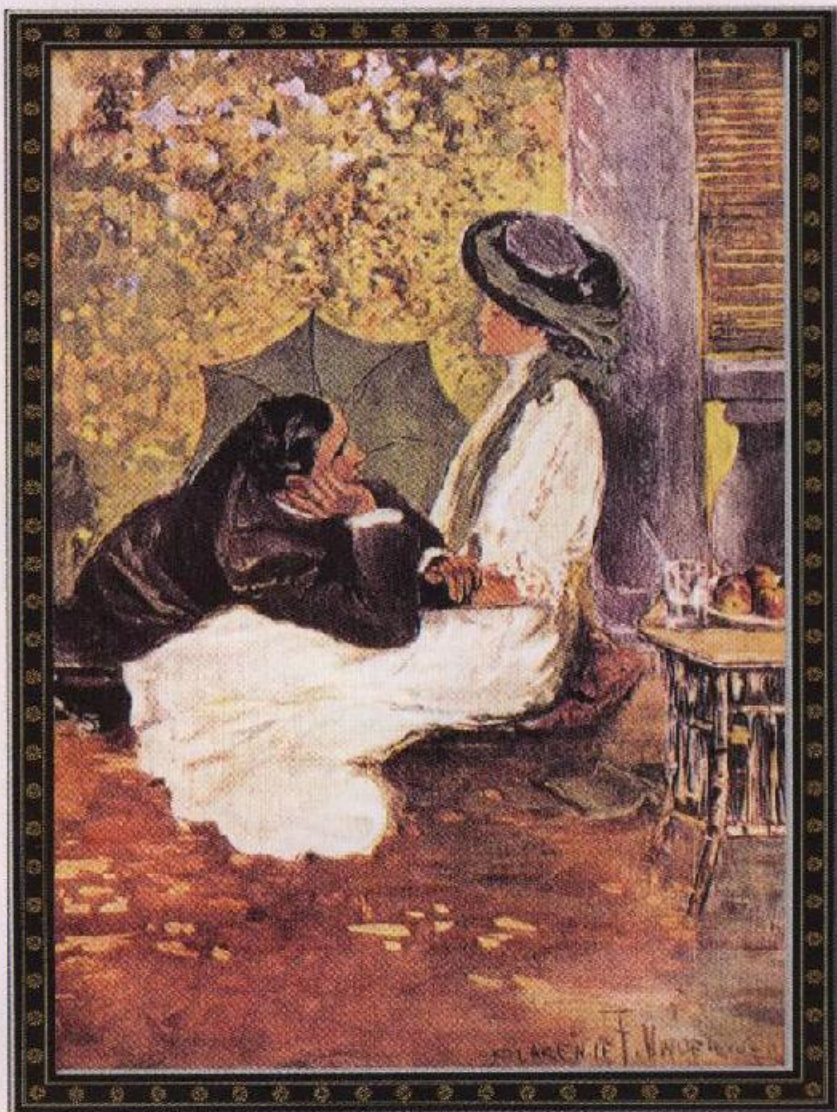


The First Moment in One's Life

Sonnet

*I wish I could remember that first day,
First hour, first moment of your meeting me,
If bright or dim the season, it might be
Summer or winter for aught I can say;
So unrecorded did it slip away,
So blind was I to see and to foresee,
So dull to mark the budding of my tree
That would not blossom yet for many a May.
If only I could revollect it, such
A day of days! I let it come and go
As traceless as a thorn of bygone snow;
It seemed to mean so little, meant so much;
If only now I could recall that touch,
First touch of hand in hand--
Did one but know!*

Christina Rossetti



Love Makes Things Rosy

ROSES AND LOVE

It was not in the winter

Our loving lot was cast!

It was the time of roses,

We plucked them as we passed.

That churlish season never frowned

On early lovers yet!

Oh no--the world was newly crowned

With flowers, when first we met.

'Twas twilight, and I bade you go,

But still you held me fast;

It was the time of roses,

We plucked them as we passed!

What else could peer my glowing cheek

That tears began to stud?

And when I asked the like of Love

You snatched a damask bud,

And oped it to the dainty core

Still glowing to the last:

It was the time of roses,

We plucked them as we passed.

