

Quotes

Compilation by Rob Stall MD

"Coincidence is God's way of remaining anonymous." Einstein (from TV show House, 2/16/09)

"Your vocation is the place where your deep gladness meets the world's great hunger." from Frederick Buechner (from Nancy Marks' email signature 5/1/09)

"Do not go where the path may lead, go instead where there is no path and leave a trail." Ralph Waldo Emerson (from Janice's email signature 6/24/09)

"Nothing happens unless first a dream." (from Carl Sandburg's "Washington Monument by Night" in <http://www.thedreamsmovie.com/> 6/24/09)

"Let noble thoughts come to us from all sides" - Rig Veda, 1:89 (from Sriram "SRI" Vilayanoor's email signature 7/13/09)

"When I hear music, I fear no danger. I am invulnerable. I see no foe. I am related to the earliest times, and to the latest." Henry David Thoreau (morning of Memory Walk 9/19/09)

"A hundred times a day I remind myself that my inner and outer life depends on the labor of other [people], living and dead, and that I must exert myself in order to give in the same measure as I have received and am still receiving. I am strongly drawn to the simple life and am often oppressed by the feeling that I am engrossing an unnecessary amount of the labor of my fellow [people]. I regard class differences as contrary to justice and, in the last resort, based on force. I also consider that plain living is good for everybody, physically and mentally." Albert Einstein (morning of Memory Walk 9/19/09, 3 days after Kofi Annan UB talk 9/16/09)

"In the 21st century, I believe the mission of the United Nations will be defined by a new, more profound awareness of the sanctity and dignity

of every human life, regardless of race or religion." Kofi Annan (morning of Memory Walk 9/19/09, 3 days after Kofi Annan UB talk 9/16/09)

"God grant me the serenity to accept the people I cannot change, the courage to change the one I can, and the wisdom to know it's me". ~Author unknown, variation of an excerpt from "The Serenity Prayer" by Reinhold Neibuhr (email from Janice Goldmintz 11/29/09)

"The first measure of a free society is not that its government performs the will of the majority. We had that in 1930s Germany and in the South until the '60s. The first measure of a free society is that its government protects the just freedoms of its minorities. The majority is quite capable of protecting itself." Jim Warren (from Imam Mangera re: Swiss banning minarets 12/1/09)

"The test of courage comes when we in the minority. The test of tolerance comes when we are in the majority." Ralph W. Sockman (from Imam Mangera re: Swiss banning minarets 12/1/09)

"There will be no victory of light over darkness as long as we do not recognize the simple truth, that instead of fighting the darkness, we must intensify the light." - A.D.Gordon (1856-1922) (email from Libby & Len Traubman 12/21/09)

"A truth does not become greater by repetition." – Maimonides (1135-1204) (Google alert from blog <http://quotations.clubandhra.com/a-truth-does-not-become-greater-by-repetition-maimonides-1135-1204-quote-3/> 5/9/10)

4/10/11
William Butler Yeats "Education is not the filling of a pot, but the lighting of a fire."

4/12/11
Brian Stall "I am a leaf on the river of life"

Rob's version "I am but a bubble on the river of life"

7/6/11
Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma - which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.
- Steve Jobs

7/22/11
"Choose to work on what is most important to you, rather than that which appears most urgent."
www.quotes-daily.com

7/25/11
from www.quotes-daily.com
Today is the first day of the rest of your life.
- Anonymous

Don't Wait!
Start on your dreams, your impulses, your longings, your special occasions today.
Because this is your moment.
- Mary Anne Radmacher

Yesterday is history,
tomorrow is a mystery.
Today is a gift.
That is why it is called Present.
- Anonymous

Every day is a Perfect Day when I say it is;
and I say that Today is a Perfect Day.
- jlh

8/1/11
from Terry gratefulness.org:

In a world so torn apart by rivalry, anger, and hatred, we have the privileged vocation to be living signs of a love that can bridge all divisions and heal all wounds.

Henri Nouwen

8/3/11

I don't know the key to success, but the key to failure is to try to please everyone.

- Bill Cosby

A "No" uttered from deepest conviction is better and greater than a "Yes" merely uttered to please, or what is worse, to avoid trouble.

- Mohandas (Mahatma) Gandhi

8/4/11

Mistakes are the portals of discovery.

- James Joyce

I've learned that mistakes can often be as good a teacher as success.

