

WORDS OF WISDOM

Compiled and edited by
Owen O'Sullivan OFM Cap.

Compilation and editing © Owen O'Sullivan
OFM Cap, 2014

Preface

These words of wisdom are not mine. I selected them from notes taken from reading over many years in a variety of sources. I do not necessarily agree with them. Some I found interesting, some puzzling; some open new doors while others reiterate old ideas. Some may not even seem to be wise. But I hope they may stimulate the reader.

The sayings are not listed in any particular order. Searching for a common thread will be an exercise in vain. Only by way of exception did I very occasionally juxtaposing seemingly contradictory sayings, sometimes for no more lofty reason than to have some fun.

I hope that a reader, by dipping into the text from time to time, may find some help. If that is the case, the work will have been worthwhile. Enjoy them.

Owen O'Sullivan OFM Cap.
Capuchin Friary
Church St.
Dublin 7
Ireland
Ash Wednesday, 5 March 2014

WORDS OF WISDOM

1. 'The glory of God is a living person; and the life of the person is the vision of God. (Irenaeus)
2. 'The soul is naturally Christian.' (Tertullian)
3. 'Our mind cannot behold God as he is in himself; therefore it forms its conception of the creator of the universe from the beauty of his works and the loveliness of his creatures.'
(Origen)
4. 'This above all - to thine own self be true -
and then it must follow, as the night the day -
thou canst not then be false to any man.'
(William Shakespeare)
5. 'God is the source of all good; either directly, as in the Old and New Testaments, or indirectly, as in the case of philosophy. But it may even be that philosophy was given to the Greeks directly; for it was 'a schoolmaster', to bring Hellenism to Christ, as the Law was for the Hebrews. Thus philosophy was a preparation, paving the way for the man who is brought to perfection by Christ.'
(Tertullian)

6. 'Holiness is not an achievement brought about by will-power; rather it is a gift/grace brought about by surrender.' (Anonymous)
7. 'A string tied to a bird's foot will keep it grounded just as effectively as a chain.' (Francis de Sales)
8. 'At the evening of life, we will be judged on how we have loved.' (John of the Cross)
9. 'Do what you can, and don't worry about what you can't.' (Anonymous)
10. 'Man infinitely surpasses man.' (Blaise Pascal)
11. 'Jesus Christ has in himself the whole reality of manhood, and the whole reality of godhead.' (Hilary of Poitiers)
12. 'A second journey invites one primarily to acceptance rather than activity.' (Gerald O'Collins)
13. 'Like all great truths, it is a platitude that we discover ourselves in discovering others, above all in discovering others in love. The human "I" knows itself properly only in encountering a "Thou." It takes a life of "I-Thou" meetings to tell us who we are.' (Gerald O'Collins)

14. 'I will do what I can, and God will do what he wills.' (Anthony Bloom)

15. 'The best kind of prayer is that in which there is most love.' (John Chapman)

16. 'I look at him [Jesus]; he looks at me, and we understand each other.' (Peasant to John Vianney)

17. 'The New Testament is hidden in the Old: the Old Testament is brought to light in the New.' (Augustine of Hippo)

18. 'God's presence is assured, the form it takes is not.' (Wendy Robinson)

19. 'Coming together is a beginning;
keeping together is progress;
working together is success.' (Anonymous)

20. 'We live in a time in which most people believe there is not much inside them, only what has been put there by others.' (Gerry Reilly)

21. 'The modern person is compelled to half-do a lot of things, to half-live our lives, half-dream our dreams, half-love our loves. We have made ourselves into half-people. Half-heartedness is a slow banal killer.' (Brendan Kennelly)

22. ‘The only power God has in this world is the love he inspires in us.’ (Lionel Blue)

23. ‘What is there in common between Athens and Jerusalem? What between the Academy and the Church? What between heretics and Christians... Away with all projects for a “Stoic,” a “Platonic” or a “dialectic” Christianity! After Christ Jesus we desire no subtle theories...’ (Tertullian)

24. ‘The most important result of our fidelity to prayer is that, despite everything, we want to go on praying.’ (Basil Hume)

25. ‘Meditation is a detachment from the things of the world in order to attend to the things of God. Contemplation is a detachment from the things of God in order to attend to God himself.’ (Fr. Stanton)

26. ‘To pray often is in your will, but to pray truly is a gift of grace.’ (Makarios the Great)

27. ‘Constancy in prayer becomes a habit, which then turns into a natural state’. (Hesychius)

28. ‘Everywhere, no matter where you find yourself, you can erect an altar to God in your heart by means of prayer.’ (John Chrysostom)

29. 'Abandonment to God's will is essentially active, because it is not simple resignation but positive willing of what God wants'. (G. Roger Huddleston)

30. 'There is no more profound or dangerous enemy to Christianity than anything which shrinks it or makes it narrow.' (Friedrich von Hügel)

31. 'Prayer liberates us from egoism.' (Madeleine Delbrêl)

32. 'It pertains to the principle of the good that it should communicate itself to others.' (Thomas Aquinas)

33. 'The events of life are a new gospel to which we ourselves add a page each day.' (Michel Quoist)

34. 'Open yourself to what is human... Be present in your day and age; adapt yourselves to the condition of the moment.' (*Rule of Taizé*)

35. 'Those who feel God most deeply can say least about Him.' (Angela of Foligno)

36. 'We are to love with a love that manifests itself'. (René Voillaume)

37. 'What matters in prayer is not length but love, not a system but desire for God.' (Mark Gibbard)

38. 'Find the key to your heart; you will see that this key will also open the door to the Kingdom.' (John Chrysostom)

39. 'If it is not paradox, it is not orthodox.' (Orthodox saying)

40. 'People must be restored to themselves before they can be restored to God'. (Augustine of Hippo)

41. 'My me is God, nor do I know my selfhood save in Him.' (Catherine of Genoa)

42. 'God is the centre of my soul.' (John of the Cross)

43. 'It is better to be silent and real than to talk and be unreal.' (Ignatius of Antioch)

44. 'Contemplation consists in the simple enjoyment of the truth.' (Thomas Aquinas)

45. 'One who truly prays is a theologian, and a theologian is one who truly prays.' (Evagrius of Pontus)

46. 'Hell is the suffering of being unable to love.'
(Fyodor Dostoyevsky)

47. 'The one journey that ultimately matters is the journey into the place of stillness deep within one's self. To reach that place is to be at home; to fail to reach it is to be forever restless.'
(Elizabeth O'Connor)

48. 'Our doing brings success, but our being bears fruit'. (Henri Nouwen)

49. 'Nothing but love be my guide.' (John of the Cross)

50. 'Christianity is basically a presence to a transcendent mystery.' (Karl Rahner)

51. 'Lord, that I may know myself! That I may know you!' (Augustine of Hippo)

52. 'God does not leave us till he has broken our heart and our bones.' (Hermas)

53. 'The only way for a Christian to live is to risk love and hope for the Resurrection.' (Paul Goodman)

54. On lust: 'Past reason hunted, and, no sooner had, than past reason hated.' (William Shakespeare)

55. 'If you love yourself, you love everybody as you do yourself. As long as you love another person less than you love yourself, you will not really succeed in loving yourself, but if you love all alike, including yourself, you will love them as one person and that person is both God and man. Thus he is a great and righteous person who, loving himself, loves all others equally.' (Meister Eckhart)

56. 'Words that are strictly true seem to be paradoxical.' (Lao-Tse)

57. 'We go into the same river, and yet not in the same; it is we and it is not we.' (Heraclitus)

58. 'All that is necessary for evil to flourish is that good people do nothing.' (Edmund Burke).

59. 'Man's ethics must not end with man, but should extend to the universe.' (U Thant)

60. 'One whom the Absolute had laid hold of is free in regard to what is relative.' (Yves Congar)

61. 'A spirituality of turning to God with the mind only, while disconnected from feelings and sensation, does not take account of all the workings of our human nature as embodied persons'. (Tony Baggot)

62. 'The soul is not a thing; it is a quality of living'. (Tony Baggot)

63. 'The Christian of the future will be a mystic or not a Christian at all.' (Karl Rahner)

64. 'Forgiveness is an act of freedom. Those who forgive do not allow themselves to be controlled by the evil their enemy has done to them. They create a new and different kind of relationship in which evil does not have the final say. The new justice does not consist in destroying evildoers but in freeing them from their own will to destruction. In vengeance, the roles are merely reversed.' (Hugo Echeagaray)

65. 'Leap into the present instant; the past and the future are contained within it, and it carries its load of the eternal.' (Jean Sullivan)

66. 'Seek the word of wisdom wherever it may be found.' (Mohammed)

67. 'No vision can comprehend God, but God comprehends all vision. And God is most subtle, perfectly aware.' (Mohammed)

68. 'Recognize your dignity, Christian; and, having been made a colleague of the divine nature, do not, through unworthy behaviour, return to the old low estate.' (Pope Saint Leo I)

69. 'Don't force your children into your ways, for they were created for a time different from your time.' (Plato)

70. 'God became man that man might become God.' (Augustine and Athanasius)

71. 'The great cannot exist without the small, nor the small without the great.' (Clement of Rome)

72. 'Do not have Jesus Christ on your lips and the world in your heart.' (Ignatius of Antioch)

73. 'To return evil for evil is to enter into evil.' (Aristotle)

74. 'When there is no firewood, a fire goes out, and when no one is quarrelsome, quarrels end.' (Pythagoras)

75. 'The greatest victory anyone can win is over his own passions.' (Socrates)

76. 'There is no compulsion found with God. His mission was no pursuit or hounding of us, it was an invitation to us; it was in love, not in judgment that he sent Christ.' (Ignatius of Antioch)

77. Socrates was asked, 'What is the greatest benefit a person can acquire?' He answered, 'A friend who gives sincere advice.'

78. 'The person cannot believe otherwise than of his/her own free will.' (Augustine of Hippo)

79. Plato was asked, 'How can one take revenge on an enemy?' He replied, 'By becoming a better person than he is.'

80. 'People should not consider their material possessions as their own, but as common to all, so as to share them without hesitation when others are in need.' (Thomas Aquinas)

81. 'Let those who have talents not hide them; let those who have goods in abundance stir themselves to mercy and generosity; let those with ability and skill do their best to share the use and usefulness of them with their neighbours.' (Gregory the Great)

82. 'Human law is law only by virtue of its concordance with right reason: and thus it is manifest that it flows from the eternal law. And in so far as it deviates from right reason it is called an unjust law; in such case it is no law at all, but rather a species of violence.' (Thomas Aquinas)

83. 'Ignorance of Scripture is ignorance of Christ.' (Jerome of Dalmatia)

84. 'Beware of affirming the unknown as known.' (Augustine of Hippo)

85. 'What the soul is to the body, that the Holy Spirit is to Christ's body, the church.' (Augustine of Hippo)

86. 'Love the Bible and wisdom will love you; love it and it will preserve you; honour it and it will embrace you.' (Jerome of Dalmatia)

87. 'Of what profit your walls glittering with jewels while Christ dies of hunger in poverty?' (Jerome of Dalmatia)

88. 'Nothing is ever advantageous if at the same time it is not morally good, and it is not because it is useful that it is morally good, but because it is morally good that it is also useful.' (Cicero)

89. 'Justice bears fruit in peace.' (Thomas Aquinas)

90. 'Peace is also the fruit of love, because love goes beyond what justice can ensure.' (Vatican II)

91. 'I wonder at someone who doubts God even though he sees God's creation.' (Hadrat Ali)

92. 'For those who make their inner thoughts wholesome, God makes their outward appearance wholesome.' (Hadrat Ali)

93. 'One who is satisfied with what God gives him does not grieve over what he has not got.'
(Hadrat Ali)

94. 'Words are under your control until you have spoken them, but you come under their control once you have spoken them.'
(Hadrat Ali)

95. 'Greed is endless slavery.'
(Hadrat Ali)

96. 'In sacred scripture, divine things are conveyed to us in the manner to which people are accustomed.'
(Thomas Aquinas)

97. 'The whole liturgy contains the Catholic faith.'
(Pope Pius XII)

98. 'The essence of religion is to imitate him whom you worship.'
(Augustine of Hippo)

99. 'People are supple when they are born and rigid when they die. All beings, even plants and trees, are tender when born and brittle when they die. So rigidity is the associate of death, flexibility is the associate of life.'
(Lao-Tzu)

100. 'Shall I teach you how to know something? Realize you know it when you know it, and realize you don't know it when you don't.'
(Confucius)

101. 'Jesus Christ was not crucified on an altar in a church between two candles, but on a cross in a rubbish dump between two thieves.' (George MacLeod)

102. 'The prudence that consists only in following the prudence of another is an imperfect prudence.' (Thomas Aquinas)

103. Prudence is 'continual adventure, unending search, risk.... Prudence for the Christian is the virtue of the impossible converted into the reasonable.... It is the virtue of tireless initiative.' (Cardinal Garonne)

104. 'I know what time is, but, if you ask me to tell you what it is, I don't know.' (Augustine of Hippo)

105. 'Holy Communion... is the Sacrament of devotion, the sign of unity, and the bond of charity.' (Augustine of Hippo, Thomas Aquinas)

106. 'I do not know how I appear to the world, but I see myself as a child playing by the seaside, who is glad because every now and again he finds a pebble smoother than the rest, or a shell more fascinating, while the mighty ocean of truth rolls unexplored before him.' (Isaac Newton)

107. ‘The highest privilege of the scientist is to recognize the Spirit and to trace the thought of God.’ (Johannes Kipper)

108. ‘The deeper we delve into the harmonious disposition of the natural forces governed by eternal and unchangeable laws that are nevertheless hidden from our complete understanding, the more we feel ourselves moved to humble self-effacement; the more clearly we understand the range of our knowledge, the more eager becomes our effort to wrest further secrets from this inexhaustible fount of knowledge and power, and the more does our wonderment grow in the presence of the infinite wisdom and order which permeates all creation.’ (Werner von Siemens)

109. ‘To understand everything is to pardon everything.’ (Madame de Staël)

110. ‘God does not command the impossible but, by virtue of his command, directs you to do what is within your power and to ask for what is beyond your power and helps to make it within your power.’ (Augustine of Hippo)

111. ‘If you want to love Christ, spread charity over all the earth, for the members of Christ are all over the world.’ (Augustine of Hippo)

112. 'Laughter is common sense dancing.'
(Anonymous)

113. 'Art is language framed for contemplation.'
(Anonymous)

114. 'The vocation of every person is to become
human in community.' (Anonymous)

115. 'Unity in essentials, freedom in uncertainty,
in all things charity.' (Anonymous)

116. Christians of other denominations 'will
cease to be our brothers only when they cease to
say "Our Father."' (Augustine of Hippo)

117. 'Human life is sacred.... From its very
inception it reveals the creating hand of God.'
(Pope John XXIII)

118. 'The person, as such, far from being the
objective, passive element in society, is rather its
subject, its basis and its purpose; and so must
he/she be esteemed.' (Pope Pius XII)

119. 'History is a teacher of life.' (Cicero)

120. 'Before people can come to the liturgy, they
must be called to faith and conversion.' (Vatican
II)

121. ‘The liturgy is the summit towards which the activity of the church is directed.’ (Vatican II)

122. ‘Participation in the Lord's Supper is always communion with Christ offering himself for us as a sacrifice to the Father.’ (Vatican II)

123. ‘The partaking of the Body and Blood of Christ has no less an effect than to change us into what we have received.’ (Leo the Great)

124. ‘The family is... the domestic church.’ (Vatican II)

125. ‘To seek in order to find; to find in order to seek still further.’ (Augustine of Hippo)

126. ‘Little minds are interested in the extraordinary, great minds in the commonplace.’ (Elbert Hubbard)

127. ‘Nobody can make you feel inferior without your consent.’ (Eleanor Roosevelt)

128. ‘To stand on the side of life we must give up our own lives.’ (Dorothy Day)

129. ‘An incessant “progress”, never ending in contentment, means a condemnation of all people to a state of irremediable misery.’ (Ananda Coomaraswamy)

130. 'If your compassion does not include yourself, it is incomplete.' (Jack Kornfield)

131. 'The truth will ouch.' (Arnold Glasow)

132. 'What was your word, Jesus? Love? Affection? Forgiveness? All your words were one word: Wake up.' (Antonio Machado)

133. 'We speak to God when we pray; we hear him when we read the divine sayings.' (Ambrose of Milan)

134. 'Let no one think he will find sufficiency in a reading which lacks warmth, an enquiry which lacks devotion, a search which arouses no wonder, a survey without enthusiasm, effort without piety, knowledge without love, intelligence without humility, application without grace, contemplation without wisdom inspired by God.' (Bonaventure)

135. 'Sacred Tradition, and sacred Scripture, then, are bound closely together, and communicate one with the other.... Thus it comes about that the church does not draw her certainty about all revealed truths from the Holy Scriptures alone. Hence, both Scripture and Tradition must be accepted and honoured with equal feelings of devotion and reverence.' (Vatican II)

136. 'The teaching authority of the church is not superior to the Word of God, but is its servant.... Sacred Tradition, sacred Scripture and the teaching authority are so connected and associated that one of them cannot stand without the others.' (Vatican II)

137. 'The books of Scripture, firmly, faithfully, and without error, teach that truth which God, for the sake of our salvation, wished to see confided to the sacred Scriptures.' (Vatican II)

138. 'Sacred Scripture is the very soul of sacred theology.' (Vatican II)

139. 'There is one table of the Word of God and the Body of Christ.' (Vatican II)

140. 'The Bible tells us to love our neighbours, and also to love our enemies, probably because they are generally the same people.' (G. K. Chesterton)

141. 'Secular people have made God non-existent, but we who are religious sometimes make God so ordinary as to be irrelevant.' (Mark W. Olson)

142. 'Jesus seemed highly allergic to perfect people... He gets along best with the broken and the neurotic.' (Jack Pantaleo)

143. 'Where else but through a broken heart may the Lord Christ enter in?' (Oscar Wilde)

144. 'Where there is sorrow, there is holy ground.' (Oscar Wilde)

145. 'Sin is like looking for the right thing in the wrong place.' (Augustine of Hippo.)