Thomas Hood



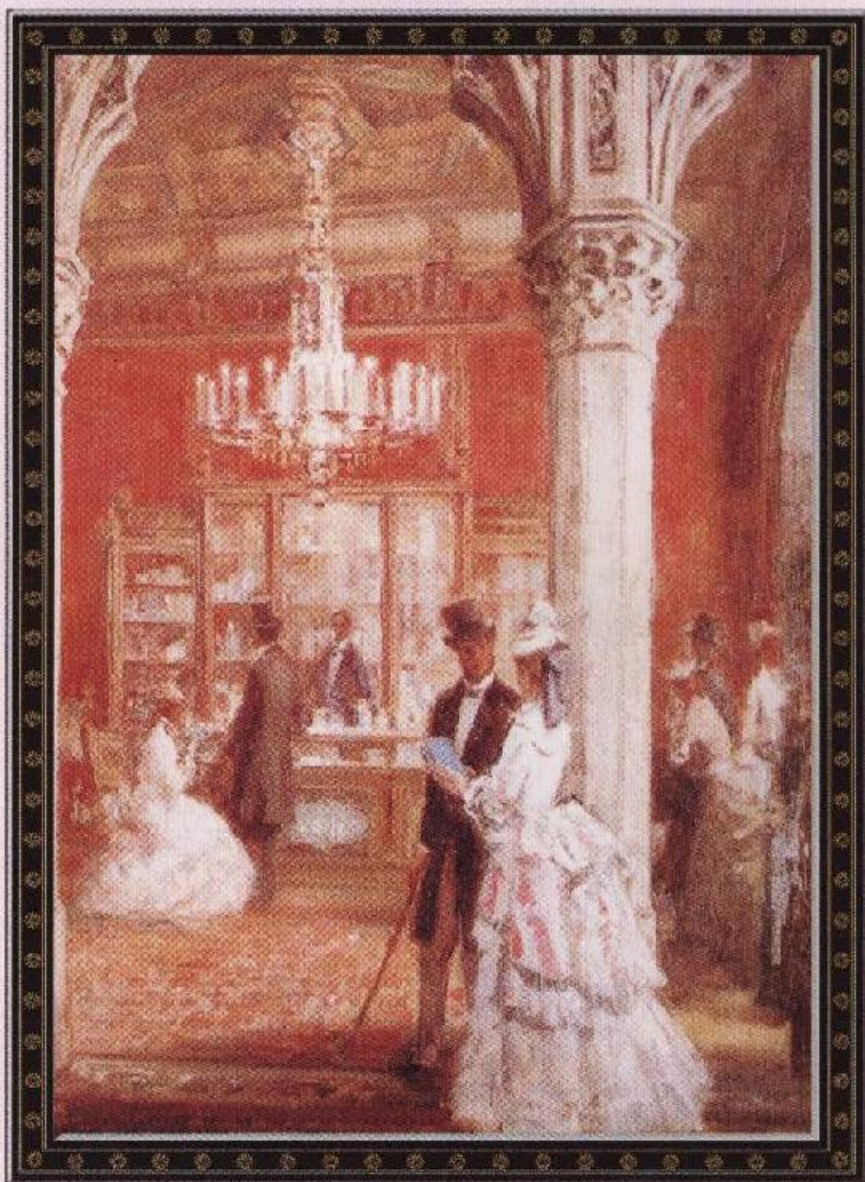
Love Can Do Wonders

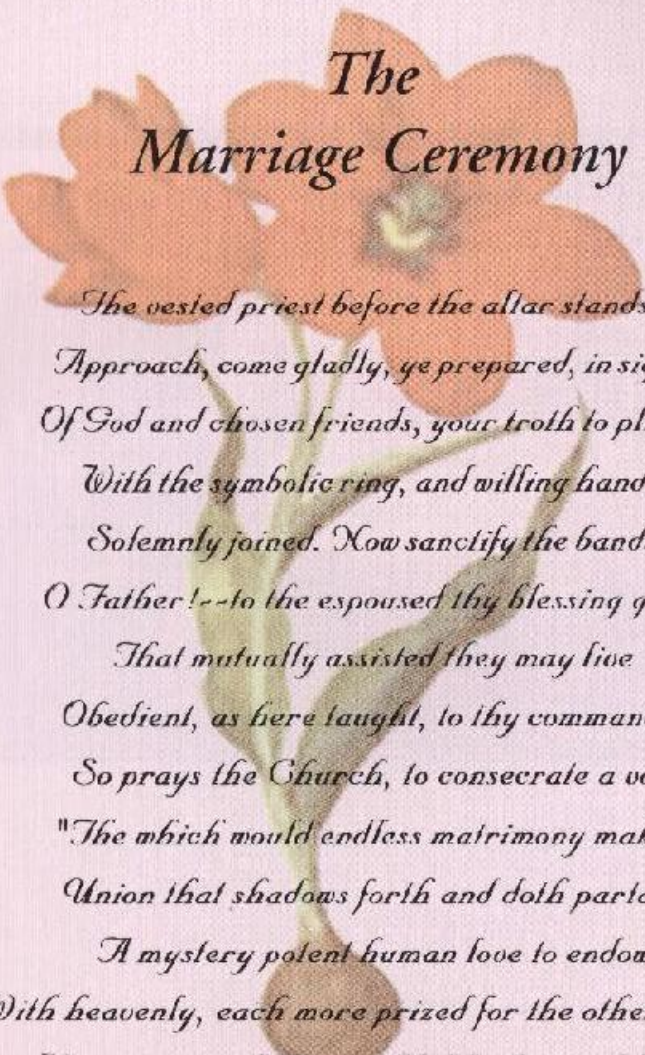
*There is no difficulty that enough love
will not conquer; No disease that enough
love will not heal; No door that enough love
will not open; No gulf that enough love will
not bridge; No wall that enough love will not
throw down; No sin that enough love
will not redeem...*