- Jack Welch

There are two mistakes one can make along the road to truth

- not going all the way and not starting.

- The Buddha

The greatest mistake you can make in life

is to be continually fearing you will make one.

- Elbert Hubbard

8/5/11

If I try to be like him, who will be like me?

- Yiddish proverb

Have the courage to follow your heart and intuition -

they somehow already know what you truly want to become.

- Steve Jobs

It takes courage to grow up and become who you really are.

- e. e. cummings

8/6/11

A man who is a master of patience is master of everything else.

- George Savile

Nature does not hurry, yet everything is accomplished.

- Lao Tzu

Patience, persistence, and perseverance.

A little more each day, a little better each day.

- jlh

8/9/11

Balance activity with serenity, wealth with simplicity, persistence with innovation, community with solitude, familiarity with adventure, constancy with change, leading with following.

- jlh

8/10/11

This day boldness is manifested in a simple grace: gratitude.

- Mary Anne Radmacher

Grace defies reason and logic.

- Bono

Grace isn't just a little prayer you say before receiving a meal.

It's a way to live.

- Jackie Windspear

I'm becoming more and more myself with time.

I guess that's what grace is.

The refinement of your soul through time.

- Jewel

Visualize living a life of grace. What kind of life do you picture? The word "grace" derives from a Latin word that means both pleasing and thankful. Choose a life lived with grace. A life filled with gratitude for life itself. A life that is joyful and that inspires joy in others.

8/11/11

There are nine requisites for contented living:

HEALTH enough to make work a pleasure;

WEALTH enough to support your needs;

STRENGTH enough to battle with difficulties and forsake them;

GRACE enough to confess your sins and overcome them;

PATIENCE enough to toil until some good is accomplished;

CHARITY enough to see some good in your neighbor;

LOVE enough to move you to be useful and helpful to others;

FAITH enough to make real the things of God;

HOPE enough to remove all anxious fears concerning the future.

- Johann Wolfgang von Goethe

The greatest wealth is to live content with little.

- Plato

8/12/11

You must not lose faith in humanity.

Humanity is an ocean; if a few drops of the ocean are dirty,

the ocean does not become dirty.

- Mohandas (Mahatma) Gandhi

8/13/11

When one door closes, another opens.

But often we look so long, so

regretfully,

upon the closed door,

that we fail to see the one that is opened for us.

- Helen Keller

When written in Chinese, the word "crisis"

is composed of two characters.

One represents danger

and the other represents opportunity.

- John F. Kennedy

A pessimist sees the difficulty in every opportunity;

an optimist sees the opportunity in every difficulty.

- Winston Churchill

The jump is so frightening between where I am and where I want to be.

Because of all I may become,

I will close my eyes and leap.

- Mary Anne Radmacher

In the midst of crisis, boldly seize opportunity.

- jlh

8/14/11

That which is hateful to you, do not do to your fellow.

That is the whole Torah;

the rest is the explanation.

- Talmud (Jewish Wisdom)

8/15/11

*If you want to be incrementally better:
Be competitive.
If you want to be exponentially better:
Be cooperative.
- Anonymous*

*Competition has been shown to be
useful
up to a certain point and no further,
but cooperation, which is the thing
we must strive for today,
begins where competition leaves off.
- Franklin D. Roosevelt*

*The choice is to work alone to be a
little
more successful than the next person,
or to work together for the great
betterment of humanity.
Moreover, Cooperation is less stressful
than competition.
Do you ever question why our
educational system
teaches competition rather than
cooperation?
- jlh*

*8/16/11
An overfull calendar, like an overfull
stomach,
is a consequence of taking on too
much.
Commit, and eat, in moderation.
- jlh*

*8/17/11
"Judge your success by what you had
to give up in order to get it. "*

*~ Unknown
(Tara Burgess FJP signature)*

*8/19/11
Tears*

*There is a sacredness in tears. They
are not the mark of weakness, but of
power. They speak more eloquently
than ten thousand tongues. They are
messengers of overwhelming grief ...
and unspeakable love. - Washington
Irving*

*Tears and laughter cleanse the heart.
- jlh*

*8/20/11
Home*

*A house is not a home unless it
contains food and fire for the mind as
well as the body. - Benjamin Franklin*

*A house is made of walls and beams;
a home is built with love and dreams.
- Anonymous*

*The ache for home lives in all of us,
the safe place where we can go as we
are and not be questioned. - Maya
Angelou*

