



Of Seeds and Flowers



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THE GOODNESS ISSUE

YOU ARE GOOD, LIFE IS GOOD, GOD IS GOOD!!

THE PRAIRIE CHICKEN

A group of Indians were crossing the desert and they came upon some eagle eggs lying on the desert floor. They picked up the eagle eggs and placed them in the nest of a prairie chicken. The prairie chickens sat on the eggs until they hatched. The baby eagles began walking like prairie chickens; they cackled like prairie chickens; they pecked in the ground for grubs like prairie chickens; they flailed their wings like and flew a few feet like prairie chickens. The changeling eagles spent their whole lives acting like prairie chickens

Late in the life of one of the changeling eagles he looked up into the sky and saw a magnificent bird floating almost effortlessly on the draughts of the wind. The head of the prairie chickens ran over very quickly and said, "Don't give it a second thought. That is an eagle and you could never be like that." And the changeling eagle never did give it a second thought and he died thinking he was a prairie chicken.

This is a very sad story. To be an eagle and to spend your whole life thinking and talking and acting like a prairie chicken. Each of us is an eagle meant to fly HIGH, to succeed with humility, to become the person we were created by God to be. Each of us is called to the TOP of the mountain. There, to grow wings and to fly. And our job isn't finished until we bring others into our flight.



"THEN GOD SAID: 'LET US MAKE MAN IN OUR IMAGE, AFTER OUR LIKENESS. LET THEM HAVE DOMINION OVER THE FISH OF THE SEA, THE BIRDS OF THE AIR, AND THE CATTLE, AND OVER ALL THE WILD ANIMALS AND ALL THE CREATURES THAT CRAWL ON THE GROUND.' GOD CREATED MAN IN HIS IMAGE; IN THE DIVINE IMAGE HE CREATED HIM; MALE AND FEMALE HE CREATED THEM. ...GOD LOOKED AT EVERYTHING HE HAD MAKE, AND HE FOUND IT VERY GOOD. -VERY GOOD!!!

YOU ARE A TREASURE!! "GOD MADE ME AND GOD DOESN'T MAKE JUNK." Say it; pray it, over and over until it becomes real, alive in your daily life. *It IS TRUE!!!!* This is who YOU REALLY ARE!!

"O God, help me to believe the truth about myself no matter beautiful it is."

"Truly you have formed my inmost being; you knit me in my mother's womb." I give you thanks that I am fearfully, wonderfully made; wonderful are your works. (Ps 139:14)

The LORD called me from birth, from my mother's womb he gave me my name. (Is 49:1)

YOU ARE GOOD

Don't deliberately torture yourself by giving in to depression. Happiness makes for a long life and makes it worth living. Enjoy yourself and be happy; don't worry all the time. Worry never did anybody any good, and it has destroyed many people. It will make you old before your time. Jealousy and anger will shorten your life. A cheerful person with a good attitude will have a good appetite and enjoy his food. Sirach

A DROP OF RAIN...A BIT OF SUN

A group of Geography students studied the Seven Wonders of the World. At the end of that session, the students were asked to list what they considered to be the Seven Wonders of the World. Although there was some disagreement, the following structures received the most votes: The Great Pyramids, Taj Mahal, the Grand Canyon, the Panama Canal, the Empire State Building, St. Peter's Basilica, China's Great Wall.

The teacher noted that one student, a quiet girl, hadn't turned in her paper yet. So she asked the girl if she was having trouble with her list. The girl replied, "Yes, a little. I couldn't quite make up my mind because there were so many."

The teacher said, "Well, tell us what you have and maybe we can help." The girl hesitated and then read, "I think the Seven Wonders of the World are: **To Touch, To Taste, To See, To Run, To Laugh, and To Love.**"

It is far too easy for us to look at the exploits of man and refer to them as "wonders" while we overlook all God has done FOR US, as merely "ordinary." May you be reminded today of those things which are truly wondrous. **YOU!!**

LIFE IS GOOD!! YOU ARE GOOD!!

THROUGH A CHILD'S EYES...