*It makes no difference how deeply
seated may be the trouble;
How hopeless the outlook; How muddled
the tangle; How great the mistake.
A sufficient realization of love will dissolve
it all... If you only could love enough you
would be the happiest and most powerful
being in the world...*

Emmet Fox



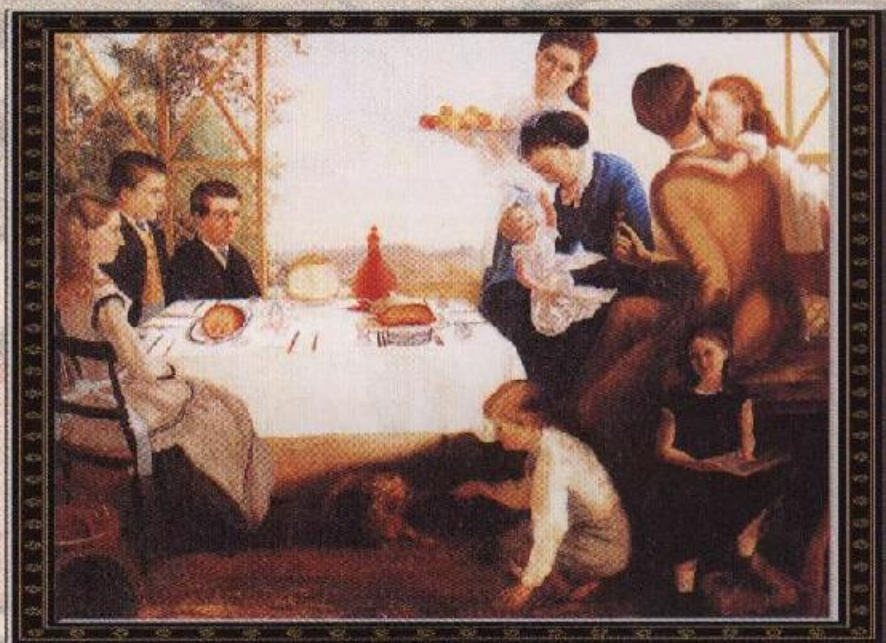




The Marriage Ceremony

*The vested priest before the altar stands:
Approach, come gladly, ye prepared, in sight
Of God and chosen friends, your troth to plight
With the symbolic ring, and willing hands
Solemnly joined. Now sanctify the bands
O Father!--to the espoused thy blessing give.
That mutually assisted they may live
Obedient, as here taught, to thy commands.
So prays the Church, to consecrate a vow
"The which would endless matrimony make";
Union that shadows forth and doth partake
A mystery potent human love to endow
With heavenly, each more prized for the other's sake;
Weep not, meek Bride! Uplift thy timid brow.*

William Wordsworth



Family

*We live in an anxious, troubled world,
a world that, at times, seems to have lost
its standard, standards of dignity
and humanity.*

*But at the very center of the world
stands an institution--the family.
If this institution is lost, then
the world is lost.*

*But as long as there are families who
stand together and work together
in kinship and in love,
there is hope for mankind.*

So I drink to the family !