*Home is our sanctuary, where we:
relax into being ourselves, play with
our inner child, paint the walls green
and pink, dig in the dirt, grow
something, love somebody else, love
ourselves even more, snuggle with a
warm blanket on a Sunday afternoon,
hang "go away" on the door
whenever we want, clean and tidy
often... or never, launch from and
return to, are truly ourselves. - jlh*

*8/21/11
Consciously adopt the mindset of a
young child,
to whom all of life is a grand
adventure.
- jlh*

*8/22/11
The full measure of a man is not to be
found in the man himself, but in the
colors and textures that come alive in
others because of him. - Albert
Schweitzer*

*Give a man a fish and he will eat for a
day, teach a man to fish and he will
eat for a lifetime. - Chinese Proverb*

*A good example is the best sermon. -
Benjamin Franklin*

*Your example is far more influential
and inspiring than any words of
instruction, or threats, or even words
of encouragement. - jlh*

*8/25/11
The essence of life is not in
the great victories and grand failures,
but in the simple joys.
- jlh*

*The best things in life are free.
- Anonymous*

*All the great things are simple,
and many can be expressed in a single
word:
freedom, justice, honor, duty, mercy,
hope.
- Winston Churchill*

*It is always the simple that produces
the marvelous.
- Amelia Barr*

*8/26/11
Since you get more joy out of giving
joy to others,
you should put a good deal of thought
into the happiness that you are able
to give.
- Eleanor Roosevelt*

*You can never love without giving.
- Robert Louis Stevenson*

*You can't get unless you give.
And you have to give without wanting
to get.
- Theodore H. White*

*The giving of love is an education in
itself.
- Eleanor Roosevelt*

*It costs you nothing to make another
happy -
and you gain your true self through
the act of spreading joy. jlh*

*9/1/11
Freedom lies in being bold.
- Robert Frost*

*Do the thing you fear most and the
death of fear is certain.
- Mark Twain*

*Conformity is the jailer of freedom
and the enemy of growth.
- John F. Kennedy*

*9/9/11
Sallie's birthday note to herself:*

*During these 44 years I have learned
to:
Love the life I have been given, you
only get one shot at it, Live as*

*if today were your last day,
Have no regrets, only fond memories
of the risks you took. Would have,
should have, or could have are not
options.*

*Be true to yourself, you will never be
happy in life if you attempt to
live up to someone else's
expectations,*

*Breathe deeply, take the time to
absorb the beauty of nature,
Take nothing for granted, because
there are no guarantees,
Tell those you love, just how much you
love them,
Laugh often, especially at yourself,
Love everyone, unconditional love is a
beautiful thing, it frees your
heart and soul!*

*Keep an open heart, show compassion
to those who have not been given
the abilities and good fortune you
have been.*

*Keep an open mind, we are not
perfect ourselves why should we judge
others.*

*Forgive others, resentment is a silent
killer, often times people do
not know what they do.*

*Let go of those things you can't
control, you'll sleep better at night.*

*Lastly, keep a smile on your face,
people will wonder what you're up
to...keep them guessing.*

9/10/11

*There is no pleasure in having nothing
to do;
the fun is in having lots to do and not
doing it.*

- Mary Wilson Little

*When we remember we are all mad,
the mysteries disappear and life
stands explained.*

- Mark Twain

*Through humor, you can soften some
of
the worst blows that life delivers.*

*And once you find laughter,
no matter how painful your situation
might be,*

you can survive it.

- Bill Cosby

Today is your day to laugh at life,

*laugh at what's funny - laugh at
what's sad,
laugh loud - laugh often,
laugh at me - laugh at you - laugh at
life.*

- Jonathan Lockwood Huie

9/21/11

Service

*If you can't feed a hundred people,
then feed just one.*

- Mother Teresa

*Life's most urgent question is:
what are you doing for others?*

- Martin Luther King, Jr.

*What do we live for, if it is not
to make life less difficult for each
other?*

- George Eliot

*If we have no peace,
it is because we have forgotten
that we belong to each other.*

- Mother Teresa

9/22/11

Comfort

*Love me when I least deserve it,
because that's when I really need it.*

- Swedish Proverb

*Remember, we all stumble, every one
of us.*

*That's why it's a comfort to go hand in
hand.*

- Emily Kimbrough

*Loving is the most unmitigated and
courageous act I perform in a day.*

- Mary Anne Radmacher

*May a thread of comfort be woven
through your difficult days.*

- Mary Anne Radmacher

Become a source of love.