An old man sat in his rocker day after day. Fixated in his chair, he promised not to remove himself from this spot until he saw God.

On one fine spring afternoon, the old man rocking in his chair, relentless in his visual quest of God, saw a young girl playing across the street. The little girl's ball rolled into the old man's yard. She ran to pick it up and as she bent down to reach for the ball, she looked at the old man and said, "Mr. Old Man, I see you every day rocking in your chair and staring off into nothing. What is it that you are looking for?" "Oh, my dear child, you are yet too young to understand," replied the old man.

"Maybe," replied the young girl, "but my momma always told me if I had something in my head I should talk about it. She says to get a better understanding. My momma always says 'Miss Lizzy share your thoughts.' Share, share, share, my momma always says."

"Oh, well, Miss Lizzy child, I do not think you could help me," grunted the old man. "Possibly not, Mr. Old Man, sir, but maybe I can help just listening." "All right, Miss Lizzy child, I am looking for God."

Puzzled, Miss Lizzy responded, "With all due respect, Mr. Old Man, sir, you rock back and forth in that chair day after day in search of God?" "Why, yes. I need to believe before my death that there is a God. I need a sign and I have yet to have seen one," said the old man.

"A sign, sir? A sign?" said Miss Lizzy, now quite confused by the old man's words. "Mr. Old Man, sir, God gives you a sign when you breathe your next breath. When you can smell fresh flowers. When you can hear the birds sing. When all of the babies are born. Sir, God gives you a sign when you laugh and when you cry, when you feel the tears roll from your eyes. It is a sign in your heart to hug and to love. God gives you a sign in the wind and in the rainbows and the change in the seasons .. All of the signs are there, but do you not believe in them? Mr. Old Man, sir, God is in you and God is in me. There is no searching because He, She is just here all of the time."

With one hand on her hip and the other hand flailing about the air, Miss Lizzy continued, "Momma says, 'Miss

Lizzy, if you are searching for something monumental, you have to close your eyes and open your heart because to see God is to see simple things, to see God is to see life in all things.' That is what Momma says."

"Miss Lizzy, child, you are quite insightful in your knowledge of God, but what you say is not quite enough." Lizzy walked up to the old man and placed her young childish hands over his heart and spoke softly into his ear. "Sir, it comes from in here, not out there," pointing to the sky, "**Find it in your heart, in your own mirror.**" Then Mr. Old Man, sir, you will see the signs."

Miss Lizzy, walking back across the street, turned to the old man and smiled. Then, as she bent down to smell the flowers, she shouted, "Momma always says, "Miss Lizzy, **if you are looking for something monumental, you have to close your eyes.**"



CELEBRATE YOUR GOODNESS: EVERY ONCE IN A WHILE EVEN A ROSE NEEDS TO BE REMINDED OF ITS BEAUTY. THE MOST DIFFICULT JOB I HAVE IS TRYING TO CONVINCE PEOPLE THEY ARE GOING ABOUT SHINING LIKE THE SUN.

Cultivate a basic acceptance of yourself. Have a genuine compassion for yourself, including all your past history, failings, limitations and sins. God loves you AS YOU ARE. Let Him love you!!

Our basic core of goodness is our true self. Its center of gravity is God. The acceptance of our basic goodness is a quantum leap in the spiritual journey. The fundamental goodness of human nature, like the mystery of the Trinity, Grace and the Incarnation, is an essential element of the Christian faith. Learn to sing and dance on your own heart.



Researchers now tell us that, for *most people*, 90% of their thoughts (and we have 60 to 70,000 thoughts a day, 90% of which are the same thoughts as yesterday!!!) are negative thoughts. Stress, anxiety, worry, fear, guilt, relationships, shame, money, retirement, death, politics, etc.,etc. and how often are these thoughts **FREELY SHARED** and damage the peace and joy of your beautiful heart?? Acquire the virtue of deafness for your own negative thoughts and those of others!!!