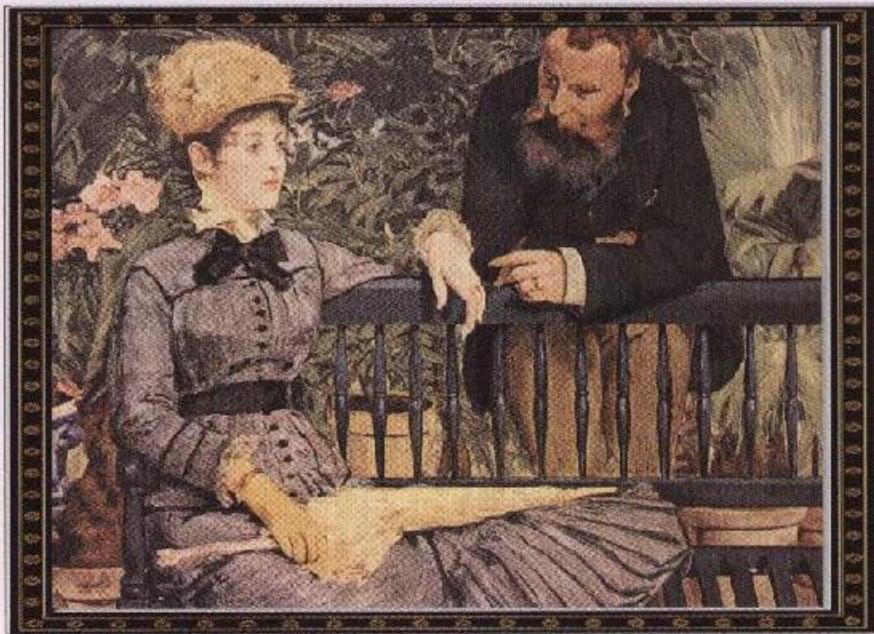




Ten Commandments of Human Relations

1. *Speak to people. There is nothing as nice as a cheerful word of greeting.*
2. *Smile at people. It takes 65 muscles to frown; only 15 to smile.*
3. *Call people by name. The sweetest music to anyone's ears is the sound of his own name.*
4. *Be friendly and helpful. If you would have friends, be friendly.*
5. *Be cordial. Speak and act as if everything you do were a genuine pleasure.*
6. *Be genuinely interested in people. You can like everybody if you try.*
7. *Be generous with praise--cautious with criticism.*
8. *Be considerate with the feelings of others. It will be appreciated.*
9. *Be thoughtful of the opinion of others. There are three sides to a controversy--yours--the other fellow's--and the right one.*
10. *Be alert to give service. What counts most in life is what we do for others.*



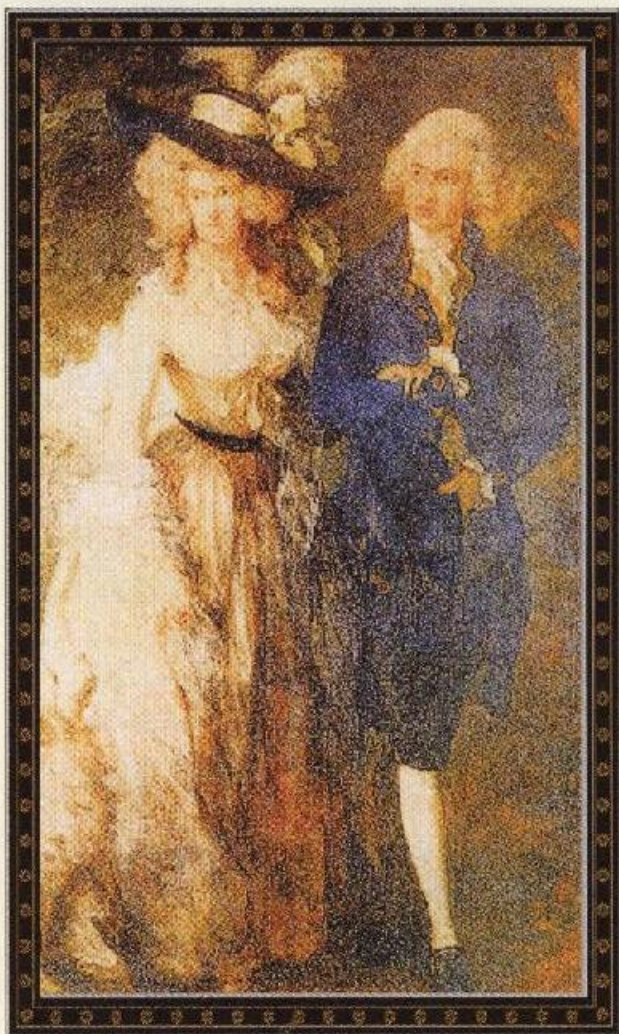


The Essence of Lifelong Friendship

*A lifelong friend
is one who enters your life
at a time when they are needed most.
Though you may not understand it,
there will be an instant bonding
between you and a realization
that this person was brought to you,
not only to fill an emptiness
or assist you in time of need,
but to form an eternal friendship...*

*A lifelong friend
is a friend who knows you like no other,
who is so much a part of you
that distance does not cause separation.
They will hurt when you hurt,
and feel joy when you are joyous.
They know your imperfections
and they accept them as a part of you.
Though they may not
agree with your decisions,
they will support you completely
in everything you do.
They respect you and your right
to make your life what you want it to be.
When all the others have come and gone,
this friend will be with you;
even if your world falls apart,
they will be there to build it back up
better and stronger than before.
This is the essence of lifelong friendship.*

Lisa VanEllen



True Friendship

Friendship is held to be the severest test of character. It is easy, we think, to be loyal to family and clan, whose blood is in our own veins. Love between man and woman is founded on the mating instinct and is not free from desire and self-seeding. But to have a friend, and to be true under any and all trials, is the mark of a man!