146. 'Love is fulfilment.' (Victor Hugo)

147. 'Genius is the ability to reduce the complicated to the simple.' (C. W. Ceran)

148. 'In seed time learn, in harvest teach, in winter enjoy.' (William Blake)

149. 'A saint is someone who can will the one thing.' (Søren Kierkegaard)

150. 'Let Christians, while witnessing to their own faith and way of life, acknowledge, preserve and encourage the spiritual and moral truths found among non-Christians, also their social life and culture.' (Vatican II)

151. 'When I went to Uganda I thought I was taking my male, white, cool, dry British God to those people. But I found God already there among the Masai people a warm, moist, and salty God.' (Edwina Gately)

152. 'It is time both for the left and the right to admit that they have run out of imagination, that the categories of liberal and conservative are dysfunctional, and that what is needed is a radicalism that leads beyond both the right and left. That radicalism that can be found in the gospel which is neither liberal nor conservative but fully compassionate.' (Jim Wallis)

153. 'Happiness is not what makes us grateful. It is gratefulness that makes us happy.' (David Steindl-Rast)

154. 'God is self-evident, but what it is to be God is not self-evident to us.' (Thomas Aquinas)

155. 'What we dream alone remains a dream, but what we dream with others may become a reality.' (Edward Schillebeeckx)

156. 'In the torment of the insufficiency of everything attainable we begin to realize that, here in this life, all symphonies remain unfinished.' (Karl Rahner)

157. To pray... does not mean to think about God in contrast to thinking about other things, or to spend our time with God instead of spending time with other people. Rather, it means to think and to live in the presence of God.... In prayer a "self-centred monologue" becomes a "God-centred dialogue".' (Henri Nouwen)

158. 'My life is an instant, an hour which passes by; my life is a moment which I have no power to delay. To love you, my God, on earth, I have only today.' (Thérèse of Lisieux)

159. 'Prayer is asking God for the power to do his will. Magic is asking God to do your will.' (R. Foxcroft)

160. 'Doubters should be as hard on their doubts as on their credulity.' (Jean Sullivan)

161. 'We don't teach anything to anyone; we only hand on what gives us life.' (Jean Sullivan)

162. 'When we meet God, we will be held accountable for every legitimate pleasure which we did not enjoy.' (*The Mishnah*)

163. 'Liberty means responsibility; that's why most people dread it.' (G. B. Shaw)

164. 'Nothing so masks the face of God as religion.' (Anonymous)

165. 'You can't change the past but you can ruin a perfectly good present by worrying about the future.' (Anonymous)

166. 'All of creation is a symphony of joy and jubilation.' (Hildegard of Bingen)

167. 'Thinking roams about; meditation investigates; contemplation wonders.' (Richard of Saint Victor)

168. 'This world is full of God.' (Angela of Foligno)

169. 'God is such that we apprehend him better by negation than by affirmation.' (Meister Eckhart)

170. 'People never need to think so much about what they ought to do, but they should remember what they are.' (Meister Eckhart)

171. 'True renunciation is not of kingdoms but of one's perception of oneself as an entity separate from God.' (Meister Eckhart)

172. 'The self is the individual's way of structuring experience.' (Edith Stein)

173. 'The greatest objection that can be brought against Christianity in our time and the real source of the distrust which insulates entire blocks of humanity from the influence of the church has nothing to do with historical or theological difficulties. It is the suspicion that our religion makes its followers less human.' (Pierre Teilhard de Chardin)

174. 'Prayer ought to be brief and pure, unless you are moved by the inspiration of divine grace to prolong it.' (Cassian)

175. 'When prayer is made in common by the community, it should always be brief.' (Benedict of Norcia)

175. 'A person who has everything still needs a friend.' (Aristotle)

176. 'There is nothing better as an antidote to narcissism than meeting the living God.' (William Barry)

177. 'To believe in God is to see that, with the pattern of world events, all is not yet finished.' (Ludwig Wittgenstein)

178. 'I do not seek to understand so that I may believe, but I believe so that I may understand; and what is more, I believe that unless I do believe I shall not understand.' (Anselm of Canterbury)

179. 'Humility means valuing other people.... the greater part of humility [is] the capacity to be open to something greater than oneself.... Humility... is more than just a virtue: it is a form of perception, a language in which the "I" is silent so that I can hear the "Thou".' (Jonathan Sacks)

180. 'Evil consists in putting so high a price on the self that you will destroy everything else to satisfy it.' (Morris West)

181. 'We are all in the gutter, but some of us are looking at the stars.' (Oscar Wilde)

182. 'God is not offended by our sins except insofar as, by them, we do harm to ourselves.' (Thomas Aquinas)

183. 'You are as old as your fears, as young as your hopes.' (Des O'Donnell)

184. 'Be still and know that I am God – which is a call to focus and connect with God

Be still and know that I am – a call to believe in God as the "Eternal One."

Be still and know – an invitation to be open to God with the heart, not just the intellect.

Be still – a call to cultivate exterior and interior silence to prepare for a personal experience of God.

Be – wait before the mystery of God and let Him take over your life.' (Donal O'Mahony)

185. Beware of 'spiritualities which take as given a nuclear "inner self" seeking to unfold its potential from within.' (David Yeago)

186. 'God not only pushes us from behind, he pulls us from the future.' (Lionel Blue)

187. 'I fled from God, and God came with me.'
(Anselm of Canterbury)

188. 'Our faith is in Christ incarnate, not
Christianity Incorporated.' (Aidan Mathews)

189. The church lives 'with the past, in the
present, for the future.' (Seán Mac Réamonn)

190. 'The mere ability we human beings have to
sing the praises of love and compassion is a most
precious gift.' (The Dalai Lama)

191. 'It is our experience of suffering which
connects us to others.' (The Dalai Lama)

192. 'What makes loneliness and anguish is not
that I have no one to share my burden, but this,
that I have only my own burden to bear.' (Dag
Hammar-skjöld)

193. 'Wherever you are, whether in your room or
in any other place, pray, and at once that spot
becomes a church.' (Bernard of Clairvaux)

194. 'Love is God's Holy of Holies.
Love alone is salvation.
Only in the Temple of Love do I worship God.
Love alone introduces God to us.
Where love is, there God is.'
(Toyohiko Kagawa)

195. 'The mission of being the primary vital cell of society has been given to the family by God himself.' (Vatican II)

196. 'You cannot prevent the birds of sadness from flying over your head, but you can prevent them from building nests in your hair.' (Chinese proverb)

197. 'Nothing that is genuinely human should fail to find an echo in Christians' hearts.' (Vatican II)

198. 'The order of things must be subordinate to the order of persons.' (Vatican II)

199. 'Hope is a passion for what is possible.' (Søren Kierkegaard)

200. 'Christians are deciduous, not evergreens.' (Aidan Matthews)

201. 'The person who doesn't touch the earth can never reach heaven.' (Heribert Arens)

202. 'O God, help me to believe the truth about myself, no matter how beautiful it is.' (Macrina Wiederkehr)

203. 'If you live the life you love, you will receive the blessings from above.' (Van Morrison)

204. 'There is nothing in the world that resembles God so much as silence.' (Meister Eckhart)

205. 'Silence is the sister of solitude.' (John O'Donohue)

206. 'The greatest sin is the unlived life.' (John O'Donohue)

207. 'The least of your duties to God is that you do not use God's blessings to help you to do wrong.' (Hadrat Ali)

208. 'God instands within himself; He is the ground and the encirclement of all being.' (Meister Eckhart)

209. 'Praying is simply believing that we are living in the mystery of God.' (Henri le Saux)

209. 'Where does God live?' 'Wherever a heart or mind let him.' (Jewish tradition)

210. 'We do not obtain the most precious gifts by going in search of them but by waiting for them. Man cannot discover them by his own powers, and if he sets out to seek them he will find in their place counterfeits of which he will be unable to discern the falsity.' (Simone Weil)

211. ‘The quality of attention counts for much in the quality of prayer. Warmth of heart cannot make up for it.’ (Simone Weil)

212. ‘If we do not transform our pain we will transmit it.’ (Richard Rohr)

213. ‘Be careful what you give children, for sooner or later you are sure to get it back.’ (Barbara Kingsolver)

214. ‘The most remarkable feature of human culture is its capacity to reach beyond the self and encompass the collective good.’ (Barbara Kingsolver)

215. ‘The Good News brought by Christ the Saviour is also good news for human love.’ (Pope Paul VI)

216. ‘Christ and the Holy Spirit... these two hands of God.’ (Irenaeus)

217. ‘Every generation, with its own mentality and characteristics, is like a new continent to be won for Christ.’ (Pope John Paul II)

218. ‘If change is to come, it will come from the margins... It was the desert, not the temple, that gave us the prophets.’ (Wendell Berry)

219. 'The last of the human freedoms - to choose one's attitude in any given set of circumstances.'
(Viktor E. Frankl)

220. 'Transfiguration and Hiroshima [6 August], both events suffused in irresistible white-hot light - intense, radiant, exalting, obliterating, vaporizing.' (Sue Gaisford)

221. 'You know, the Philistines have long since discarded the rack and stake as a means of suppressing the opinions they feared; they've discovered a much more deadly weapon of destruction - the wisecrack.' (W. Somerset Maugham)

222. '[I nourish] ... the quiet hope that we Christians will not be forever stuck in our Christianity.' (Christoph Blumhardt)

223. Doña Clara, 'Soon we shall die... we ourselves shall be loved for a while and forgotten. But the love will have been enough; all those impulses of love return to the love that made them. Even memory is not necessary for love. There is a land of the living and a land of the dead and the bridge is love, the only survival, the only meaning.' (Thornton Wilder)

224. 'God loves a cheerful receiver.' (Stephen Ortiger)

225. 'The past can become a prison if we do not learn to let go. The grace you don't know may be better than the grace you do. Launch out into the deep.' (John Petrakovic)

226. 'Whatever is received is received according to the mode of the recipient.' (Thomas Aquinas)

227. 'No matter how sincerely you decide to forgive, your decision must be affirmed every day'.... 'Forgiveness is not an occasional act. It is a permanent attitude. If we could read the secret histories of our enemies, we would find in each person's life sorrow and suffering enough to disarm all hostility.' (Johann Arnold)

228. 'Hope for perpetual discovery and trust life. That is all.' (Pierre Teilhard de Chardin.)

229. 'Nothing is more dangerous to the advancement of God's kingdom than a dead religion, and that is just what Christianity has become. Do you not realize that it is possible to kill Christ with such Christianity?' (Christoph Blumhardt)

230. 'Silence stands outside the world of profit and utility. It is "unproductive" and therefore regarded as useless. Yet there is more help and healing in silence than in all the useful things.' (Max Picard)

231. 'Justice redeems evil; vengeance merely doubles it.' (Jonathan Sacks)

232. 'Ignorance is the darkroom where negatives are developed.' (Eddie Fitzgerald)

233. 'Love is blind; friendship closes its eyes.'
(French proverb)

234. 'Presents are good; presence is better.'
(Eddie Fitzgerald)

235. 'The person who has a "why" to live can bear almost any "how."' (Friedrich Nietzsche)

236. 'In order to receive the true answer to the "why" of suffering, we must look to the revelation of divine love, the ultimate source of the meaning of everything that exists. Love is also the richest source of the meaning of suffering, which always remains a mystery.'
(Pope John Paul II)

237. 'Prayer is a force as real as terrestrial gravity. It supports us with a flow of sustaining power in our daily lives.'
(Alexis Carrel)

238. 'Until men and women accept compassion for all living things, they will not be at peace.'
(Albert Schweitzer)

239. 'The natural world tells us: I feed you, I clothe you, I shelter you, and I will heal you. Only do not so devour me or use me that you destroy my capacity to mediate the divine and the human.' (Thomas Berry)

240. You would not be searching for me if you had not found me.' (Blaise Pascal)

241. Prayer is 'opening the heart to God in confident and faithful love.' (Bede Griffiths)

242. 'Why was Christianity so wedded to the West, so male-dominated, so rooted in morals rather than spirituality, so top-heavy with authority and tradition, so oblivious of the people it sought to serve?' (Shirley du Boulay)

243. 'One has to be in the same place every day, watch the dawn from the same house, hear the same birds wake each morning, to realize how inexhaustibly rich and different is sameness.' (Thomas Merton)

244. 'My first obligation is to be myself and follow God's grace and not allow myself to become the captive of some idiot idea.... What matters is not spirituality, not religion, not perfection, not success or failure at this or that, but simply God, and freedom in his spirit.' (Thomas Merton)

245. 'The universe is more a communion of subjects than a collection of objects.' (Thomas Berry)

246. 'Meanwhile I am impatient of all desires. May the Holy Spirit bring me to *true* freedom.' (Thomas Merton)

247. 'I see my task is to get rid of the last vestiges of pharisaical division between the sacred and sense, between the sacred and the secular, and to see that the *whole* world is reconciled to God in Christ...' (Thomas Merton)

248. 'It is much clearer now *where* fidelity is important. Fidelity to God in the church – in a certain way *against* the church as established and "worldly" and tied up with what is really dirty and demonic.... To live in the church with the realization that the church is nevertheless full of sham and lies... This very fidelity means saying *No* to the lie that is in the church. Not canonize its sinfulness.' (Thomas Merton)

249. 'Hope... is not the expectation that things will turn out successfully but the conviction that something is worth working for, however it turns out.' (Vaclav Havel)

250. 'A truth that cannot be spoken in love is dead; a truth that cannot be lived in love kills.' (Anonymous)

251. 'For those without imagination or courage, every problem is a burden. For those with imagination and courage, every problem is a challenge.' (Anonymous)

252. 'The split between theology and spirituality is one of the main causes of the crisis in the priesthood. Seminarians and students of theology assert almost unanimously that their theological studies did little for their life of prayer.' (William Johnston)

253. 'We hear it said that spirituality is necessary, but religion is not. How did religion get so far from the Gospel?' (William Johnston)

254. 'A scientist had a bird in his hand. He wanted to find out in what part of the bird's body its life was and what the life itself was. So he began dissecting the bird. The result was that the very life of which he was in search mysteriously vanished. Those who try to understand the inner life merely intellectually will meet with a similar failure. The life they are looking for will only vanish.' (Sundar Singh)

255. 'Men pray to the almighty to relieve poverty. But poverty comes, not from God's laws - it is blasphemy of the worst kind to say that. Poverty comes from man's injustice to his fellow man.' (Leo Tolstoy)

256. 'We need the language of the mystics to blow holes in the conceptual walls that divide us.' (David Steindl-Rast)

257. 'To love is to be vulnerable. Love anything, and your heart will be wrung and possibly be broken. The only place outside heaven where you can be perfectly safe from all the dangers, all the perturbations of love, is hell.' (C. S. Lewis)

258. 'Choose carefully those you hate, because you will become like them.' (Anonymous)

259. 'There is no self-fulfilment without self-denial.' (Anonymous)

260. 'No peace among the nations without peace among the religions.