**Watch your thoughts, they become your words.
Watch your words they become your actions.
Watch your actions they become your habits.
Watch your habits they become your character.
Watch you character it becomes your destiny
Your influence will never exceed your character or your inner spiritual life.**



THE CRAB BUCKET SYNDROME from "Falling Upward" by Richard Rohr

One of the major blocks in the second half of life is what we would call the "collective", the crowd, our society, or our extended family. Some call it the "crab bucket syndrome"- you try to get out, but the other crabs just keep pulling you back in. What passes for morality or spirituality in the vast majority of people's lives is *the way everybody they grew up with thinks*. Some would call it conditioning or even imprinting. Without VERY REAL SERIOUS INNER WORK, most folks never move beyond it. You might get beyond it in a negative sense, by reacting or rebelling against it, but it is much less common to get out of the crab bucket **in a positive way**.

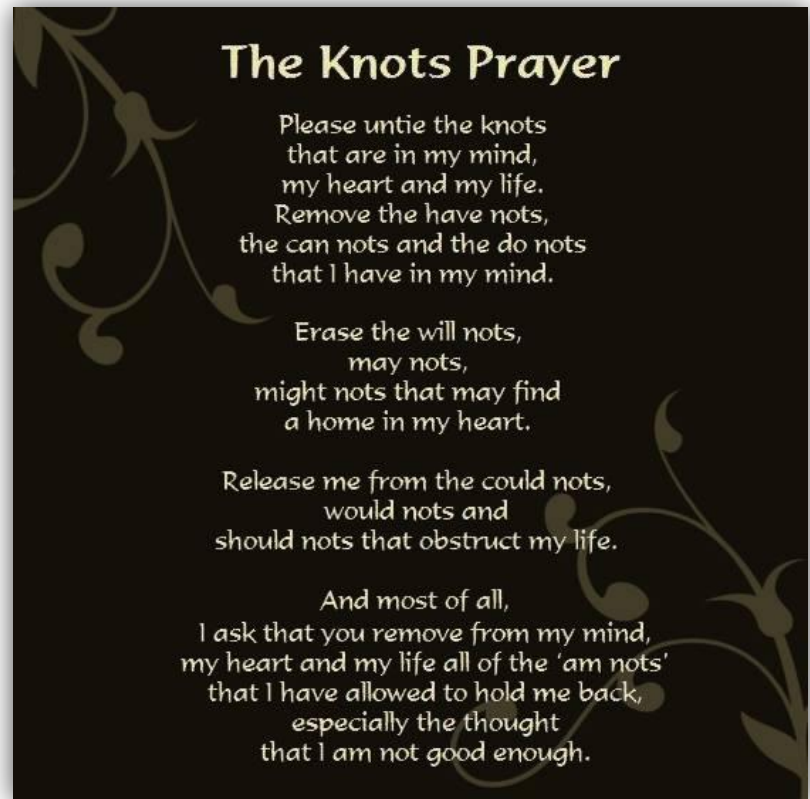
It takes a huge push, much self doubt, and some degree of separation for people to find their own soul and their own destiny apart from what Mom and Dad always wanted them to be and do. To move beyond family-of-origin stuff, local church stuff, cultural stuff, education stuff, racial stuff, flag and country stuff is a path that few of us follow positively and with integrity. The pull is just too great, and the loyal soldier fills us with appropriate guilt, shame, and self doubt, which, too often, sounds like the voice of God.

**I tried to come into God's presence:
I used all my keys at the lock. God gently
chided: *"My child, you didn't knock!"***

**THERE IS A 54 DAY NOVENA FOR
OUR NATION BEGINNING ON AUGUST 15TH
AND ENDING ON THE FEAST OF OUR LADY
OF THE ROSARY ON OCT. 7TH. PRAY A
ROSARY A DAY. THE CONCLUSION OF THE
NOVENA WILL BE A "NATIONAL ROSARY" PRAYED IN WASHINGTON D.C. ON SUNDAY OCT. 13TH.
NOT COMFORTABLE WITH THE ROSARY; PRAY AS YOU WILL. IN UNITY THERE IS POWER!! PRAYER
CHANGES THINGS!!!**



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