*Charles Alexander Eastman,
Santee Sioux*





Peace and Happiness Must Come from Within

*Whatever a person becomes
on the outside
must first be believed
in the heart.*

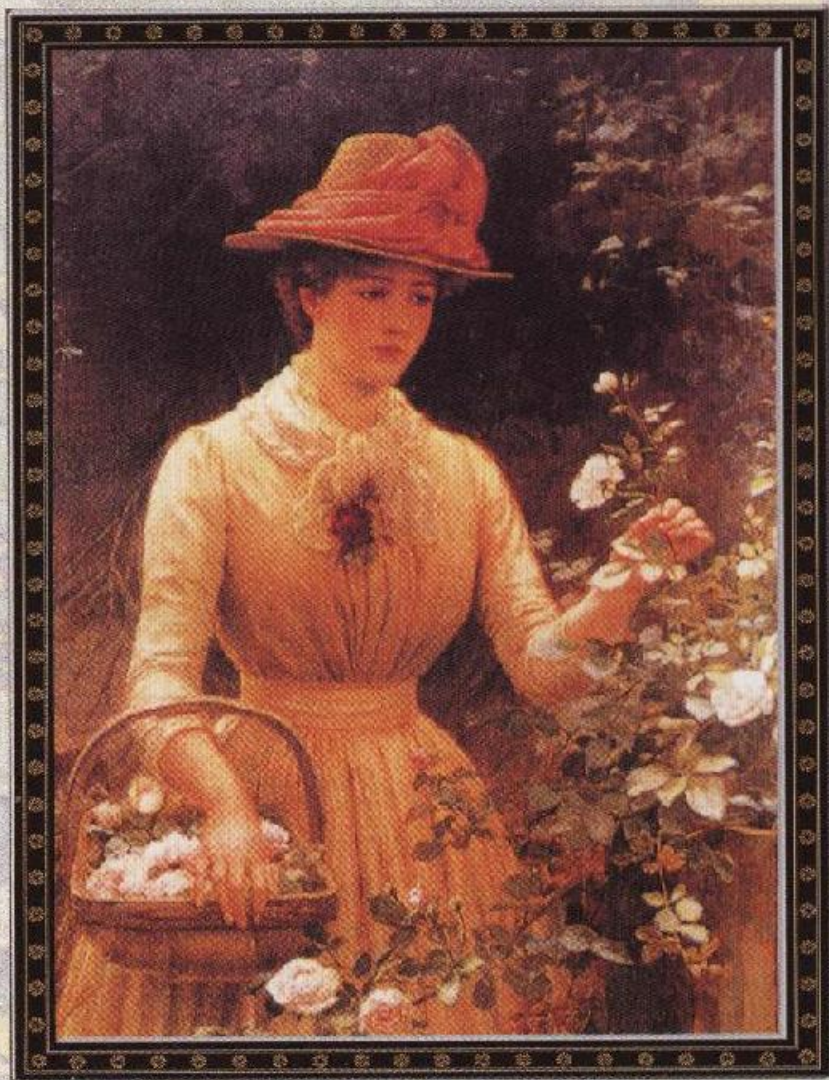
*We all become different people
as we grow older,
with different hopes and dreams,
goals and achievements,
memories and feelings.*

*No one can ever say that, as a person,
they are all they can be,
for it is then that they
have stopped growing from within.*