No peace among the religions without dialogue between the religions.

No dialogue between the religions without global ethical criteria.

No survival of our globe without a global ethic.'
(Hans Küng)

261. 'To stand before oneself is to stand before God.' (Edward Schillebeeckx)

262. 'Without stillness, there is no movement.'
(Timothy Radcliffe)

263. 'What is life if, full of care, we have no time to stand and stare?' (William H. Davies)

264. 'Everything begins in mysticism and ends in politics.' (Charles Péguy)

265. 'Ill fares the land,
to hast'ning ills a prey,
where wealth accumulates,
and men decay.'
(Oliver Goldsmith)

266. 'The real fall of man is his alienation from himself and his submission to power.' (*Theologia Germanica*)

267. 'Sell your cleverness, and buy bewilderment. Cleverness is mere opinion; bewilderment is intuition.' (A. N. Whitehead)

268. 'Perhaps the happiest people are those who are not, or hardly ever, concerned about themselves.' (William Blake)

269. 'The one who gives is always also a beneficiary.' (Pope John Paul II)

270. 'Whatever is the need of the time is the will of God.' (Theodosius Florentini)

271. 'Prayer is a gift God gives to those who pray.' (John of Damascus)

272. 'This world is only a bridge, and we cross over it. But you do not build your house on a bridge.' (Saying from North India)

273. 'On the first day we pointed to our countries. Then we pointed to our continents. By the fifth day we were aware of only one earth.' (Sultan Din Salmon al-Saud, an Arabian astronaut)

274. 'It is better to allow our lives to speak for us than our words. God did not bear the cross only two thousand years ago. He bears it today, and he dies and is resurrected from day to day. It would be a poor comfort to the world if it had to depend on a historical God who died two thousand years ago. Do not, then, preach the God of history, but show him as he lives today through you.' (Mahatma Gandhi)

275. 'It does not do you good to leave a dragon out of your calculations, if you live near him.' (J. R. R. Tolkien)

276. 'The problem with clichés is not that they contain false ideas, but rather that they are superficial articulations of good ones. They insulate us from expressing our deepest emotions. They lead to the substitution of conventional feelings for real ones.' (Marcel Proust)

277. 'Who is more foolish - the child who is afraid of the dark, or the man who is afraid of the light?' (Maurice Freehill)

278. 'Whatever you say about God, you should be able to say standing over a pit full of burning babies.' (Elie Wiesel)

279. 'If we could read the secret history of our enemies we should find in each person's life sorrow and suffering enough to disarm all hostility.' (Henry W. Longfellow)

280. 'Every war carries within it the war which will answer it. Every war is answered by a new war, until everything, everything is destroyed.' (Käthe Kollwitz)

281. 'Beware the leader who bangs the drums of war in order to whip the public into a patriotic fervour, for patriotism is indeed a double-edged sword. It emboldens the blood, just as it narrows he mind. And when the drums of war have reached a fever pitch and the blood boils with hate and the mind has closed, the leader will have no need in seizing the rights of the public. Rather, the public, infused with fear and blinded by patriotism, will offer up all their rights unto the leader - and gladly so. How do I know? I know because this is what I have done. And I am Caesar.' (Julius Caesar)

282. ‘Violence does not necessarily take people by the throat and strangle them. Usually it demands no more than an oath of allegiance from its subjects. They are required merely to become accomplices in its lies.’ (Alexander Solzhenitsyn)

283. ‘Without poverty of spirit there can be no abundance of God – and thus no genuine Christmas.’ (Oscar Romero)

284. ‘I tell you: you must not be fearful of making mistakes. People think they will become good by doing no harm, but that’s a lie. Such a frame of mind leads to stagnation and mediocrity.’ (Vincent van Gogh)

285. ‘Think what the world would look like if we took care of the poor even half as well as we care for our bibles.’ (Dorothy Day)

286. ‘Truth does not change according to our ability to stomach it.’ (Flannery O’Connor)

287. ‘If you hate injustice, lust, tyranny, and greed, hate those things first in yourself.’ (Mahatma Gandhi)

288. ‘By whatever we do, we either advance or obstruct the drama of redemption; we either reduce or enhance the power of evil.’ (Abraham Heschel)

289. 'Jesus Christ is of no importance unless he is of supreme importance.' (Abraham Heschel)

290. 'To be a Jew [or a Christian or simply a human being] is to live in a state of radical amazement.' (Abraham Heschel)

291. 'Let the people eat you up.' (Mother Teresa)

292. 'The priest is to be before God on behalf of people, and before people on behalf of God.' (Karl Rahner)

293. 'Man is neither angel nor beast. If he tries to play the angel, he will end eventually by playing the beast.' (Blaise Pascal)

294. 'We become what we think.' (Dhammapada)

295. 'Joy follows a pure thought like a shadow that never leaves.' (Dhammapada)

296. 'Work is a good thing for the person... because through work the person not only transforms nature... but also achieved fulfilment ... and indeed, in a sense, becomes more fully human.' (Pope John Paul II)

297. 'Nowhere can people find a quieter or more untroubled retreat than in their own soul.' (Marcus Aurelius)

298. 'The cause of humanity will be served if science forms an alliance with conscience.' (Pope John Paul II)

299. 'In our age, powerlessness is one the great poverties. (Pope John Paul II)

300. 'When you start to accomplish something, you must not come back until you have done it.' (Charles de Foucauld)

301. 'Lord, let those who understand praise you; and let those who do not understand also praise you.' (Augustine of Hippo)

302. 'The heart of a virgin is one that can live in patience, in inconsummation, without the finished symphony. The virgin's heart is innocent because it can live without breaking certain taboos, knowing that, like a child, many of the things that it so deeply desires cannot be had just yet. The virgin's heart does not test God.' (Ronald Rolheiser)

303. 'In all these works they should desire and seek nothing but the greatest praise and glory of God our Lord. For all must realize that they will make progress in all spiritual matters in proportion to their flight from self-love, self-will, and self-interest.' (Ignatius Loyola)

304. 'Love ought to be manifested in deeds rather than words.' (Ignatius Loyola)

305. 'If you think you are too small to make a difference, try sleeping in a closed room with a mosquito.' (Anonymous)

306. 'If we sow ignorance, we reap rejection. If we sow understanding, we reap good neighbours.' (Lionel Blue)

307. 'By virtue of the Creation, and, still more, of the Incarnation, nothing here below is profane for those who know how to see.' (Pierre Teilhard de Chardin)

308. 'The Christian is not asked to swoon in the shadow, but to climb in the light, of the Cross.' (Pierre Teilhard de Chardin)

309. 'Humanity... is still sleeping – imprisoned in the narrow joys of its little closed loves.' (Pierre Teilhard de Chardin)

310. 'We must try everything for Christ; we must hope everything for Christ.' (Pierre Teilhard de Chardin)

311. 'Where there is no fear, there is no courage.' (Anonymous)

312. 'If we want to achieve what we have never achieved, we have to do what we have never done.' (Pierre Duplessis)

313. 'Never despise yourself; it is hard to do so without smothering the God who loves you.' (Georges Bernanos)

314. 'The fewer the words, the better the prayer.' (Martin Luther)

315. 'Charity, the image and face of Christ in us.' (Clement of Alexandria)

316. 'Hell is yourself, and the only redemption is when you put yourself aside to feel deeply for another person.' (Tennessee Williams)

317. 'Do you know what makes the prison of loneliness and suspicion disappear? Every deep, genuine affection. Being friends, being brothers, loving, that is what opens the prison, by some magic force. Without these one stays dead. But wherever affection is revived, there life revives.' (Vincent van Gogh)

318. 'Truth nailed upon the cross compels nobody, oppresses no one; it must be accepted and confessed freely; its appeal is addressed to free spirits.' (Nicholas Berdyaev)

319. 'If you don't stand for something, you'll fall for anything.' (Anonymous)

320. 'People don't care how much you know, until they know how much you care.' (Anonymous)

321. 'No one can safely command, who has not first learned to obey.' (Thomas à Kempis)

322. 'If you imagine life as a book, the last page should be the best.' (Juzo Itamini)

323. 'Love is a mighty power, a great and complete good; love alone lightens every burden, and makes the rough places smooth.' (Thomas à Kempis)

324. 'Complete self-denial is the only road to perfect liberty.' (Thomas à Kempis)

325. 'The rich person is not the one who possesses but the one who 'gives', the one who is capable of giving.' (Pope John Paul II)

326. 'Prayer is speaking to God from the heart, and listening to God in the heart.' (Anonymous)

327. 'Tomorrow is not mine unless God gives it to me.' (Anonymous)

328. 'The greatest pain is impotence... shared with Mary at the foot of the Cross.' (Sheila Cassidy)

329. 'The final question that will be asked of us is not "What have you done?" but "How much have you loved?"' (Anonymous)

330. 'Every soul that rises above itself raises up the world.' (Elisabeth Leseur)

331. 'The sin of the century is the loss of the sense of sin.' (Pope Pius XII)

332. 'Considering the omnipotence and mercy of God, no one should despair of the salvation of anyone in this life.' (Thomas Aquinas)

333. 'In the eyes of God... all the millions that have lived and now live do not make a crowd. He only sees each individual.' (Søren Kierkegaard)

334. 'The usual conception of God as one single being outside of the world and behind the world is not the beginning and end of religion.' (Friedrich Schleiermacher)

335. 'Life is God's gift to you; what you do with it is your gift to Him.' (Charles Johnson)

336. 'Nothing burns in hell except self-will.' (Charles Johnson)

337. ‘The walls that divide us do not reach to heaven.’ (Metropolitan Platon of Kiev)

338. ‘If you want to walk fast, walk alone; but if you want to walk far, walk with others.’ (African saying)

339. ‘Freedom is.... the freedom to do good, and in this alone is happiness to be found.’ (Anonymous)

340. ‘There is nothing as dead – or more deadly – than dead religion.’ (Anonymous)

341. ‘A person who has lost a sense of wonder is already dead.’ (William of Saint Thierry)

342. ‘Love sees what is invisible.’ (Simone Weil)

343. ‘In a time of universal deceit, telling the truth is a revolutionary act.’ (George Orwell)

344. ‘Deeds without devotion are like a lamp without oil.’ (Anthony of Padua)

345. ‘Greed for money and power can be likened to a fire that never says “Enough.” Instead it keeps on shouting, “Give me more.”’ (Anthony of Padua)

346. ‘God will grow more and more in you if you grow lesser and lesser in yourself. (Anthony of Padua)

347. ‘Simplicity brings joy. Wealth brings worry and grief.’ (Anthony of Padua)

348. ‘Helping the poor takes precedence over all other acts of a follower of Christ.’ (Anthony of Padua)

349. ‘Prayer is an expression of a person’s love for God, a devout and familiar conversation, an abandonment of a soul, illumined by grace to enjoy the Lord.’ (Anthony of Padua)

350. ‘Wherever people are praying in the world, there the Holy Spirit is, the living breath of prayer.’ (Pope John Paul II)

351. ‘Fire has four properties: it burns, purifies, warms and illumines. In the same way the Holy Spirit burns out sins, purifies hearts, eradicates the coldness of apathy with warmth and illumines minds.’ (Anthony of Padua)

352. ‘There is one God the Father from whom we exist; there is one God the Son through whom we exist; there is one God the Holy Spirit in whom we exist.’ (Anthony of Padua)

353. ‘Actions speak louder than words; let your words teach and your actions speak.’ (Anthony of Padua)

354. ‘Whenever you read the gospel, Christ himself is speaking to you. And while you read, you are praying and talking with him.’ (Tikhon of Zadonsk)

355. ‘With the entrance of the eternal into time, time itself is redeemed.’ (Pope John Paul II)

356. ‘Love comprises all vocations.’ (Thérèse of Lisieux)

357. ‘My vocation is love.’ (Thérèse of Lisieux)

358. ‘...in the heart of the church, my mother, I shall be love.’ (Thérèse of Lisieux)

359. ‘To love is to give everything. It is to give oneself.’ (Thérèse of Lisieux)

360. ‘The cheerful light of charity isn’t meant simply for the people we are fond of; it is meant for everybody... without exception.’ (Thérèse of Lisieux)

361. ‘The most beautiful thoughts are nothing without good works.’ (Thérèse of Lisieux)

362. ‘What a grace it is to have faith! If I had no faith I would have inflicted death on myself without hesitating a moment.’ (Thérèse of Lisieux)

363. ‘The closer one approaches God, the simpler one becomes.’ (Thérèse of Lisieux)

364. ‘What would I do without prayer and sacrifice? They’re all the strength I’ve got, the irresistible weapons our Lord has granted me.’ (Thérèse of Lisieux)

365. ‘Prayer is an aspiration of the heart, it is a simple glance directed to heaven, it is a cry of gratitude and love in the midst of trial as well as joy; finally, it is something great, supernatural, which expands my soul and unites me to Jesus.’ (Thérèse of Lisieux)

366. ‘The first human being... to discover Christ was Mary. Was not she the first of “those who hear the word of God and keep it”?’ (Pope John Paul II)

367. ‘What a surprise we shall have at the end of the world when we shall read the story of souls.’ (Thérèse of Lisieux)

368. ‘I want to seek out a means of going to heaven by a little way, a way that is very straight, very short, and totally new.’ (Thérèse of Lisieux)

369. 'Yesterday is gone; tomorrow has not yet come; we have only today, so let us begin.'
(Mother Teresa)

370. 'Instead of frightening me, death is the most ardent desire of my heart, the summit of my happiness.'
(Padre Pio)

371. 'Love is the first ingredient in the relief of suffering.'
(Padre Pio)

372. 'Allow yourself to be led by grace, and be at peace.'
(Padre Pio)

373. 'Development is the new name for peace.'
(Pope Paul VI)

374. 'All are responsible for all.'
(Pope Paul VI)

375. 'The term "humankind" reveals precisely what the human race is. People are first and foremost all one great and single species, one great and single family of living beings. There is only one human, universal, "catholic" race... and with it and in it, different variations.'
(Pope Pius XI)

376. 'History shows that prolonged failure to recognize human rights almost always ends in outbreaks of uncontrollable violence.'
(Pope John Paul II)

377. 'The lay faithful.... ought to have an ever-clearer consciousness not only of belonging to the church but of being the church...' (Pope Pius XII)

378. 'The fruit of prayer is always Christian love.' (Pope John Paul II)

379. 'Every authentic prayer is prompted by the Holy Spirit, who is mysteriously present in every human heart'. (Pope John Paul II)

380. 'Concerning God, we cannot grasp what he is, but only what he is not, and how other beings stand in relation to him.' (Thomas Aquinas)

381. 'The sacred Scriptures grow with the one who reads them.' (Gregory the Great)

382. 'The words of God, expressed in human words, are in every way like human language, just as the Word of the eternal Father, when he took on himself the flesh of human weakness, became like us.' (Augustine of Hippo)

383. 'All Sacred Scripture is but one book, and that one book is Christ, because all divine Scripture speaks of Christ, and all divine Scripture is fulfilled in Christ.' (Hugh of Saint Victor)

384. 'If you understood him, it would not be God.' (Augustine of Hippo)

385. 'God is one but not solitary.' (*The Faith of Damascus*)

386. 'It is fear, rather than doubt, which is the opposite of faith.' (John Corriveau)

387. 'God's blessings are not granted to those who sleep but to those who watch.' (Ambrose of Milan)

388. 'The lover feels no labour; but all labour is hard for those who do not love.' (Augustine of Hippo)