9/23/11

The World We Leave Our Children

*I want it said of me by those who
knew me best,*

*that I always plucked a thistle and
planted a flower*

where I thought a flower would grow.
- Abraham Lincoln

*You give but little when you give of
your possessions.
It is when you give of yourself that you
truly give.*

- Khalil Gibran

*There can be no keener revelation of a
society's soul
than the way in which it treats its
children.*

- Nelson Mandela

*Our actions today will determine the
world we leave our children.*

9/27/11

*I am not a slave to my thoughts or
emotions.*

- Richard Carlson

*Every day in every way I am getting
better and better.*

- Anonymous

Let there be peace on earth.

And let it begin with me.

- Jill Jackson Miller

*I surrender to life as it is, not as it
should be.*

- Richard Carlson

I do my best...

*and then relax in the knowing
that I have done all I could.*

- Jonathan Lockwood Huie

9/29/11

*These are the things I hold divine:
A trusting child's hand laid in mine,
Rich brown earth and wind-tossed
trees,*

*The taste of grapes and the drone of
bees,*

*A rhythmic gallop, long June days,
A rose-hedged lane and lovers' lays,
The welcome smile on neighbors'
faces,*

*Cool, wide hills and open places,
Breeze-blown fields of silver rye,
The wild, sweet note of the plover's
cry,*

*Fresh spring showers and scent of box,
The soft, pale tint of the garden phlox,
Lilacs blooming, a drowsy noon,*

*A flight of geese and an autumn moon,
Rolling meadows and storm-washed heights,
A fountain murmur on summer nights,
A dappled fawn in the forest hush,
Simple words and the song of a thrush,
Rose-red dawns and a mate to share
With comrade soul my gypsy fare,
A waiting fire when the twilight ends,
A gallant heart and the voice of friends.*
- Jean Brooks Burt

Today's affirmation: I appreciate the simple pleasures of life.

*10/8/11
The winds of grace are always blowing;
all we need to do is raise our sails.*
- Anonymous

*Two things are infinite:
the universe and human stupidity;
and I'm not sure about the universe.*
- Albert Einstein

How do I love thee? Let me count the ways.
- Elizabeth Barrett Browning

*10/9/11
When you get into a tight place
and everything goes against you,
till it seems you cannot hold on a minute longer,
never give up then, for that is just the place and time the tide will turn.*
- Harriet Beecher Stowe

Nothing great was ever achieved without enthusiasm.
- Ralph Waldo Emerson

*Obstacles are those frightful things you see
when you take your eyes off your goals.*
- Henry Ford

*Circumstances don't defeat you -
you defeat yourself when you give up.*
- Jonathan Lockwood Huie

*10/10/11
Security is mostly a superstition.*

*It does not exist in nature, nor do the children of men as a whole experience it.
Avoiding danger is no safer in the long run than outright exposure.
Life is either a daring adventure, or nothing.*
- Helen Keller

The biggest adventure you can take is to live the life of your dreams.
- Oprah Winfrey

A life lived in fear is a life half lived.
- Anonymous

*Unless you try to do something beyond what you have already mastered,
you will never grow.*
- Ralph Waldo Emerson

*10/13/11
Joy is what happens to us when we allow ourselves
to recognize how good things really are.*
- Marianne Williamson

*Happiness lies in the joy of achievement
and the thrill of creative effort.*
- Franklin D. Roosevelt

Resolve to keep happy, and your joy and you shall form an invincible host against difficulties.
- Helen Keller

*I slept and dreamt that life was joy.
I awoke and saw that life was service.
I acted and behold, service was joy.*
- Rabindranath Tagore

*10/23/11
Our society seems to define progress as the ability to do more and work faster, yet accomplish meaningful things less of the time.*
- Rob Stall MD

*10/24/11
He is richest who is content with the least.*
- Socrates

It is not the man who has too little,

but the man who craves more, that is poor.
- Lucius Annaeus Seneca

*The simplification of life is one of the steps to inner peace.
A persistent simplification will create an inner and outer well-being that places harmony in one's life.*
- Peace Pilgrim

*I say NO to the demands of the world.
I say YES to the longings of my own heart.
There is nothing I ever need to have.
There is nothing I ever need to do.*
- Jonathan Lockwood Huie

*11/2/11
Live boldly. Laugh Loudly. Love Truly.
Play as often as you can
Work as smart as you are able.
Share your heart as deeply as you can reach.*
- Mary Anne Radmacher

No one has ever become poor by giving.
- Anne Frank

*You can't live a perfect day without doing something
for someone who will never be able to repay you.*
- John Wooden

*We all share unity with each other
and with the one Creator Spirit.
We are one.*
- Jonathan Lockwood Huie

Today, share the goodness of your life with someone you don't yet know.