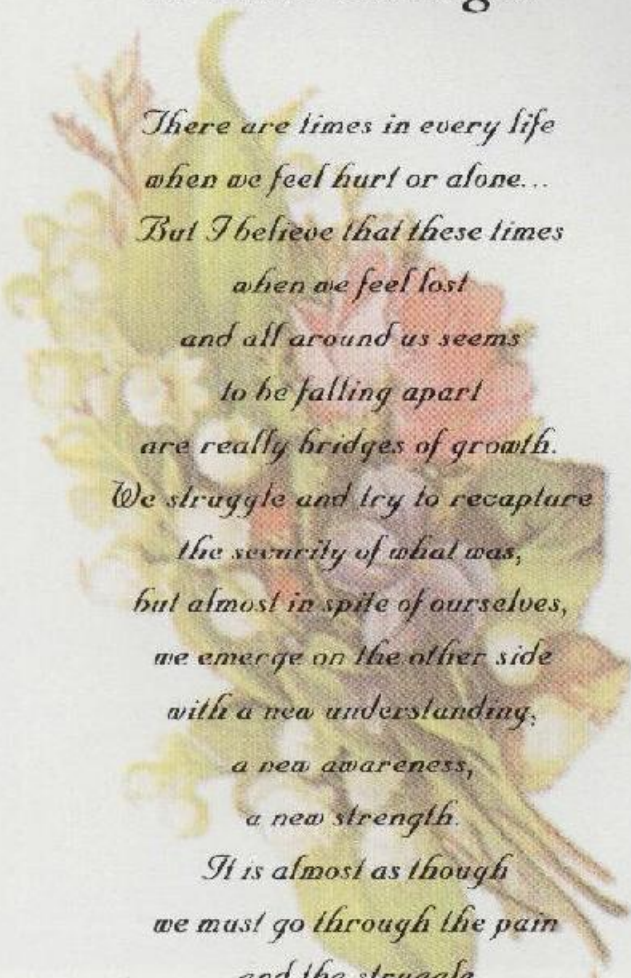
*In a time of new beginnings,
continue to grow, to dream,
and to make new memories.*

*Whatever gives you peace
within yourself
will allow others to see
the special person you truly are.*

Shirley Vander Pol

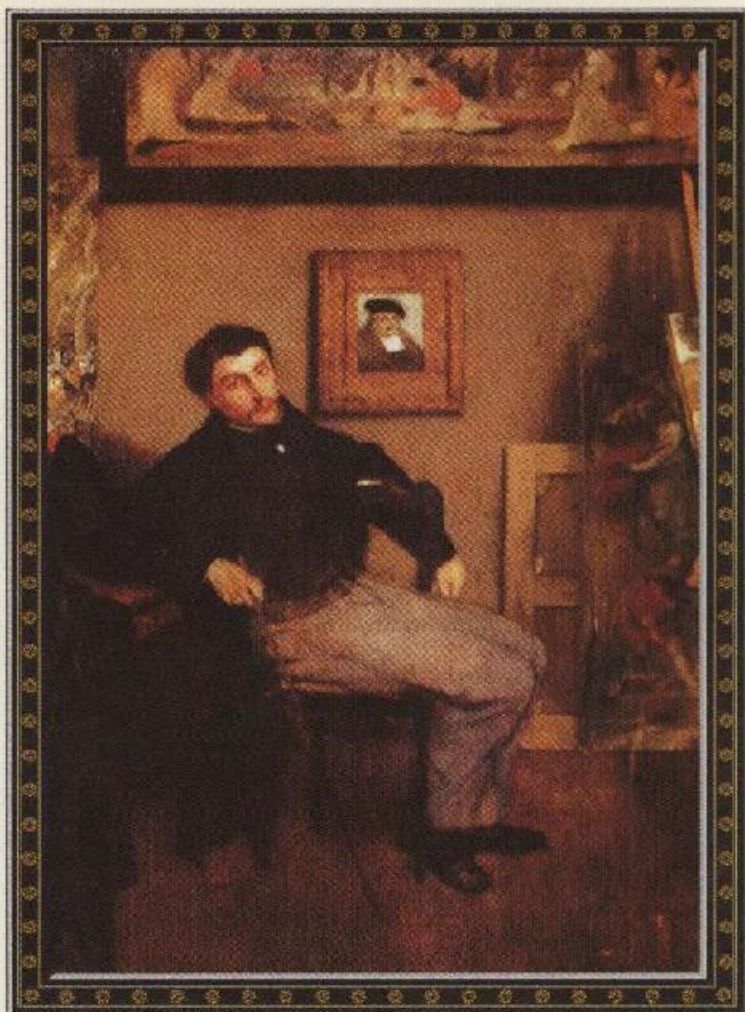


A New Strength



*There are times in every life
when we feel hurt or alone...
But I believe that these times
when we feel lost
and all around us seems
to be falling apart
are really bridges of growth.
We struggle and try to recapture
the security of what was,
but almost in spite of ourselves,
we emerge on the other side
with a new understanding,
a new awareness,
a new strength.
It is almost as though
we must go through the pain
and the struggle
in order to grow
and reach new heights.*