389. Other Christians... 'will cease to be our brothers and sisters only when they cease to say "Our Father."' (Augustine of Hippo)

390. 'To seek in order to find; to find in order to seek still further.' (Augustine of Hippo)

391. 'My secret is really quite simple. It is merely to give everything away, to keep nothing for oneself.' (John Vianney)

392. 'Feed the man dying of hunger, because if you do not feed him you are killing him.' (Gratian)

393. 'Is there not a mysterious relationship between renunciation and joy, between sacrifice and magnanimity, between discipline and spiritual freedom?' (Pope Paul VI)

394. 'The person who has chosen to be open to the unexpected cannot remain attached to the securities of life.' (Daniel Liderbach)

395. 'All predictions are wrong; that's one of the few certainties granted to mankind. But, though predictions may be wrong, they are right about the people who voice them, not about their future, but about their experience of the present moment'. (Milan Kundera)

396. 'We won't understand a thing about human life if we persist in avoiding the most obvious fact: that a reality no longer is what it was when it was; it cannot be reconstructed.' (Milan Kundera)

397. 'God created all things not to increase his glory, but to show it forth and to communicate it.' (Vatican I)

398. 'God is higher than my highest and more inward than my innermost self.' (Augustine of Hippo)

399. 'People must follow the 10 commandments of God or they condemn themselves to the 10,000 commandments of men.' (William Penn)

400. 'People must choose to be governed by God or they condemn themselves to be ruled by tyrants.' (William Penn)

401. 'Faithfulness in little things is a big thing.' (John Chrysostom)

402. 'Only dead fish go with the current.' (A Chinese proverb)

403. 'There is not, never has been, and never will be a single human being for whom Christ did not suffer.' (Council of Quiercy, 853 AD)

404. 'The Old Testament proclaimed the Father clearly, but the Son more obscurely. The New Testament revealed the Son, and gave us a glimpse of the divinity of the Spirit. Now the Spirit dwells among us and grants us a clearer vision of himself.... By advancing and progressing from glory to glory, the light of the Trinity will shine in ever more brilliant rays.' (Gregory of Nazianzus)

405. 'People who stop believing in God don't believe in nothing; they believe in anything.' (Anonymous)

406. ‘The Crucifixion is about a God who suffers to prevent us suffering, and especially to reveal to us why we victimize one another.’ (Seán Ó Conaill)

407. ‘When I ask you to listen to me and you feel you have to do something to solve my problem, you have failed me, strange as that may seem. Listen! All I ask is that you listen, not talk or do – just hear me.

When you do something for me that I can, and need, to do for myself, you contribute to my fear and inadequacy.

But when you accept as a simple fact, that I do feel what I feel, no matter how irrational, then I can quit trying to convince you, and get about the business of understanding what’s behind this irrational feeling.

And when that’s clear, the answers are obvious, and I don’t need advice.

Irrational feelings make sense when we understand what’s behind them. Perhaps that’s why prayer works for people because God is mute, and doesn’t give advice or try to fix things.

He just listens, and lets you work it out for yourself. So please listen and just hear me.’ (Anonymous)

408. ‘Christianity has not been tried and found wanting; it has been found difficult and left untried.’ (G. K. Chesterton)

409. 'Perfect listening is listening not so much to the other as to oneself.' (Tony de Mello)

410. 'There are three kinds of people: those who watch what happens; those who wonder what happened; and those who make things happen. Which are you?' (Charles A. Mann)

411. 'Learning is a treasure that follows its owner everywhere.' (Chinese proverb)

412. 'There are some who want to have God as their house-servant, who will fulfil their every wish.' (Hildegard of Bingen)

413. 'Nothing great was ever achieved without enthusiasm.' (Ralph W. Emerson)

414. 'Without ambition one starts nothing; without work, one finishes nothing.' (Ralph W. Emerson)

415. 'There are many whom God has and the church does not have them, and there are many whom the church has and God does not have them'. (Augustine of Hippo)

416. 'That each man is the sum of his choices is nothing less than the truth. And each, perhaps, is also something else.' (Joseph O'Connor)

417. 'What God does first, and best, is to trust people with their moment in history.' (W. Brueggemann)

418. 'The real crisis in the Western church is not a crisis of personnel but a crisis of enthusiasm.' (Timothy Radcliffe)

419. 'Let your heart be silent; then God will speak.' (Anthony of Egypt)

420. 'Live simply so that others may simply live'. (Anonymous)

421. 'If the church stays silent in the face of evil, what difference would it make if no church ever opened its doors again?' (Franz Jägerstätter)

422. 'Praise is inner health made audible.' (C. S. Lewis)

423. 'God is not only love, God is friendship.' (Aelred of Rievaulx)

424. 'Life is love, and love is sacrifice.' (Antoni Gaudí.)

425. 'To use God is to kill Him.' (Meister Eckhart)

426. 'Here, Lord, is my life. I place it on the altar today. Use it as you will.' (Albert Schweitzer)

427. 'The greatest barrier to achieving anything is the belief that it cannot be done.' (Anonymous)

428. 'If you keep doing what you're doing, then you're going to keep getting what you're getting.' (Anonymous)

429. 'To love someone is to desire that person's good and to take effective steps to secure it.' (Thomas Aquinas)

430. 'Whoever opts for revenge should dig two graves.' (Chinese proverb)

431. 'You may never know what results come from your action. But, if you do nothing, there will be no result.' (Mahatma Gandhi)

432. 'Life's tragedy is that we get old too soon and wise too late.' (Benjamin Franklin)

433. 'I don't know the key to success, but the key to failure is trying to please everybody.' (Bill Cosby).

434. 'Conscience is the aboriginal Vicar of Christ.' (John Henry Newman)

435. 'God created us without us; but he did not will to save us without us.' (Augustine of Hippo)

436. 'We do not stop playing because we grow old; we grow old because we stop playing.'
(Anonymous)

437. 'Eternal life is not something that begins when I die; it is the life of the Eternal one in me today.'
(Jean Vanier)

438. 'Without ambition one starts nothing; without work one finishes nothing.'
(Ralph Waldo Emerson)

439. 'Nothing great was ever achieved without enthusiasm'.
(Ralph W. Emerson)

440. 'If rulers were to enact unjust laws or take measures contrary to the moral order, such arrangements would not be binding in conscience.'
(*Catechism of the Catholic Church*)

441. 'Not to enable the poor to share in our goods is to steal from them and deprive them of life. The goods we possess are not ours, but theirs.'
(John Chrysostom)

442. 'When we attend to the needs of those in want, we give them what is theirs, not ours. More than performing works of mercy, we are paying a debt of justice.'
(Gregory the Great)

443. 'The Lord's Prayer is truly the summary of the whole Gospel.'
(Tertullian)

444. 'To the extent to which we serve God we are free, while to the extent that we follow the law of sin, we are still slaves.' (Augustine of Hippo)

445. 'The person is more important than people.' (Piaras Ó Feiritéar)

446. 'Death exists, not as the opposite, but as a part of life.' (Haruki Murakami)

447. 'If you have really found your brother, then you have found God as well.' (Clement of Alexandria)

448. 'The New Law is the grace of the Holy Spirit given through faith in Christ.' (Thomas Aquinas)

449. 'We should be careful what we worship, for what we are worshipping is what we are becoming.' (Ralph W. Emerson)

450. 'In prayer, it is better to have the heart without words, than words without the heart.' (Anonymous)

451. 'Bread for myself is a material question; bread for my neighbour is a spiritual one.' (Jacques Maritain)

452. 'Watch your thoughts; they become words.
Watch your words; they become actions.
Watch your actions; they become habits.
Watch your habits; they become character.
Watch your character; it becomes destiny.'
(Anonymous)

453. 'As long as you keep a person down, some part of yourself has to be down there to hold him; so it means that you cannot soar as you otherwise might'. (Marian Anderson)

454. 'If the truth provokes scandal, it is better to acknowledge the scandal than to abandon the truth.' (Gregory the Great)

455. 'When an oak tree is felled, the whole forest echoes with its fall, but a hundred acorns are sown in silence by an unnoticed breeze.'
(Thomas Carlyle)

456. 'How often we wish that God would show himself stronger, that he would strike decisively, defeating evil, and creating a better world. All ideologies of power justify themselves in exactly this way; they justify the destruction of whatever would stand in the way of progress and the liberation of humanity. We suffer on account of God's patience. And yet, we need his patience.'
(Pope Benedict XVI)

457. 'Each of us is the result of a thought of God.' (Pope Benedict XVI)

458. 'Learn, then, for love of the creator, to overcome self in everything, and you shall come to the knowledge of God.' (Thomas à Kempis)

459. 'We do not pray in order to change a divine decree, but only to obtain what God has decided will be obtained through prayer.' (Thomas Aquinas)

460. 'By asking [in prayer], people deserve to receive what the all-powerful God has decreed from all eternity to give them.' (Gregory the Great)

461. 'For what is the bread? It is the Body of Christ. And what do those who receive it become? The Body of Christ – not many bodies but one body.' (John Chrysostom)

462. 'The world which came forth from the hands of God the Creator now returns to him redeemed by Christ.' (Pope John Paul II)

463. 'In the sacrament of the Eucharistic bread, the unity of the faithful who form one body in Christ is both expressed and brought about. (Pope John Paul II)

464. 'The Eucharist reinforces the incorporation into Christ which took place in Baptism.' (Pope John Paul II)

465. 'The Eucharist creates and fosters communion.' (Pope John Paul II)

466. 'The Eucharist... the supreme sacrament of the unity of the People of God... is the apt expression and the unsurpassable source of that union.' (Pope John Paul II)

467. 'Christ... enables us to become... witnesses of hope.' (Pope John Paul II)

468. 'Do you wish to honour the body of Christ? Do not ignore him when he is naked. Do not pay him homage in the temple clad in silk, only then to neglect him outside when he is cold and ill-clad. He who said, 'This is my body' is the same who said: 'You saw me hungry and you gave me no food', and 'Whatever you did to the least of my brothers you did also to me'... What food is it if the Eucharistic table is overloaded with golden chalices when your brother is dying of hunger? Start by satisfying his hunger and then with what is left you may adorn the altar as well.' (John Chrysostom)

469. 'Peace will flower when love and justice pervade our environment. (Oscar Romero)

470. In John's Gospel, Jesus said,
 Before Abraham ever was, I am. 8.58
 I am the bread of life. 6.35
 I am the light of the world. 8.12; 9.5
 I am the gate for the sheep. 10.7
 I am the good shepherd. 10.11
 I am the resurrection and the life. 11.25
 I am the way, the truth and the life. 14.6
 I am the real vine. 15.1
 And,
 I am the Alpha and the Omega, the beginning and
 the end. Revelation 1.8; 21.6.

471. 'Conscience has rights because it has
 duties.' (John Henry Newman)

472. 'Christian faithful, seek the truth, listen to
 the truth, love the truth, say the truth, be attentive
 to the truth, defend the truth until death, because
 the truth will set you free.' (Jan Hus)

473. 'There are no Roman Catholics in heaven.
 There are no Anglicans in heaven. There are no
 Presbyterians, Methodists or Baptists. There are
 only sinners redeemed by the blood of Jesus
 Christ'. (David Watson)

474. 'We must never be ashamed of the Gospel
 and never ashamed of proclaiming that we are
 Christians. We are called to share our faith, not
 hide it.' (Pope John Paul II)

475. ‘If a fool be associated with a wise man even all his life, he will perceive the truth as little as a spoon perceives the taste of soup. If an intelligent man be associated for one minute only with a wise man, he will soon perceive the truth, as the tongue perceives the taste of soup.’ (Dhammapada)

476. In Proverbs, the fear of the Lord -
- is the beginning of wisdom. 1.7; 9.10.
- adds length to life.10.27.
- gives good grounds for confidence. 14.26.
- is a life-giving spring. 14.27.
- is a school of wisdom.15.33.
- leads to life.19.23.

477. Ecclesiasticus (Sirach)

To fear the Lord is -

- the beginning of wisdom,1.14.
- the perfection of wisdom,1.16.
- the crown of wisdom, 1.18.
- the root of wisdom, 1.20.
- surpasses everything, 25.14.
- like a paradise of blessing; it clothes a person with more than glory, 40.27

478. ‘God does not command the impossible, but in commanding he admonishes you to do what you can and to pray for what you cannot, and he gives his aid to enable you.’ (Council of Trent)

479. 'This is the rule to follow: leave the past to the infinite mercy of God, the future to his divine providence, and the present to his love - by being faithful to his grace.' (Jean-Pierre de Caussade)

480. 'All consists in loving well.' (Jean-Pierre de Caussade)

481. 'Your total abandonment to God, practised in a spirit of confidence, and of union with Jesus Christ doing always the will of his Father, is, of all practices, the most divine.' (Jean-Pierre de Caussade)

482. 'Your discouragement is a sign of want of purity of intention... because you must desire to improve only to please God, and not to please yourself.' (Jean-Pierre de Caussade)

483. 'Think only of the present, abandon the future to Providence. It is the good use of the present that assures the future.' (Jean-Pierre de Caussade)

484. 'In the exercise of the power of knowledge God must remain ever incomprehensible, whereas in the exercise of love God may be fully comprehended.' (*Cloud of Unknowing*)

485. 'By love, God may be grasped and held; by thought never.' (*Cloud of Unknowing*)

486. 'There are three stages which the beginner should note. I call them reading, reflecting and praying.' (*Cloud of Unknowing*)

487. 'Leaving all considerations behind, offer yourself to God, the whole of you as you are, to all of him as he is.' (*Cloud of Unknowing*)

488. 'Lift up your heart to God with humble love, and mean God himself, not what you can get out of him.' (*Cloud of Unknowing*)

489. 'Humility is nothing else but a true knowledge and awareness of oneself as one really is.' (*Cloud of Unknowing*)

490. 'Where there are so many humble bleats without, there must be pride within.' (*Cloud of Unknowing*)

491. 'Those who will not go the hard way to heaven will go the comfortable way to hell.' (*Cloud of Unknowing*)

492. 'Keep in mind simply, plainly, that you are as you are, and that there is no need to inquire more closely.' (*Cloud of Unknowing*)

493. 'God is the still point at the centre.' (Julian of Norwich)

494. 'As the body is clad in clothes, and the flesh in the skin, and the bones in the flesh, and the heart in the whole, so are we clothed, body and soul, in the goodness of God and enfolded in it.' (Julian of Norwich)

495. 'When a soul holds on to God in trust - whether in seeking him or in contemplating him - this is the highest worship it can bring.' (Julian of Norwich)

496. 'When we come to heaven, our prayers shall be waiting for us as part of our delight, with endless joyful thanks from God.' (Julian of Norwich)

497. 'Greatly should we rejoice that God dwells in our soul - and rejoice yet more because our soul dwells in God. Our soul is created to be God's home, and the soul is at home in the uncreated God.' (Julian of Norwich)

498. 'In God's sight we do not fall; in our sight we do not stand.... Both of these are true. But the deeper insight belongs to God.' (Julian of Norwich)

499. 'All shall be well, and all shall be well, and all manner of thing shall be well.' (Julian of Norwich)

500. 'Repentance makes us clean, compassion makes us ready, and yearning for God makes us worthy.' (Julian of Norwich)

501. 'Seeking is as good as seeing.' (Julian of Norwich)

502. 'The fullness of joy is to see God in all things.' (Julian of Norwich)

503. 'If we do what we can, and truly ask mercy and grace, all that we lack we shall find in him.' (Julian of Norwich)

504. 'Flee to our Lord and we shall be strengthened. Touch him and we shall be cleansed. Cling to him, and we shall be safe and sound from every danger.' (Julian of Norwich)

505. 'Victory does not lie in ignoring our weaknesses, but in resisting them.' (Francis de Sales)

506. 'One form of gentleness we should practise is towards ourselves. We should never get irritable with ourselves because of our imperfections. It is reasonable to be displeased and sorry when we commit faults, but not fretful or spiteful to ourselves. Some make the mistake of being angry because they have been angry, hurt because they have been hurt, vexed because they have been vexed.... Besides this, all

irritation with ourselves tends to foster pride and springs from self-love, which is displeased at finding that we are not perfect.’ (Francis de Sales)

