

If you have integrity,
nothing else matters.
If you don't have integrity,
nothing else matters.

Alan Simpson 3a

All life is interrelated. We are all caught in an inescapable network of mutuality, tied into a single garment of destiny. What affects one directly, affects all indirectly. Martin Luther King, Jr

There are two ways to live your life: One is as though nothing is a miracle. The other is as though everything is a miracle. Albert Einstein 3b

God does not comfort us to make us comfortable, but to make us comforters. John Henry Jarrett

When we see God in each other, then we shall have peace. Mother Teresa

Wisdom is often nearer when we stoop than when we soar. William Wordsworth 3c

Compassion and nonviolence help us to see the opponent's point of view, to hear his questions, to know her assessment of ourselves. For from their view we may indeed see the basic weaknesses of our own condition, and if we are mature, we may learn and grow and profit from the wisdom of those who are called the opposition.

Martin Luther King, Jr. 3f

As you come to know the seriousness of our situation – war, racism, poverty – you come to realize it is not going to change just by words. It's a question of risking; of living your life in drastically different ways. Dorothy Day

Life shrinks or expands according to one's courage. Anais Nin 3e

Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. So throw off the bowlines. Sail from the safe harbor. Catch the wind in your sails. Explore. Dream. Discover. Mark Twain

Life loves to be taken by the lapel and be told: "I am with you, kid. Let's go!" Maya Angelou 3f

There is no greater illusion than fear, no greater misfortune than having an enemy.

Whoever can see through all fear will always be safe.... In leading, don't try to force issues or defeat enemies....

For every force there is a counterforce. Violence, even well-intentioned, always rebounds upon oneself. Lao Tsu (46, 30) 3g

Hope has two beautiful daughters. Their names are anger and courage; anger at the way things are, and courage to see that they do not remain the way they are. Augustine

There are two ways of spreading light, to be the candle, or the mirror that reflects it. Edith Wharton 3h

If we learn to open our hearts, anyone, including those who drive us crazy, can be our teacher. Pema Chodron

The one who angers you, conquers you. Sister Elizabeth Kenny

My life has been filled with terrible misfortunes, most of which never happened. Mark Twain 3i

A servant church has as its priority solidarity with the poor. Claudio Hummes

A nation's advance to civilization can be told by its treatment of the poor. Thomas Jefferson

If our goods are not available to the community they are stolen goods. Luther

I believe that as long as there is plenty, poverty is evil. Robert Kennedy
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Every day surmount one fear. MLK

All that irritates us about others can lead us to greater understanding about ourselves.

William James

Reject your sense of injury and the injury disappears. Aurelius

The best way out is always through.

Robert Frost

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Forgiveness simply means never putting another person out of our heart. Jack Kornfield

He who laughs, lasts. M.P.Poole

Alone we can do little, together we can do so much. Helen Keller

"I believe in solidarity, not charity. Galeano

Progress, not perfection. AA saying

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I became more courageous by doing the things I needed to be courageous for – first, a little, and badly. Then, bit by bit, more and better. **Audre Lorde**

Doing the best at this moment puts you in the best place for the next moment. **Oprah Winfrey**

You can spend your life any way you want, to but you can only spend it once. **Dwight Thompson**

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Sometimes, the only realists are the dreamers. **Paul Wellstone**

Every great dream begins with dreamers. Always remember, you have within you the strength, the patience, and the passion to reach for the stars. To change the world! **Harriet Tubman**

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The beginning of love for our brothers and sisters is learning to listen to them.

Dietrich Bonhoeffer

“Pardon me,” said the monkey as he placed the protesting fish on the branch of a tree.

“I am only saving you from drowning.”

as told by **Anthony de Mello**

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Nothing is too much trouble for love.

Desmond Tutu

Correct error and the path of error is the path of truth.

Reichenbach

Difficult times show how rich and beautiful life is, and that so many worries are of no importance whatever. **Isak Dinesen**

Fall seven times. Stand up eight. **Japanese proverb**

Nothing is more beautiful or powerful than a person acting from conscience, helping bring the collective conscience to life. **Norman Cousins**

To save one life, it is as if you had saved the world. **The Talmud**

One's life has value so long as one attributes value to the life of others, by means of love, friendship, indignation, compassion. **Simone de Beauvoir**

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Security is mostly a superstition. Life is either a daring adventure, or it is nothing. **Helen Keller**

Life engenders life. It is by spending oneself that one becomes rich. **Sara Bernhardt**

What will you do with your one wild and precious life? **Mary Oliver**

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Fearful as reality is, it is less fearful than evasions of reality. **Caitlin Thomas**

Finding out the truth is not so hard. What is hard is not running away from the truth once one has found it. **Etienne Gilson**

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When I accept others as they are, they can change. When I accept myself as I am I can change. **Carl Rogers**

The most important trip you may take in life is meeting people half way. **Henry Boyle**

Others are not against you. They're merely for themselves.

Gene Fowler

Try to get even only with those who have shown kindness and generosity. **Anon.**

Another world is not only possible, she is on her way. On a quiet day, I can hear her breathing. **Arundhati Roy**

Mankind can get out of violence only through nonviolence. Hatred can be overcome only by love. Counter-hatred only increases the surface as well as the depth of hatred. **Gandhi**

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If you ever think you're too small to be effective, you've never been in bed with a mosquito!

Wendy Lesko

The most common way people give up their power is by thinking they don't have any. **Alice Walker**

The beginning is always today **Mary Wollstonecraft**

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The best way to find yourself is to lose yourself in the service of others. **Gandhi**

Earthly possessions dazzle our eyes and delude us into thinking that they can provide security and freedom from anxiety. Yet all the time they are the very source of anxiety. **Dietrich Bonhoeffer**

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I had the blues because I had no shoes, until upon the street, I met a man who had no feet.

Dennis Waitely

The more we have the less we own.

Meister Eckhart

We are made loveless by our possessions.

Elizabeth of Thuringia

My dog and cat offer a great lesson: shed a lot. **Susan Scott**