Sue Mitchell



My Imagination

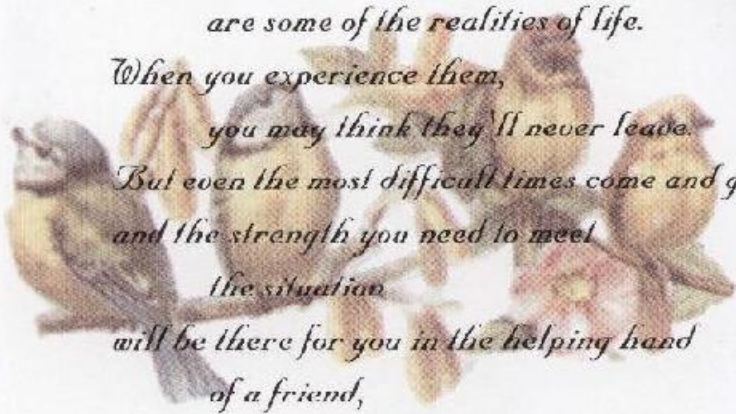
*There is no one
Who can hurt me
Like myself
For I can take a simple statement
And twist it around in my mind
Till my body trembles with pain
And I wonder how anyone
Could be so cruel
To say such a thing*

*Yes, given enough time
My imagination
Can make the proverbial mountain
Out of a molehill*

Javan



Someone Is Always There for You



*Stressful situations and trying times
are some of the realities of life.
When you experience them,
you may think they'll never leave.
But even the most difficult times come and go,
and the strength you need to meet
the situation
will be there for you in the helping hand
of a friend,
in the compassion of a loved one
who cares,
and in the listening ear of someone who knows
what you're going through.
All you have to do is look up and reach out,
and someone will be there
to share your troubles.*

Linda E. Knight



Work and Play

Work--what we do when we leave our homes each morning--is for many of us men the defining factor in our lives. Much of our self-esteem--whatever the roles we play as husbands and fathers--derives from our jobs and the status, power and prestige we find at work. And when the 9 to 5 workday produces drudgery and disappointment, we take refuge in our leisure, and especially in our sports. Many women express frustration at men's devotion to football, baseball, basketball, hockey or whatever competition that happens to flicker across the television. But we men find some measure of peace and, as some of the quotes reveal, meaning in these "meaningless" diversions.





Only You Know What Is Best for You

*You cannot listen to what others
want you to do*

*You must listen to yourself
Society family friends do not know
what you must do*

*Only you know and only you can do
what is right for you*

So start right now

*You will need to work very hard
You will need to overcome
many obstacles*

*You will need to go against the better
judgment of many people and you
will need to bypass their prejudices*

*But you can have whatever you want
if you try hard enough*

*So start right now and you will live
a life designed by you and for you
and you will love your life.*

Susan Polis Schutz



One Day at a Time

*Bridges can be built,
one day at a time.*

*Forgiveness can be felt,
one day at a time.*

*Balance can be achieved,
one day at a time.*

*Dreams can be believed,
lost smiles can be found,
and your most meaningful
plans can succeed.*

*New horizons can be reached,
one day at a time.*

*The journey inward can be complete,
one day at a time.*

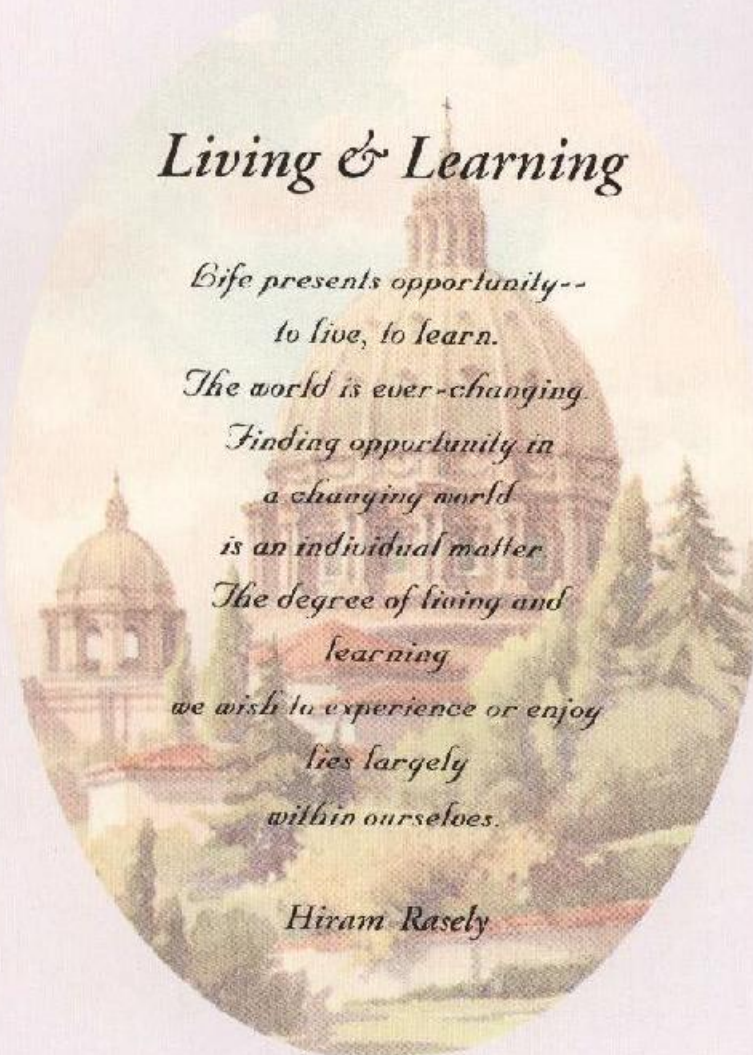
*Spiritual meaning can be your guide,
one day at a time.*

*Health, healing, and
happiness thrive...*

one day at a time.