507. ‘Reason is the essential distinction of man, but it is rare to find reasonable men.’ (Francis de Sales)

508. ‘The trouble is that we live far from ourselves and have but little wish to get any nearer to ourselves. Indeed we are running away all the time to avoid coming face to face with our real selves, and we barter the truth for trifles.’ (*Way of a Pilgrim*)

509. ‘We get our ideas about our neighbours from what we are ourselves.’ (*The Way of a Pilgrim*)

510. ‘Constancy will teach us attention in prayer and quantity will lead to quality.’ (*The Pilgrim continues his Way*)

511. ‘Prayer is joyful rather than penitential, world-affirming rather than world-denying.’ (Kallistos Ware)

512. ‘Early Christian writers spoke of three stages for the Christian: the slave who obeys by fear; the servant who obeys for reward; and the son who acts for love.’ (Anthony Bloom)

513. 'Prayer must be rooted in our life. If our life contradicts our prayers, or if our prayers have nothing to do with our life, they will never be alive or real.' (Anthony Bloom)

514. 'The moment I realized that God existed, I knew I could not do otherwise than to live for Him alone.' (Charles de Foucauld)

515. 'I cannot conceive of love that feels no constraining need of resembling and becoming like Jesus.' (Charles de Foucauld)

516. 'Bitterness almost always comes from wounded self-esteem or from pride insufficiently subdued.' (René Voillaume)

517. 'Prayer of adoration - the essence of true prayer - serves no "useful purpose", in the strict sense of the term, and so long as one fails to see this, one can never really know how to pray.' (René Voillaume)

518. 'It is a great mistake to think that an attitude has to be natural and spontaneous in order to be true.' (René Voillaume)

519. 'Only God has a right to judge by comparison with self.' (René Voillaume)

520. 'Remember that the proper result of contemplative prayer is *simplicity* in the whole life.' (John Chapman)

521. 'We ought to try to do what we can, and not what we can't.' (John Chapman)

522. 'Take yourself as you find yourself, and start from that.' (John Chapman)

523. 'The simplest way of making an act of attention to God, is by an act of inattention to everything else. It is rather like the act of trying to go to sleep.' (John Chapman)

524. 'The less we look into ourselves the better.' (John Chapman)

525. 'Try to serve God for his own sake, as he wishes you to, and not for his gifts. What *does* it matter whether you enjoy your prayer, or you are unhappy in it?' (John Chapman)

526. 'Just as a mother does not think about her love for her child, but about the child, so we must not think about our love for God, but about God.' (John Chapman)

527. 'Most of us have got to get in touch with ourselves first, to get into a full relationship with ourselves before we can turn openly to our relationship with God.' (John Main)

528. 'In meditation we do not seek to think about God... but to be with God, to experience him as the ground of our being.' (John Main)

529. Silence 'is... a state of alert stillness in our mind and heart, which is not a state of consciousness familiar to most Westerners.' (John Main)

530. 'Prayer is not a matter of talking to God, but of listening to him, of being with him.' (John Main)

531. 'Learning to pray is learning to live as fully as possible in the present moment.' (John Main)

532. 'The first step in personhood then is to allow ourselves to be loved.' (John Main)

533. 'All the masters have agreed that in prayer it is not we ourselves who take the initiative. We are not talking to God. We are listening to his word within us. We are not looking for him, it is he who has found us.' (John Main)

534. 'The essence of community... is a recognition of and deep reverence for the other.' (John Main)

535. 'One of the great difficulties about learning to meditate is that it is so simple. In our society most people think that only very complex things are worthwhile.' (John Main)

536. 'I do not think it wrong to say that while we are looking for him [Jesus] we are always looking for the wrong thing.... We have found him when we realize... that what he has achieved for us is that we see with his vision. We see with his consciousness. We understand with his understanding because his invitation to us is that we should be united with him, one with him....' (John Main)

537. 'What is best for the mind? Breadth and humility, for every good thing finds room in a broad, humble mind. What is worst for the mind? Narrowness and closedness, and constrictedness, for nothing good finds room in a narrow, closed, constricted mind.' (Colmán Mac Beoghnae)

538. 'I have placed you among people so that you can do to them what you cannot do to me, that is to say, that you may love your neighbour freely without expecting any return, and what you do to them I count as done to myself.' (Catherine of Siena)

539. 'The great revelation is stillness.' (Lao Tzu)

540. 'Tokusan was studying Zen under Ryutan. One night Tokusan came to Ryutan and asked many questions. The Teacher said, 'The night is getting old - why don't you retire?' So Tokusan bowed and, as he opened the screen to get out, he observed, 'It is very dark outside'. Ryutan offered Tokusan a lighted candle to find his way, but first, as Tokusan received it, Ryutan blew it out. At that moment the mind of Tokusan was opened.' (A Zen koan)

541. 'What good is it to tell people who do not know themselves that they should make their own way to God?' (Blaise Pascal)

542. 'The more faithfully you listen to the voice within you, the better you will hear what is sounding outside.' (Dag Hammarskjöld)

543. 'The deepest level of communication is not communication, but communion. It is wordless. It is beyond words, and it is beyond speech, and it is beyond concept. Not that we discover a new unity. We discover an older unity. My dear friends, we are already one. But we imagine that we are not. What we have to recover is our original unity. What we have to be is what we are.' (Thomas Merton)

544. 'Prayer is a mystery; silence is its language.' (George Malone)

545. 'Anyone who thinks that his time is too valuable to spend keeping quiet will eventually have no time for God or his brother, but only for himself and for his own follies.' (Dietrich Bonhöffer)

546. 'Solitude is not something you must hope for in the future. Rather, it is a deepening of the present; and unless you look for it in the present, you will never find it.' (Thomas Merton)

547. 'To discover God is not to discover an idea but to discover oneself.' (Bede Griffiths)

548. 'Community begins where one person's compassion meets another's need.' (Seán Ó Conaill)

549. 'Any man who is attached to the senses and to the things of this world, is one who lives in ignorance and is being consumed by... his own passions.' (Black Elk)

550. 'Reflect on this truth: that God gives himself to those who give up everything for him.' (Teresa of Ávila)

551. 'Love turns work into rest.' (Teresa of Ávila)

552. 'Love alone is what gives value to all things.' (Teresa of Ávila)

553. 'In you, Lord, my hope will not be confounded; may I always serve you; and do with me whatever you will.' (Teresa of Ávila)

554. 'If the cross is loved, it is easy to bear; this is certain.' (Teresa of Ávila)

555. 'From here on, Lord, I want to forget myself and look only at how I can serve you and have no other desire than to do your will. But my desire is not powerful, my God; you are the powerful One. What I can do is be determined; thus from this very moment I am determined to serve you through deeds.' (Teresa of Ávila)

556. 'Love's force has taken away the intellect in order that the soul may love more.' (Teresa of Ávila)

557. 'May it please our Lord to keep us in his hands and teach us always how to carry out his will. Amen.' (Teresa of Ávila)

558. 'What hope can we have of finding rest outside of ourselves if we cannot be at rest within?' (Teresa of Ávila)

559. 'It is foolish to think that we will enter heaven without entering into ourselves, coming to know ourselves...' (Teresa of Ávila)

560. 'The important thing is not think much but to love much; and so, do that which best stirs you to love. Perhaps we don't know what love is. I wouldn't be very surprised, because it doesn't consist in great delight but in desiring with strong determination to please God in everything.'
(Teresa of Ávila)

561. 'We cannot know whether or not we love God, although there are strong indications for recognizing that we do love Him; but we can know whether we love our neighbour. And be certain that the more advanced that you see you are in love of your neighbour the more advanced you will be in the love of God...' (Teresa of Ávila)

562. 'May the divine Majesty provide a remedy that will enable us to place our eyes only on pleasing Him and to be forgetful of ourselves, as I said, amen.' (Teresa of Ávila)

563. 'Fix your eyes on the Crucified and everything will become small for you.' (Teresa of Ávila)

564. 'Love... cannot possibly be content with remaining always the same.' (Teresa of Ávila)

565. 'The Lord walks among the pots and pans helping you both interiorly and exteriorly.'
(Teresa of Ávila)

566. ‘And let souls believe me that it is not the length of time spent in prayer that benefits one; when the time is well spent as well in good works, it is a great help in preparing the soul for the enkindling of love. The soul may thereby be better prepared in a very short time than through many hours of reflection. All must come from his hand. May He be blessed forever.’ (Teresa of Ávila)

567. ‘God deliver me from people so spiritual that they want to turn everything into perfect contemplation, no matter what.’ (Teresa of Ávila)

568. ‘God, our sovereign Author, decrees us to be free... He is our Father, not our god-father: he does not make us an offer we can’t refuse.’ (Kreeft)

569. ‘One act done in charity is more precious in God’s sight than all the visions and communications possible.’ (John of the Cross)

570. ‘As the love of neighbour increases so does the love of God, and as the love of God increases so does the love of neighbour.’ (John of the Cross)

571. ‘We need external peace to live with others, internal peace to live with ourselves, and eternal peace to live with God.’ (Saint Anthony of Padua)

572. 'Love [God], and do what you will.'
(Augustine of Hippo)

573. 'How can there be eternal truth if there is no eternal mind to think it?' (Jean-Paul Sartre)

574. 'There is a God-shaped hole in the heart of humanity.' (Jean-Paul Sartre)

575. 'Happiness is not a destination but a manner of travelling.' (Anonymous)

576. 'Where God is present, alienation gives way to solidarity; isolation gives way to sister-brotherhood.' (John Corriveau)

577. 'Mercy and compassion build communion in a world of violence and alienation.' (John Corriveau)

578. 'No expression of our humanity is alien to, or separated from God's love.' (John Corriveau)

579. 'The Eucharist is the restorative place of redeemed relationships.' (John Corriveau)

580. 'The earth is a living creature; we must treat it with reverence. All life is sacred.' (Gyalsay Rinpoche)

581. 'A cause is lost only when you stop struggling for it.' (Anonymous)

582. 'Community that is not mystical has no soul, but community that is not ascetic has no body.'
(Vatican II)

583. 'God, who preferred the correction rather than the death of a sinner, did not desire that a homicide be punished by the exaction of another act of homicide.' (Ambrose of Milan)

584. How can it make sense to kill a person for killing a person in order to show that killing a person is wrong? (Anonymous)

585. 'The way of charity is the way of truth.'
(Scholastic saying)

586. 'Resentment is like taking poison and expecting the other person to die.' (Anonymous)

587. 'No one is so rich that they have nothing to receive, and no one is so poor that they have nothing to give'. (Anonymous)

588. 'The person becomes an I through a You.'
(Martin Buber)

589. When Florence Nightingale was asked what motivated her to begin her work in hospitals, she answered, 'Rage.'

590. 'We become what we contemplate'.
(Alphonse de Chateaubrillant)

591. 'Don't quarrel with circumstances.' (Marcus Aurelius)

592. 'The home should be the first school of the Christian life.' (Anonymous)

593. 'Tell me and I will forget;
show me and I may remember;
involve me and I will understand.' (Anonymous)

594. 'Life has taught me that active love saves a person from a morbid preoccupation with the shortcomings of society.' (Alan Paton)

595. 'God does not ask us to be successful, but does ask us to be faithful.' (Mother Teresa)

596. 'A person with a vision and no task is a dreamer; one with a task and no vision is a drudge; one with a vision and a task is a prophet.'
(Anonymous)

597. 'It is forbidden to man to think little of himself because he would then be thinking little of God.' (Karl Rahner)

598. 'Depression is rage turned inwards.'
(Anonymous)

599. 'I am a Jew because my faith demands no abdication of the mind.

I am a Jew because my faith demands all the devotion of my heart.

I am a Jew because, wherever there is suffering, the Jew weeps.

I am a Jew because, whenever there is despair, the Jew hopes.

I am a Jew because the message of our faith is the oldest and the newest.

I am a Jew because the promise of our faith is a universal promise.

I am a Jew because, for the Jew, the world is not complete; people must complete it.

I am a Jew because, for the Jew, humanity is not fully created; people must complete it.

I am a Jew because the faith of the [Jewish] people places humanity above nations, above Judaism itself.

I am a Jew because the faith of the [Jewish] people places above humanity, which is the image of the divine, the Oneness of God'.

(*A Prayer-book for Shabbat, Festivals and Weekdays*. Could a Christian say the same?)

600. 'God created us without us, but did not will to save us without us.' (Augustine of Hippo)

601. 'Anger is one letter short of danger'.
(Anonymous)

602. 'When regrets take the place of dreams, a person has become old.' (Anonymous)
603. 'Learn from the past, live for today, hope for tomorrow.' (Anonymous)
604. 'Enjoy life; there's plenty of time to be dead.' (Anonymous)
605. 'Discretion is being able to raise an eyebrow instead of a voice.' (Anonymous)
606. 'Human beings are the only animals that eat themselves to death.' (Anonymous)
607. 'The only weapon that becomes sharper with use is the tongue.' (Anonymous)
608. 'If we don't transform your pain, we'll transmit it.' (Richard Rohr)
609. 'Sacrificial religions always look for, and create, victims.' (Richard Rohr)
610. 'Jesus came for all religions; Christians turned Jesus into a religion.' (From Simone Weil)
611. 'Nothing is true until it has been officially denied.' (Polish saying)

612. ‘A committee is a group of the unwilling, chosen from the unfit, to do the unnecessary.’ (Anonymous)

613. ‘He who is not spiritual in his flesh becomes carnal even in his spirit.’ (Augustine of Hippo)

614. ‘The one who loves has another self.’ (John Chrysostom)

615. ‘By the age of forty, every person has the face they deserve.’ (Carl Jung)

616. ‘Freedom is a package deal: it brings with it consequences and responsibilities.’ (Anonymous)

617. ‘What people pray, they believe.’ (Pope Celestine I; *lex orandi, lex credendi*)

618. ‘The spiritual journey is the greatest single resource we have to change the world and bring about the birth of a new civilization that possesses, and is animated by, heart.’ (Wayne Teasdale)

619. ‘The greatest misfortune that can befall you as a Christian is not to know consciously that God lives within you.’ (Simeon the New Theologian)

620. ‘Nothing in all creation is so like God as stillness.’ (Meister Eckhart)

621. 'Regular meditation causes us to move into a more real world.' (Anonymous)

622. 'The salvation of souls must always be the supreme law'. (Scholastic saying)

623. 'Future Christianity is generating itself from the lives of those who have fled to the margins.' (Wendy Beckett)

624. 'For every complex problem, there is a solution that is simple, neat – and wrong.' (H. L. Mencken)

625. 'As long as there are tests, there will be prayer in public schools.' (Anonymous)

626. 'Don't believe everything you think.' (Anonymous)

627. 'Everyone seems normal – until you get to know them.' (Anonymous)

628. 'The measure of our real wealth is what we'd be worth if we lost all our money.' (Anonymous)

629. 'There is no such thing as a long piece of work, except the one you're afraid to start.' (Anonymous)

630. 'Know yourself and you will win all battles.' (Anonymous)

631. 'Never underestimate the power of passion.' (Anonymous)

632. 'One person with a belief is equal to ninety-nine who have only interests.' (Anonymous)

633. 'Begin somewhere. You cannot build a reputation on what you intend to do.' (Anonymous)

634. 'The most wasted of all days is one without laughter.' (Anonymous)

635. 'Don't throw away the old bucket until you know that the new one holds water.' (Anonymous)

636. 'Success is ninety-nine per cent failure.' (Anonymous)

637. 'The only place you'll find success before work is in the dictionary.' (Anonymous)

638. 'The optimist sees opportunity in every danger; the pessimist sees danger in every opportunity.' (Anonymous)

639. 'Failing to plan is planning to fail.' (Anonymous)

640. 'Friends are those rare people who ask us how we are and then wait for the answer.'
(Anonymous)

641. 'For our own success to be real, it must contribute to the success of others.'
(Anonymous)

642. 'Whenever you see a successful person, you see someone who once made a courageous decision.'
(Anonymous)

643. 'Whenever a person or an organization decides that success has been achieved, progress stops.'
(Anonymous)

644. 'The most expensive wedding often ends in the most expensive divorce.'
(Anonymous)