*11/6/11
To everything there is a season,
and a time to every purpose under heaven:
A time to be born, and a time to die.*
- Ecclesiastes 3:1

Just when the caterpillar thought the world was over, it became a butterfly.
- Anonymous

The winds of grace are always blowing;

all we need to do is raise our sails.
- Anonymous

*Accept endings cheerfully, for they
clear the way for new beginnings.*

11/9/11
*"You are who you are, you love who
you love, and that's the way it is."*
Judy Shepard (at UB DSS)

11/13/11
*Honor, Forgiveness, Gratitude, Choice,
Vision, Action, Celebration, Unity -
The Values of an Inspired Life.*
- Jonathan Lockwood Huie

*There are only four questions of value
in life...
What is sacred?
Of what is the spirit made?
What is worth living for,
and what is worth dying for?
The answer to each is the same: only
love.*
- Johnny Depp as Don Juan in the
movie Don Juan De Marco

*To believe in something, and not to
live it, is dishonest.*
- Mohandas (Mahatma) Gandhi

*Meaningful and joyful lives are lived
by adhering to one's personal value
system - one's principles. Today, write
your six to eight most important
values on an index card, and refer to
that card as you go about your life
today.*

11/17/11
*Whatever your work and whatever its
worth,
No matter how strong or clever,
Some one will sneer if you pause to
hear,
And scoff at your best endeavor.
For the target art has a broad
expanse,
And wherever you chance to hit it,
Though close be your aim to the
bull's-eye fame,
There are those who will never admit
it.*
- Ella Wheeler Wilcox

Many people allow their need

*for other people's approval to control
their lives.
They spend their lives worrying about
what others think of them.*
- Rick Warren

*Be more concerned with your
character than your reputation.*
- John Wooden

*Do not look for approval
except for the consciousness of doing
your best.*
- Andrew Carnegie

*Stand Tall, Stand Proud,
Know that you are unique and
magnificent.
You do not need the approval of
others.*
-Jonathan Lockwood Huie

11/25/11
*If you have something of great
quality, and you take care of it, you'll
have it forever.*
-Tom Selleck to Ashton Kutcher in
Killers

11/28/11
*"Life's most persistent and urgent
question is 'what are you doing for
others?'"*
-Dr. Martin Luther King, Jr.
(from Heartland Alliance web site)

12/1/11
*Each friend represents a world in us, a
world possibly not born until
they arrive, and it is only by this
meeting that a new world is born.*
~ Anais Nin

12/4/11
*Good works are links that form a
chain of love.*
- Mother Teresa

*The worst sin toward our fellow
creatures
is not to hate them,
but to be indifferent to them:
that's the essence of inhumanity.*
- George Bernard Shaw

*The best way to find yourself is to lose
yourself in the service of others.*
- Mohandas (Mahatma) Gandhi

12/9/11
*"To choose doubt as a philosophy of
life is akin to choosing immobility as a
means of transportation."*
-Yann Martel, *Life of Pi*

*"Be patient. Respond to every call that
excites your spirit."*
-Rumi

12/10/11
*"We need a Steve Jobs of religion.
Someone (or ones) who can invent not
a new religion but, rather, a new way
of being religious. Like Mr. Jobs's
creations, this new way would be
straightforward and unencumbered
and absolutely intuitive. Most
important, it would be highly
interactive. I imagine a religious space
that celebrates doubt, encourages
experimentation and allows one to
utter the word God without
embarrassment. A religious operating
system for the Nones among us. And
for all of us."*
-Eric Weiner (in NY Times article)

12/13/11
*The magic words for a great
relationship are,
"I love you just the way you are."*
- Jonathan Lockwood Huie

Who, being loved, is poor?
- Oscar Wilde

*Marriage, ultimately, is the practice of
becoming passionate friends.*
- Harville Hendrix

*Love that does not renew itself every
day becomes a habit and in turn a
slavery.*
- Khalil Gibran