Alin Austin





Living & Learning

*Life presents opportunity--
to live, to learn.*

*The world is ever-changing
Finding opportunity in
a changing world
is an individual matter.*

*The degree of living and
learning
we wish to experience or enjoy
lies largely
within ourselves.*

Hiram Rasely





Old Age





What does growing old mean?
Is our life a gradual death?
Life is an unstable system in which
balance is continually lost and
continually recovered: it is inertia that is
synonymous with death.

Simone de Beauvoir, 1972

If you have enjoyed living, you shall
also enjoy dying. Isn't death just
another way of being?



Old Age

*When you are old and gray and full of sleep,
And nodding by the fire, take down this book,
And slowly read, and dream of the soft look
Your eyes had once, and of their shadows deep;*

*How many loved your moments of glad grace,
And loved your beauty with love false or true,
But one man loved the pilgrim soul in you,
And loved the sorrows of your changing face;*

*And bending down beside the glowing bars,
Murmur, a little sadly, how Love fled
And paced upon the mountains overhead
And hid his face amid a crowd of stars.*

W.B. Yeats



Growing Old

*Old age has a way of sneaking up on man,
To no one is it different, it's just the way God planned.
Your hair, it turns to silver, your teeth are trimmed with gold.*

*But do not be disheartened friend, it's all in growing old.
Your eyes are using glasses that rest upon your nose.
Your legs are getting shaky from your hips right to your toes.*

*Your ears still look the same though, they haven't changed a bit.
Hearing is simply wonderful if the battery doesn't quit.
I do not wish to criticize, it's all been said in fun.
It's just something that happens, to each and everyone.*

Phyllis Schultz



Old Parents

*For reasons we could not control
This home has now become our home,
We may not live amongst our own
We who are blind and aged grown.*

*Our children must their own lives lead,
Their own tasks do; their own times need.
Here we live in calm and rest,
Indeed, for us, this is the best.*

*To God nor man bemoan our fate
But join in friendship; cast out hate.
Let peaceful living be our goal
As befits a human soul.*

*... translated by
Shura Saul*



In the End

*In the end you are all alone
And only yourself is with you
And what once you had given is nothing--
Only what you give now.*

*In the end, if you've lived alone,
And your spirit is hungry and thirsty
You will find there is little to feed
The soul that is left in need.*

*In the end, if you've lived with loving
And your heart has not been cheated--
Then when you're all alone perhaps
Then you'll not be depleted.*

Shura Saul



The End of Life

Would that I were a dry well,
so people might throw stones into
my depths. For it is better to be
an empty well than a spring of
pure water untouched by thirsty lips.





The End of Life

*When I am dead, my dearest,
Sing no sad songs for me;
Plant thou no roses at my head,
Nor shady cypress tree:
Be the green grass above me
With showers and dewdrops wet:
And if thou wilt, remember,
And if thou wilt, forget.*

*I shall not see the shadows,
I shall not feel the rain:
I shall not hear the nightingale
Sing on as if in pain:
And dreaming through the twilight
That both not rise nor set,
Happy I may remember,
And happy may forget.*

Christina Rossetti



The Poem I Never Wrote

*You know how life is full of intentions,
And how your doings you'd like to emote.*

*I always meant to write my poem,
So here's the poem I never wrote.*

*Youthful times are so full of busy,
And often our thoughts are remote.*

*When I ponder back I regret,
So here's the poem I never wrote.*

*Let us not forget our dreams of delight,
On that remembrance I'd like to gloat.*

*I never found time to hold the pen,
So here's the poem I never wrote.*

*There comes the time of life and labour,
And our loads just too heavy to tote.*

*I had it in my mind to write,
So here's the poem I never wrote.*

*When we gaze to the heavens in wonder,
And let our wondering minds float.*

*I never did put my thoughts to paper,
So here's the poem I never wrote.*

Peter Fifield



Acknowledgments

This work is the fruit of synergy and I have to give full credit to the persons concerned.

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I am also grateful to the artist and typist who gave the final touch to the book.

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