645. 'The time to stop talking is when the other person nods his head but says nothing.'
(Anonymous)

646. 'Happiness is often the result of being too busy to be miserable.'
(Anonymous)

647. 'You cannot tickle yourself, only others.'
(Anonymous)

648. 'Love is for fools wise enough to take a chance.'
(Anonymous)

649. ‘Children are natural mimics; they act like their parents in spite of every attempt to teach them good manners.’ (Anonymous)

650. ‘One thing you can’t re-cycle is wasted time.’ (Anonymous)

651. ‘If ignorance is bliss, why aren’t there more happy people?’ (Anonymous)

652. ‘Marriage is like the army; everybody complains, but you’d be surprised at how many re-enlist.’ (Anonymous)

653. ‘You’re only young once, but you can be immature indefinitely.’ (Anonymous)

654. ‘Never attribute to malice what may adequately be explained by stupidity.’ (Anonymous)

655. ‘An expert knows all the right answers – if you ask all the right questions.’ (Anonymous)

656. ‘Anti-Semitism is unacceptable. Spiritually, we are all Semites.’ (Pope Pius XI)

657. ‘Opportunity may knock only once, but temptation leans on the doorbell.’ (Anonymous)

658. 'Sunday is the day of the Resurrection, it is the day of Christians, it is our day.' (Jerome of Dalmatia)

659. 'A leader is one who faces the music even when he doesn't like the tune.' (Anonymous)

660. 'Happiness comes through doors you didn't even know you'd left open.' (Anonymous)

661. 'It is never too late to have a happy childhood.' (Anonymous)

662. 'There are times when the person who says it can't be done is interrupted by the person doing it.' (Anonymous)

663. 'When science finally locates the centre of the universe, some people will be surprised to learn they're not it.' (Anonymous)

664. 'Most truth-telling is done by children.' (Anonymous)

665. 'He gave it for his opinion that whoever could make two ears of corn or two blades of grass grow upon a spot of ground where only one grew before, would deserve better of mankind and do more essential service to his country, than the whole race of politicians put together'. (Jonathan Dean Swift)

666. 'All the problems of the world come because people are not able to remain alone in their room'. (Blaise Pascal)

667. 'Only the senses can cure the soul and only the soul can cure the senses.' (Oscar Wilde)

668. 'Dig one well deep, not many shallow ones.' (Mahatma Gandhi)

669. 'Language is the way one thinks about and expresses oneself.' (S. I. Hayakawa)

670. 'To advance into our lives, to open new doors, we have to shut old doors behind us.' (Fenton Johnson)

671. 'In becoming conscious of the past, one alters the present.' (Georges Gusdorf)

672. 'When we tug at a single thing in nature, we find it attached to the rest of the world.' (John Muir)

673. 'Look deep into nature, and then you will understand everything better.' (Albert Einstein)

674. 'Each of us is unique, so if we fail to live out our essential commitment, that piece of God's work remains undone.' (Mary Elizabeth Kenel)

675. ‘A capacity to love specific individuals, with their foibles and struggles... is essential for Christian maturity.’ (Luisa M. Saffiotti)

676. ‘Life teaches us that the place of expansion is always at the border or the edge. If we are to become whole and mature, to remove beyond safe but restricting images of God and what it means to be a Christian, then we must practice going to the edge.’ (Luisa M. Saffiotti)

677. ‘It is contemplative space that grounds the essential relational dimensions of Christian maturity.’ (Luisa M. Saffiotti)

678. ‘Saying we believe in God is not enough. We each need to go beyond the cognitive into experiences that connect us directly to our ground of being.’ (Jared Kass)

679. ‘The inner self is greater than my self.’ (Jared Kass)

680. ‘God is not amenable to the detached observer.’ (Anonymous)

681. ‘Long before original sin there was original blessing.’ (Anonymous)

682. ‘Jesus wants followers, not admirers.’ (Søren Kierkegaard)

683. ‘Speak – if you have something to say that is better than silence.’ (Society of Friends)

684. ‘You have to be a little bit crazy to stay sane in a mad world.’ (Anonymous)

685. ‘Let the soft animal side of your body love what it loves.’ (Anonymous)

686. ‘Much of the disappointment in the lives of celibate and married people, as well as in the lives of all others, comes from failure to recognize the personal need for intimacy and from relying exclusively on the gratification of our biological sexual urges and our emotional... drives to bring happiness into our lives.’ (Keith Clark)

687. ‘Everything is perception, perspective.’ (Anonymous)

688. ‘The most beautiful thing we can experience is the mysterious.’ (Albert Einstein)

689. ‘Imagination is more important than knowledge. Knowledge is limited. But imagination encircles the world.’ (Albert Einstein)

690. ‘It’s hell all the way to hell; and it’s heaven all the way to heaven.’ (Catherine of Siena)

691. 'In prayer, expect everything, but nothing in particular.' (Richard Rohr)

692. 'When I speak, it is a demand that others remain silent so that I may be heard. When I am silent, I hear my true self and reach my soul. When I am silent, I hear with a caring heart. Silence teaches us how to know reality by respecting it where words have defiled it. If our life is poured out in useless words, we will never hear anything, because we have said everything before we had anything to say.' (Thomas Merton)

693. 'Don't ask what the world needs. Ask what makes you come alive, and go and do it. Because what the world needs are people who have come alive.' (Howard Thurman)

694. 'There is nothing as practical as a good theory.' (Kurt Lewin)

695. 'If there is nowhere God isn't, then how can I ever not be safe?' (Cece Shantzek)

696. 'When I perceive myself to be "against" anyone, I perceive myself to be separate from God.' (Cece Shantzek)

697. 'Divinity is fully realized humanity.' (Walter Wink)

698. ‘The goal of life, then, is not to become something we are not – divine – but to become what we truly are – human. We are not required to become divine: flawless, perfect, without blemish. We are invited simply to become human...’ (Walter Wink)

699. ‘Without wonder, men and women would lapse into deadening routine and little by little would become incapable of a life which is genuinely personal.’ (Pope John Paul II)

700. ‘If anything matters, everything matters.’ (William P. Young)

701. ‘Does it make sense to kill people who kill people in order to show that killing people is wrong?’ (Anonymous)

702. ‘Religions are like stained-glass windows – but what really counts is the light.’ (Anonymous)

703. ‘If God brings you to it, God will bring you through it.’ (Anonymous)

704. ‘To say that I am made in the image of God is to say that love is the reason for my existence, for God is love. Love is my true identity.’ (Thomas Merton)

705. 'What I need most of all is the grace to really accept God as he gives himself to me in every situation.' (Thomas Merton)

706. 'The gate of heaven is everywhere.'
(Thomas Merton)

707. 'Do not wander far and wide but return into yourself. Deep within the person there dwells the truth.' (Augustine of Hippo)

708. 'There are many dangers in life, and safety is one of them.' (Goethe)

709. The Bell.

THE	BELL
I know	who I am.
I am	God's child (John 1:12)
I am	Christ's friend (John 15:15)
I am	united with the Lord (1 Cor. 6:17)
I am	bought with a price (1 Cor. 6:19-20)
I am	a saint (set apart for God). (Eph. 1:1)
I am	a personal witness of Christ. (Acts 1:8)
I am	the salt & light of the earth (Mt. 5:13-14)
I am	a member of the body of Christ (1 Cor. 12:27)
I am	free forever from condemnation (Rom. 8: 1-2)
I am	a citizen of Heaven. I am significant (Phil. 3:20)
I am	free from any charge against me (Rom. 8:31)

-34)

I am a minister of reconciliation for God (2 Cor. 5:17-21)

I have access to God through the Holy Spirit (Eph. 2:18)

I am seated with Christ in the heavenly realms (Eph. 2:6)

I cannot be separated from the love of God (Rom. 8:35-39)

I am established, anointed, sealed by God (2 Cor. 1:21-22)

I am assured all things work together for good (Rom. 8:28)

I have been chosen and appointed to bear fruit (John 15:16)

I may approach God with freedom and confidence (Eph. 3:12)

I can do all things through Christ who strengthens me (Phil. 4:13)

I am the branch of the true vine, a channel of His life (John 15:1-5)

I am God's temple (1 Cor. 3:16). I am complete in Christ (Col. 2:10)

I am hidden with Christ in God (Col. 3:3)

I have been justified (Romans 5:1)

I am God's co-worker (1 Cor. 3:9; 2 Cor. 6:1)

I am God's workmanship (Eph. 2:10)

I am confident that the good works God has begun in me will be perfected. (Phil. 1:5)

I have been redeemed and forgiven (Col 1:14)

I am adopted as God's child (Eph. 1:5)

I belong to God.

truth. If something is true, then it must be true for all people and at all times.’ (Pope John Paul II)

715. ‘Christ likes us to prefer truth to him, because, before being Christ, he is truth. If one turns aside from him to go to the truth, one will not go far before falling into his arms.’ (Anonymous)

716. ‘Prayer is a great school of community.’ (John Main)

717. ‘Do not let what you cannot do interfere with what you can.’ (Anonymous)

718. ‘I tried being a philosopher – but humour kept breaking in.’ (George Bernard Shaw)

719. ‘Every question possesses a power that is lost in the answer.... The real answers you will find only within yourself....’ ‘Why do you pray, Moshe?’ I asked him. ‘I pray to the God within me for the strength to ask him the real questions.’ (Elie Wiesel)

720. ‘God comes to us disguised as our life.’ (Paula D’Arcy)

721. ‘In life, nothing is as good as it seems, nothing is as bad as it seems.’ (Anonymous)

722. ‘In life, pain is mandatory, suffering is optional.’ (Anonymous)

723. ‘The unexamined life is not worth living – and the over-examined life is not worth living either.’ (Anonymous)

724. ‘Life is what happens while you’re thinking of what might have been.’ (Tim Pat Coogan)

725. ‘A sense of unworthiness will never nurture positive change. As long as people identify themselves with their behaviour, they will always believe that they are unworthy.’ (Cuan Mhuire)

726. ‘The purpose of life is a life of purpose.’ (Cuan Mhuire)

727. ‘Change does not cause pain; it is resistance to change that causes pain.’ (Cuan Mhuire)

728. ‘Be what you are, and be it well.’ (Francis de Sales)

729. ‘The Lord has written the promise of resurrection, not in scripture alone, not in every leaf in springtime.’ (Martin Luther)

730. ‘Good works follow faith like smoke follows fire.’ (Martin Luther)

731. ‘God’s will is not something outside us; it is our own will at its deepest, most liberated centre.’ (Des O’Donnell)

732. ‘Jesus did not campaign on issues. He called for transformation of hearts.’ (Des O’Donnell)

733. ‘The worst moment for an atheist must be when he is thankful, but has nobody to thank.’ (Dante Gabriel Rosetti)

734. ‘The unity of truth is a fundamental premise of human reasoning.’ (Pope John Paul II)

735. ‘The great challenge is living your wounds through, not thinking them through. It’s better to cry than to worry.’ (Henri Nouwen)

736. ‘How we handle our wounds – in forgiveness or bitterness – will colour the rest of your life. The litmus test of Christianity is, “Have you forgiven your enemy?”’ (Ronald Rolheiser)

737. ‘Self-love that is not anchored in self-knowledge and self-acceptance risks becoming self-deception.’ (Anonymous)

738. ‘I am not what has happened to me; I am what I choose to become.’ (Carl Jung)

739. ‘It’s through the cracks that the light comes in.’ (Anonymous)

740. ‘There is a God-shaped vacuum in the heart of every person, and it can never be filled by any

created thing. It can only be filled by God, made known through Jesus Christ.’ (Blaise Pascal)

741. ‘Happiness is a by-product of doing what you believe in.’ (Donal Harrington)

742. ‘The natural impulse of men is to follow... and whoever has the strongest sense of purpose will always dominate the rest.’ (Robert Harris)

743. ‘What concerns everyone, ought to be approved by everyone.’ (Justinian)

744. ‘To be brave, by definition, one has first to be afraid.’ (Robert Harris)

745. ‘What the mind represses, the body expresses.’ (John Campbell)

746. ‘The problems we experience in life are really only lessons we haven’t learned properly yet.’ (John Campbell)

747. ‘I am never upset for the reason I think.’ (John Campbell)

748. ‘What you focus on is what you’ll attract to yourself and get more of in your life.’ (John Campbell)

749. ‘Remember to bless everything in your life because everything you bless will end up

blessing you back. Similarly, everything you curse will end up cursing you back.’ (John Campbell)

750. ‘Many people spend their entire lives trying to control everyone and everyone around them, but we cannot control anyone but ourselves.’ (John Campbell)

751. ‘Hurt people will hurt people – if not others, then themselves.’ (John Campbell)

752. ‘The cruelty and pain we inflict on each other and ourselves has its roots in self-hatred and intense guilt.’ (John Campbell)

753. ‘All therapy is a two-way healing process.’ (John Campbell)

754. ‘In the end you have only two choices – you either come to God dressed for dancing, or you get wheeled into God’s ward on a stretcher.’ (Hafiz)

755. ‘Grace builds on nature and brings it to fulfilment’. (Thomas Aquinas)

756. ‘Spirituality is humanity.’ (Sam Butt)

757.

I asked God for water; he gave me an ocean.
I asked God for a flower; he gave me a garden.

I asked God for a friend; he gave me all of you.
If God brings you to it; he will bring you through
it. (Anonymous)

758. 'If everybody is saying something, it's
probably wrong.' (Anonymous)

759. In happy moments, praise God.
In difficult moments, seek God.
In quiet moments, worship God.
In painful moments, trust God.
In every moment, thank God. (Anonymous)

760. Slow Dance

Have you ever watched kids on a merry-go-
round?

Or listened to the rain slapping on the ground?

Ever followed a butterfly's erratic flight?

Or gazed at the sun into the fading night?

You better slow down.

Don't dance so fast.

Time is short.

The music won't last.

Do you run through each day on the fly?

When you ask, "How are you?" do you hear the
reply?

When the day is done, do you lie in your bed
with the next hundred chores running through
your head?

You better slow down.

Don't dance so fast.

Time is short.

The music won't last.
Ever told your child, "We'll do it tomorrow?"
And, in your haste, not see his sorrow?
Ever lost touch, let a good friendship die,
'Cause you never had time to call and say, "Hi"?
You better slow down.
Don't dance so fast.
Time is short.
The music won't last.
When you run so fast to get somewhere
You miss half the fun of getting there.
When you worry and hurry through your day,
it is like an unopened gift thrown away.
Life is not a race;
Do take it slower.
Hear the music
before the song is over. (Anonymous)

761. 'The one who has a "why" to live can bear with almost any "how".' (Friedrich Nietzsche)

762. 'The secret of our being is not only to live, but to have something to live for.' (Fyodor Dostoyevsky)

763. 'The man who knocks at the prostitute's door is actually looking for God.' (G. K. Chesterton)

764. 'Sacred Scripture and the natural world proceed equally from the divine Word, the first as dictated by the Holy Spirit, the second as a

very faithful executor of the commands of God...' (Galileo Galilei)

765. 'All spiritual journeys have a hidden destination of which the traveller is unaware.'
(Martin Buber)

766. 'Not only does God come more than halfway to meet us, it is God's own self in the first place that moves us to begin the journey. And not only does God inspire us to begin the journey, but it is God who nourishes and sustains us as we travel.' (Fyodor Dostoyevsky)

767. 'Everything may be taken from a person, except one thing: the last of the human freedoms – to choose one's attitude in any given set of circumstances, to choose one's way.' (Viktor Frankl)

768. 'I cannot be the servant of my conscience unless I understand conscience as a phenomenon transcendent of me.' (Viktor Frankl)

769. 'All truth is God's truth, however it is mediated.' (Anonymous)

770. 'Those who know don't talk too much; those who talk too much don't know.'
(Anonymous)

771. 'There are as many ways of praying as there

are people who pray.’ (Anonymous)

772. ‘We begin by praying with many words; we grow to pray with few words; we move on to praying with one word. Best of all is when we pray with no words – just silence.’ (Anonymous)

773. ‘Silence is the ultimate modesty of the mind before the mystery of being.’ (Anonymous)

774. ‘If God does not love imperfect people, God has no one to love.’ (Richard Rohr)

775. ‘Worship is to quicken the conscience to the holiness of God,
to feed the mind with the truth of God,
to purge the imagination with the truth of God,
to open the heart to the love of God,
to devote the will to the purposes of God.’
(William Temple)

776. ‘Happiness is joy in the truth because it is joy in you, Lord, who are truth, my light, my salvation, my God.’ (Augustine of Hippo)

777. ‘Words are precious cups of meaning.’
(Augustine of Hippo)

778. ‘God is sheer joy, and joy demands company.’ (Thomas Aquinas)

779. 'God is to be found in the next person we meet, or not at all.' (Mahatma Gandhi)

780. 'Make humanity your goal, and you will find your way to God.' (Augustine of Hippo)

781. 'One can live for years without living at all; and then all life comes crowding into a single hour.' (Oscar Wilde)

782. 'There is nothing so like God as being free from fear.' (Daniel J. O'Leary)

783. 'An inert body of believers is only two generations removed from non-practice. And non-practice is only two generations away from non-belief.' (Frank Duff)

784. 'Our faith begins at the very point where atheists suppose it must end. Our faith begins with the bleakness and power of the night of the cross, abandonment, temptation, and doubt about everything that exists.' (Jürgen Moltmann)

785. 'When something hard happens to you, you have two choices: you can get bitter, or you can get better.' (Donald Miller)

786. 'The great challenge is living your wounds through instead of thinking them through. It is better to cry than to worry, better to feel your wounds deeply than to understand them, better to

let them enter into your silence than to talk about them. The choice you face constantly is whether you are taking your wounds to your head or to your heart.’ (Henri Nouwen)

787. ‘In this life, there is no such thing as a clear-cut pure joy. But this intimate experience in which every bit of life is touched by a bit of death can point us beyond the limits of our existence.’ (Henri Nouwen)

788. ‘We find our destiny on the path we take to avoid it.’ (Carl G. Jung)

789. ‘A passionate three minutes are worth more than a lifetime of lukewarm ambivalence.’ (River Jordan)

790. ‘All real problems have solutions.’ (Don Weed)

791. ‘Hope has two beautiful daughters – anger and courage.’ (Augustine of Hippo)

792. ‘**Faith is a journey into darkness, into not-knowing.**’ (Richard Rohr)

793. ‘Without justice, what are kingdoms but great piracies?’ (Augustine of Hippo)

794. ‘Jesus made truth his authority and not authority his truth.’ (Eamon Conway)

795. 'Once you learn how to die, you learn how to live.' (Mitch Albom)

796. 'Don't try to be good – it's greatly over-rated - just be yourself.' (Leo Cullen)

797. 'Once you start using coercion, persuasion stops working.' (Simon Anholt)

798. 'Who you are is God's gift to you; who you become is your gift to God.' (Anonymous)

799. 'Keeping your head down makes you small.' (Anonymous)

800. 'Tradition is not about wearing your grandfather's hat; it's about giving birth to a baby.' (Pablo Picasso)

801. 'Nothing is possible without people; nothing lasts without institutions.' (Jean Monnet)

802. 'His head is stooped to listen to you,
his arms outstretched to embrace you,
his feet are nailed to stay with you,
his heart is open to love you.'
(Catherine of Siena)

803. 'The last thing to collapse is the surface.'
(Albert Einstein)

804. 'A system that brings about its own collapse can never be the cause of its own renewal.'
(Albert Einstein)

805. 'We must not become "starved Christians" talking theology over tea.'
(Pope Francis)

806. 'Christians are called to be revolutionaries, changing the world one heart at a time.'
(Pope Francis)

807. 'Inspiration plus perspiration makes transformation.'
(Anonymous)

808. 'Grace is like a surprise pardon for one waiting on death row.'
(Raniero Cantalamessa)

809. 'There is a dangerous rumour in circulation that Christianity is about following Jesus Christ. In truth, Christianity is about discipleship, which is a very different reality. When we talk about following Jesus Christ we risk reducing him to a role model whose actions and teachings are to be imitated.... However, Christian faith promises much more. It tells us that we don't just follow or imitate but that the very life of Christ pulses through our veins. Through the power of the Holy Spirit poured out in baptism and renewed in confirmation, we live "through him, and with him, and in him." It's much more than "behind him, after him, and like him."' (Liam Bergin)

810. 'The intellect must seek what it loves: the more it loves, the more it desires to know.' (Pope John Paul II)

811. 'If faith does not think, it is nothing.' (Augustine of Hippo)

812. 'If there is no assent, there is no faith, for without assent one does not really believe.' (Augustine of Hippo)

813. 'Truth is the conformity between the intellect and reality.' (Thomas Aquinas)

814. It is inadequate to have 'reading without repentance, knowledge without devotion, research without the impulse of wonder, prudence without the ability to surrender to joy, action divorced from religion, learning sundered from love, intelligence without humility, study unsustained by divine grace, thought without the wisdom inspired by God.' (Bonaventure)

815. 'Old age is God's school of teaching us to let go.' (Anonymous)

816. 'The holiness of one benefits others in a way far exceeding the harm which the sin of one has inflicted upon others.' (Pope John Paul II)

817. 'I understood that the church had a heart and that this heart was aflame with love. I understood

that love alone encompassed all vocations, that love was everything.’ (Thérèse of Lisieux)

818. ‘The blood of martyrs is the seed of Christians.’ (Tertullian)

819. ‘By the Lord's inspiration, it is often a younger person who knows what is best.’ (*Rule of Saint Benedict*)

820. ‘Let us listen to what all the faithful say, because in every one of them the Spirit of God breathes.’ (Paulinus of Nola)

821. ‘A truly Eucharistic community cannot be closed in upon itself.’ (Pope John Paul II)

822. ‘Biblical faith does not set up a parallel universe... one opposed to that primordial human phenomenon.’ (Pope Benedict XVI)

823. ‘The person can indeed enter into union with God... But this union is no mere fusion, a sinking into the nameless ocean of the divine; it is... a unity in which both God and the person remain themselves and yet become fully one.’ (Pope Benedict XVI)

824. ‘The real novelty of the New Testament lies not so much in new ideas as in the figure of Christ himself... an unprecedented realism.’ (Pope Benedict XVI)

825. 'A Eucharist which does not pass over into the concrete practice of love is intrinsically fragmented.' (Pope Benedict XVI)

826. 'Closing our eyes to our neighbour blinds us to God also.' (Pope Benedict XVI)

827. 'In the saints one thing becomes clear: those who draw near to God do not withdraw from people.' (Pope Benedict XVI)

828. 'Efficiency is not "value-free."' (Pope Benedict XVI)

829. 'Love is an experience of truth.' (Pope Francis)

830. 'Do not go losing yourself in your imagination or in roundabout and unnecessarily con-fusing searching. Jesus is there, within your reach, if you have faith.' (René Voillaume)

831. 'The poor you have always with you.... All the worse for the rich who pretend to believe it justifies their selfishness. The poor you have always with you, just because there will always be rich, that is to say there will always be hard and grasping men out for power more than possession. These men exist as much among the poor as among the rich...' (Georges Bernanos)

832. 'Who can prevent you from turning the eyes of your soul (but for an instant, if you can do no more) on our Lord?' (Teresa of Ávila)

833. 'The interruptions are the job.' (David Steindl-Ross)

834. 'Those who, through no fault of their own, do not know the gospel of Christ or his church, but who nevertheless seek God with a sincere heart, and, moved by grace, try in their actions to do his will as they know it through the dictates of their conscience - those too may achieve eternal salvation.' (Vatican II)

835. 'If only people wanted, instead of liberating humanity, to liberate themselves, they would do much for the liberation of humanity.' (Alexander Herzen)

836. 'When you pray, you yourself must be silent; let the prayer speak.' (Kallistos Ware)

837. 'Truth is meant to save you first; the comfort comes afterwards.' (Georges Bernanos)

838. 'So great is the goodness of God that he has put nothing in this life, in whatever state one finds oneself, which blocks one's salvation.' (Catherine of Siena)

839. 'Acquire inner peace and thousands around you will find their salvation.' (Seraphim of Sarov)

840. 'How can we learn to stop talking and to start listening? From "strenuous" to "self-acting" prayer... from "my" prayer to the prayer of Christ in me? (Kallistos Ware)

841. 'So many choose to be lonely in the crowd rather than find communion in solitude. When we are isolated we cannot see beyond ourselves: this is the terrible delusion of self-centredness.' (John Main)

842. 'Where there is no love, pour love in and you will draw love out.' (John of the Cross)

843. 'Christianity is not for losers but for those who are not afraid to be losers.... The Christian faith is for those who forgive because they are not afraid of losing.' (Gerald O'Collins)

844. 'To speak of the divine will is not to speak of what God wants - it is to speak of what God is. What is the divine will? It is, simply, love.' (John Main)

845. 'What we are in the sight of God, that we truly are, and nothing else.' (Francis of Assisi)

846. 'We are here on earth to become human beings.' (Seán Mac Réamonn)

847. 'When you approach the Eucharist, make your left hand, as it were, a throne for your right, since it is about to receive a King; and hollow your palm, and receive the body of Christ, adding your "Amen." Then, after you have made your eyes holy by the sight of the holy body, partake of it.' (Cyril of Jerusalem)

848. 'It is commonly said that a soul shall see our Lord within all things and within itself. It is true that our Lord is within all creatures, but not like a kernel hidden in the shell of a nut. God is within all creatures, holding and keeping them in being through the power of his own blessed and invisible goodness.' (Walter Hilton)

849. 'The Lord came not to make a display, but to heal and teach those who were suffering.... to give himself to those in want, and to reveal himself as those who need him can bear it.' (Athanasius)

850. 'If you wish to search out the deep things of God, search into the deep things of your own spirit.' (Richard of Saint Victor)

851. 'In God's sight all are one person, and one person is all people.' (Julian of Norwich)

852. ‘You will never attain to a life of authentic prayer so long as you are looking for an emotional experience. On your part, the value of your prayer depends on the effort it demands of you. On God’s part, the value of your prayer depends upon the action of the Holy Spirit within you.’ (Michel Quoist)

853. ‘All the other vices fly from God; only pride rises up against him.’ (Boethius)

854. ‘The person who never made a mistake never made anything.’ (Bonaventure Murphy)

855. ‘If you can’t do the best, do the best you can.’ (Andrew Carew)

856. ‘Do your best and you’ll get better.’ (Anonymous)

857. ‘If God gave the soul his whole creation, it would not be filled by it but only by himself.’ (Meister Eckhart)

858. ‘When we say “forgive us our trespasses as we forgive those who trespass against us” we take our salvation into our own hands, because whatever God does depends on what we do.’ (Anthony Bloom)

859. ‘Two excesses: to exclude reason, to admit nothing but reason.’ (Blaise Pascal)

860. 'Do not shrink from suffering but enter into it and discover there the mystery of the presence of the risen Jesus. He is hidden there, in the sacrament of the poor. And do not turn aside from your own pain, your anguish and your brokenness, your loneliness and your temptation, by pretending that you are strong. Go within yourself. Go down the ladder of your being...'
(Jean Vanier)

861. 'Could you from all the world all wealth procure, more would remain, whose lack would leave you poor.'
(Gregory Nazianzen)

862. 'Your desire is your prayer; and if your desire is without ceasing, your prayer will also be without ceasing. There is interior prayer without ceasing, and this is your desire. Whatever else you do, if you only long for prayer, you do not cease to pray. If you would never cease to pray, never cease to long for it. The continuance of your longing is the continuance of your prayer. You will be ceasing to speak if you cease to love.... The chilling of charity is the silence of the heart; the glowing of charity is the cry of the heart. If love is without ceasing, you are always lifting up your voice; if you are always lifting up your voice, you are forever longing after something; if you are longing, the rest you long for is in your mind.'
(Augustine of Hippo)

863. 'In our age, powerlessness is one of the great poverties.' (Anonymous)

864. 'In the search for faith, it is not as important to answer every question as it is to live each one.' (Rainer-Maria Rilke)

865. 'The body is the first message of God to man and woman, almost a species of "primordial sacrament".' (Pope John Paul II)

866. 'As long as husband and wife live, their bond is always the sacrament of Christ and the church.' (Robert Bellarmine)

867. 'Let us not be guilty of the scandal of having some nations, most of whose citizens bear the name of Christian, enjoying an abundance of riches, while others lack the necessities of life and are tortured by hunger, disease, and all kinds of misery.' (Vatican II)

868. 'Let us rejoice and give thanks that we have become not only Christians, but Christ. Do you understand, brothers and sisters, the grace of Christ our Head? Wonder at it; rejoice; we have become Christ. For if he is the Head, we are the members; he and we form the whole person... the fulness of Christ, therefore, the head and the members. What is the head and the members? Christ and the church.' (Augustine of Hippo)

869. 'The greatest worship we can give God is, in penitence, to live gladly and gratefully because of his love.' (Julian of Norwich)

870. 'We become more fully human through our capacity for self-giving.' (Pope John Paul II)

871. 'It moves one's heart to think: nine months before I was born there was a woman who loved me deeply.

She did not know what I was going to be like, but she loved me because she carried me in her womb.

And when she gave me birth, she took me in her arms because her love was not just beginning - she conceived it along with me.

God is the exquisite likeness of a mother with her child. God bore me in his womb and loved me and destined me and already thought of my days and of my death.

What will happen to me does not matter to me; God already knows it.' (Oscar Romero)

872. 'We in our perversity want God to be merciful in such a way as not to be just. Others again, trusting all too much in their own justice, would have God just in such a way that they do not wish him to be merciful. God shows himself to be both; he is supremely both. His mercy does not prescribe his justice, nor does his justice sweep away his mercy. He is merciful and just.' (Augustine of Hippo)

873. 'Grace is necessary to salvation, free will equally so - but grace in order to give salvation, free will in order to receive it. Therefore we should not attribute part of the good work to grace and part to free will. It is performed in its entirety by the common and inseparable action of both; entirely by grace, entirely by free will, but springing from the first in the second.' (Bernard of Clairvaux)

874. 'Be silent, be still, alone, empty before God. Say nothing, ask nothing, be silent, be still; let God look upon you - that is all. God knows, understands, and loves you with an enormous love. God wants to look upon you with his love. Be silent, be still, and let God love you.' (Anonymous)

875. 'The supreme happiness in life is the conviction that we are loved.' (Victor Hugo)

876. 'We cannot live without joy, and that is why I consider life, the universe, and the planet earth, all as a single, multiform, celebratory event. Throughout the vast extent of space and time, it is a single, multiform, celebratory event. This capacity for celebration is of ultimate importance.... That is one of the things religion can give: the gift of delight in existence. Such delight is a source of immense energy.' (Thomas Berry)

877. 'There have been more than 250 wars since 1945; 170 million people have been stripped of their rights, their dignity and their property; and two million children have lost their lives in the nineteen nineties alone.' (*The Tablet*, in 2000)

878. 'Peace is the goal of justice.' (Thomas Aquinas)

879. 'Children who live with criticism learn to condemn.

Children who live with hostility learn to fight.

Children who live with ridicule learn to be shy.

Children who live with shame learn to be guilty.

Children who live with tolerance learn to be patient.

Children who live with encouragement learn confidence.

Children who live with praise learn to appreciate.

Children who live with fairness learn justice.

Children who live with security learn to have faith.

Children who live with approval learn to have self-esteem.

Children who live with acceptance and friendship learn love.

Children learn what they live.' (Anonymous)

880. 'It is not revenge which is cathartic, but forgiveness.' (Os Guinness)

881. ‘Do not trouble yourself about your troubles; do not be uneasy about your uneasiness; do not be discouraged because you are discouraged.’ (Francis de Sales)

882. ‘Those with talents should not hide them; those with plenty should stimulate themselves to generosity; those with art and skill should do their best to share their use and utility with their neighbours.’ (Gregory the Great)

883. ‘Yes, insecurity and weakness are like a door through which passes the strength of God. Do not flee from insecurity; do not seek to have all the answers. If you do, you risk turning away from God who is leading you into the Kingdom.’ (Jean Vanier)

884. ‘I, your almighty God, love you with a dearer love, and take more watchful care of you than you can for yourself. And the more perfectly you abandon and resign yourself to me, the more I will console you with my grace and make you feel my presence. But you will never reach this measure of perfection except by a firm, constant and absolute denial of self-will.’ (Catherine of Siena)

885. ‘Lord, you are my beloved, my desire, my flowing stream, my sun - and I am your reflection.’ (Mechthild of Magdeburg)

886. 'They who are truly penitent and really sorry shall receive pardon without doubt or delay. The prayer that is made by a contrite and humble heart is quickly granted.' (Richard of Saint Victor)

886. 'Concern for beauty is not a moral cop-out. It leads us firmly into the midst of all that is going on in our world. Where beauty is apparent, we are to enjoy it; where beauty is hidden, we are to unveil it; where beauty is defaced, we are to restore it; where there is no beauty, we are to create it. All of which places us, too, in the arena where oppression occurs, where the oppressed congregate and where we are called to be.' (Robert McAfee Brown)

887. 'Children and young people have the right to be stimulated to make sound moral judgments based on a well-formed conscience and to put them into practice with a sense of personal commitment, and to know and love God more perfectly.' (Vatican II)

888. 'It was not necessary for him through whom the person was made to become a person himself, but it was necessary for us that God should be made flesh by assuming a human body. His self-emptying is our fulfilment. What he is, while appearing in the flesh, that we have become: restored to God.' (Hilary of Poitiers)

889. 'The prayer of the heart is the source of all blessings.' (Nil Sorsky)

890. 'A large-hearted spirit is as necessary in God's service as is interior freedom.' (John of the Cross)

891. 'To those who work with love, the whole of life is as a single day.' (Gregory Nazianzen)

892. 'We too often forget that Christian faith is a principle of questioning and struggle before it becomes a principle of certitude and peace. One has to doubt and reject everything else in order to believe it firmly in Christ, and after one has begun to believe, one's faith itself must be tested and purified. Christianity is not a set of foregone conclusions. The Christian mind is a mind that risks intolerable purifications, and sometimes, indeed very often, the risk turns out to be too great to be tolerated. Faith tends to be defeated by the burning presence of God in mystery, and seeks refuge from him, flying to comfortable social forms and safe conventions in which purification is no longer an inner battle but a matter of outward gesture.' (Thomas Merton)

893. 'Grace does nothing but re-form us and convey us into God. Grace makes a soul Godlike. God, the ground of the soul, and grace, go together.' (Meister Eckhart)

894. 'Let me take you inside the soul of a rich man without love, and a wealthy man without friends. The darkest night, with neither moon nor stars, is like the brightest day compared with the darkness of this soul. The coldest winter, with thick snow and hard ice, is like the warmest summer compared with the coldness of this soul. The bleakest mountain, bare and swept by gales, is like the lushest meadow compared with the bleakness of this soul. You would rather have your body hacked in pieces than present such a soul as this; you would rather be boiled or burned alive than suffer such inward torment.' (Celtic tradition)

895. 'When are we able to testify to the souls of others? When we can testify to our own soul first. When are we capable of correcting others? When we correct ourselves first.' (*Alphabet of Devotion*)

896. 'Believing that things happen merely by chance is not believing in God.... Every encounter is an encounter in God and in his sight.' (Anthony Bloom)

897. 'The experience of loving and being loved is therapeutic.' (William Johnston)

898. 'Joy is the most infallible sign of the presence of God.' (Léon Bloy)

899. 'The fearful anonymous labours of primitive man, the beauty fashioned through its age-long history by ancient Egypt, the anxious expectancies of Israel, the patient distilling of oriental mysticism, the endless refining of wisdom by the Greeks: all these preparatory processes were cosmically and biologically necessary that Christ might set foot on our human stage.' (Pierre Teilhard de Chardin)

900. 'There is enough in this world for everyone's need; there is not enough in this world for everyone's greed.' (Mahatma Gandhi)

901. 'To desire nothing but Christ and those things which draw us closer to him, this is evangelical poverty.' (Francesco da Jesi)

902. 'How good it is to be sinking down below the world's horizon towards God, to rise again later into the dawn of his presence.' (Ignatius of Antioch)

903. 'The New Testament is hidden in the Old; the Old Testament is revealed in the New.' (Augustine of Hippo)

904. 'If Christianity be a universal religion, suited not simply to one locality or period, but to all times and places, it cannot but vary in its relations and dealings with the world around it, that is, it will develop.' (John Henry Newman)

905. ‘Revelation comes to us in two volumes: scripture and nature.’ (Thomas Aquinas)

906. ‘If your soul is a stranger to you, the whole world is unhomely.’ (Kabir)

907. ‘I’m fit for nothing but ready for anything. (Seraphin of Montegranaro)

908. ‘Try and see your ordinary life as the medium through which God is teaching your soul, and respond as well as you can. Then you won't need, in order to receive his lessons, to go outside your normal experience. So, too, the type of prayer best for you is that to which you feel drawn in your best and quietest times and in which it is easiest to you to remain with God. Whether you do or don't use words or books is not very important. But there should be confidence and self-surrender in it, and of course prayer and self-offering for those you love and who need you.’ (Evelyn Underhill)

909. ‘The dividing line between belief and unbelief is not between one person and another but within each person.’ (Jean Sullivan)

910. ‘Each day say to yourself, “Today I am going to begin”.’ (Jean-Pierre de Caussade)

911. ‘The aim of meditation... is to fulfil the will of God.’ (Anthony Bloom)

912. 'It is inner abandonment that leads people to the highest truth.' (Henry Suso)

913. 'To feel utterly crushed and annihilated, incapable of any good, wholly dependent on God's undeserved and infinite mercy, is the best and only preparation for prayer.' (John Chapman)

914. 'Love of Christ must always be the first and best result of the knowledge of Holy Scripture.' (Pope Benedict XV)

915. 'Prayer is a state of continual gratitude to God.' (John of Kronstadt)

916. 'One never triumphs over error by sacrificing any part of the truth.' (Irenaeus)

917. 'If the only prayer you ever say to God in your whole life is a heartfelt thank you, that will suffice.' (Meister Eckhart)

918. 'The search for intimacy with God involves the truly vital need of a silence embracing the whole being, both for those who must find God in the midst of noise and confusion and for contemplatives. Faith, hope and a love for God which is open to the gifts of the Spirit, and also a mutual love which is open to the mystery of others, carry with them an imperative need for silence.' (Pope Paul VI)

919. 'Faith is the dark vision of God.' (William Johnston)

920. 'Salvation means being released from death, absurdity, and hatred for life, meaning and love.' (Gerald O'Collins)

921. 'Nothing that is worth doing can be achieved in our lifetime; therefore we must be saved by hope. Nothing which is true or beautiful or good makes complete sense in any context of history; therefore we must be saved by faith. Nothing we do, however virtuous, can be accomplished alone; therefore we must be saved by love.' (Reinhold Niebuhr)

922. 'Love all God's creation, the whole of it and every grain of sand in it. Love every leaf, every ray of God's light. Love the animals, love the plants, love everything. If you love everything, you will perceive the divine mystery in things. Once you have perceived it, you will begin to comprehend it better every day, and you will come at last to love the world with an all-embracing love. Love the animals: God has given them the rudiments of thought and untroubled joy. So do not trouble them, do not harass them, do not deprive them of their joy; do not go against God's intent.' (Fyodor Dostoyevsky)

923. 'Love in action is a hard and dreadful thing compared to love in dreams.' (Fyodor Dostoyevsky)

924. 'The world will never be the dwelling place of peace, till peace has found a home in the heart of each and every person, till all preserve in themselves the order ordained by God to be preserved.' (Pope John XXIII)

925. 'It is not those who can inflict the most pain who will win, but those who can endure the most.' (Terence McSwiney)

926. 'The person who fights against suffering and refuses to endure it may be fighting against God.' (*Theologia Germanica*)

927. 'Sometimes, for one flash of insight [in mental prayer] one must spend fifty minutes of boredom.' (William Johnston)

928. 'We are slaves to whatever we cannot part with that is less than ourselves.' (George Macdonald)

929. 'The great task that has to be faced today for the renewal of society is that of recapturing the ultimate meaning of life and its fundamental values.' (Pope John Paul II)

930. 'The highest peak of knowledge is perfect self-knowledge.' (Richard of Saint Victor)

931. 'Christian couples are, for each other, for their children, and for their relatives, cooperators of grace and witnesses of the faith.' (Vatican II)

932. 'The saints in each generation, joined to those who have gone before and filled, like them, with light, become a golden chain, in which each saint is a separate link, united to the next by faith and works and love. So in the one God they form a single chain which cannot easily be broken.' (Symeon the New Theologian)

934. 'Human work... continues the work of God the Creator, gives service to humanity, and is our contribution to the fulfilment in history of God's plan.' (Vatican II)

935. 'Teach us to pray often that we may pray oftener.' (Jeremy Taylor)

936. 'Right without might is helpless; might without right is tyrannical.' (Blaise Pascal)

937. 'Every authority that is not confirmed by true reason is seen to be weak, whereas true reason does not need to be supported by any authority.' (John Scotus Eriugena)

938. 'Prayer, more often than not, must take the form of a painful straining, or an empty wait in darkness, or a thirst stretching up towards the Saviour to be quenched, with an awareness of your insufficiency and weakness at times so acute as to be an affliction.' (René Voillaume)

939. 'The more holy someone is, the more cordial they will be with others.' (Teresa of Ávila)

940. 'Prayer being a commitment, we cannot pray in any truth for those we are not ourselves prepared to help.' (Anthony Bloom)

941. 'The world cannot be saved from the outside.' (Pope Paul VI)

942. 'Scientists should be, in a sense, the discoverers of the intentions of God.' (Pope Pius XII)

943. 'The simplest way of making an act of attention to God is by an act of inattention to everything else. It is rather like the act of trying to go to sleep.' (Dom John Chapman)

944. 'Sight is a natural activity, while blindness is a deprivation of that natural activity. There is a similar opposition between good and evil.' (Gregory of Nyssa)

945. 'I praise the Law and the Prophets in that they show forth Christ. But I so read the Law and the Prophets as not to remain in them but to move from them to Christ.' (Jerome of Dalmatia)

946. 'Although the church is diverse in the multiplicity of her members, she is nevertheless welded into one by the fire of the Holy Spirit. If she seems divided into parts across bodily space, the sacrament of her interior unity is nonetheless too strong for her own integrity to be disrupted.' (Peter Damian)

947. 'Prayer always remains the voice of those who apparently have no voice.' (Pope John Paul II)

948. 'All of us know what it is to be tired, exhausted, grey with weariness, and at those times too we must allow ourselves, without strain, just to be like that, in the presence of God.' (Wendy Robinson)

949. 'Our task is not to claim, and name, and number... but to ponder and to wonder.' (Jerry Harry Hellman)

950. 'The person who prays will have a heart as wide as the love of God itself.' (Mother Mary Clare)

951. 'When comparing doctrines with one another, it should be remembered that in Catholic doctrine there exists an order or "hierarchy" of truths, since they vary in their relation to the foundation of the Christian faith.' (Vatican II)

952. 'Inasmuch as you hate your brother or sister, it is God whom you hate.' (Abbot Pachomius)

953. 'The plain truth is that of necessity God is bound to cherish us just as though his Godhood were at stake, as in fact it is. God can no more do without us that we can without him; indeed, even if we turned from God it would be impossible for God to turn from us.' (Meister Eckhart)

954. 'Much of the frustration and stagnation in Christian circles today stems from a failure of imagination.' (Ronald Rolheiser)

955. 'Some people asked Abba Makarios, "How should we pray?" He replied, "There is no need to use a lot of words; just stretch out your hands and say 'Lord, as you will and as you know best, have mercy on me.' And if the conflict grows fierce, say only, 'Lord, help me.' God knows what we need and will show mercy to us'." (The Desert Fathers)

956. 'God, I want you, and I do not want anything else - this is the essence of pure contemplative prayer.' (John Chapman)

957. 'God is love, and in the saints the Holy Spirit is love. Living in the Holy Spirit, the saints behold hell and embrace it, too, in their love.' (Silouan of Mount Athos)

958. 'If there is no God, everything is permissible.' (Fyodor Dostoyevsky)

959. 'In our era, the road to holiness necessarily passes through the world of action.' (Dag Hammarskjöld)

960. 'On no account let people suppose that they are far from God because of their weaknesses or faults or for any other reason. If at any time your great shortcomings make an outcast of you, and you cannot think of yourself as being near to God, take it then at any rate that God is near to you, for it is entirely wrong to set God at a distance. We go far away or come near but God never goes far off; he is always standing close at hand, and even if he cannot stay inside he goes no further than the door.' (Meister Eckhart)

961. 'To be able to do people good we must first love them.' (John Vianney)

962. 'When the intellect attains to the truth, it does not think, but perfectly contemplates the truth.' (Thomas Aquinas)

963. 'The tragedy of life is not death, but what we let die in us while we live.' (Norman Cousins)

964. 'Conscience is informed by, and informs, the tradition and teaching of the community. Learning and teaching are a shared discipline.' (ARCIC II)

965. 'What is God?' I asked the earth, and it replied: "I am not God"; and everything on earth made the same declaration. I asked the sea, the deep and its living things, and they replied: "We are not God." I asked the winds that blow, and all the air and its inhabitants replied: "I am not God." I asked the sky, the moon and the stars, and they replied: "Neither are we the God you seek." I asked everything within me: "Speak to me of God; since you are not God, tell me something about God." And they cried out in a loud voice: "It is God who made us." My request was born of my reflection and their beauty was their response. Then I turned to myself and asked: "Who are you?" The reply came back: "A person." God, then, is the life of your life.' (Augustine of Hippo)

966. 'Unless we allow ourselves to be defeated, we are sure to succeed.' (Teresa of Ávila)

967. 'We must have our times of desolation and trial. How can we show our love of God except by enduring?' (John Chapman)

968. 'When it is time for sleep and you approach your bed, say: "Bed, perhaps this night you will become my grave. I do not know." In your heart be always ready for the moment of your departure. If you are wise, you will expect it at every hour. Each day say to yourself: "Perhaps the messenger who comes to fetch me has already reached the door. What am I doing sitting here? I must depart forever. I cannot come back again." Go to sleep with these thoughts every night, and reflect on these things every day. And when the messenger arrives, go joyfully to meet him, saying: "Come in peace. I knew you would come, and I have not neglected anything that could help me on my journey".' (Isaac the Syrian)

969. 'Moses did not see God's face, but he learned his ways.' (Martin Buber)

970. 'Rabbi Zusya said, "At the end of my life I will not be asked, 'Why were you not Moses?' but 'Why were you not Zusya?'" (Anonymous)

971. 'Metaphors are not to be trifled with. A single metaphor can give birth to love.' (Milan Kundera)

972. 'Do not be slow in celebrating; do not be lazy in the festive service of God. Be ablaze with enthusiasm. Let us be a live, burning offering before the altar of God.' (Hildegard of Bingen)

973. 'Parents are the primary educators of their children.' (Vatican II)

974. 'Slight shifts in imagination have more impact on living than major efforts at change.' (Thomas Moore)

975. 'The Christian will see that the true contemplation of his Saviour lies in his worldly business; that as Christ is seen in the poor, and in the persecuted, and in children, so is he seen in the employments which he puts upon his chosen, whatever they may be; that in attending to his own calling he will meet Christ; that if he neglect it, he will not on that account enjoy his presence at all the more, but that while performing it, he will see Christ revealed to his soul amid the ordinary actions of the day, as by a sort of sacrament.' (John Henry Newman)

976. 'They are not truly wise who are not just. True wisdom cannot find room for injustice in a person, for there is a thick veil between them. They are truly wise, they who are just.' (*Alphabet of Devotion*)

977. 'Nothing but truth itself can be an exact measure of truth.' (Nicholas of Cusa)

978. 'The more you give away the more you will get.' (Mother Teresa)

979. ‘One law Jesus Christ claimed as his own particular law, and it was the law of love, or charity. What practice among humanity violates this law so grossly as war?’ (Erasmus)

980. ‘Christ gives a person two basic certainties: the certainty of being infinitely loved and the certainty of being capable of loving without limits.’ (Vatican II)

981. ‘I would rather have a defeat with humility than victory with pride.’ (Desert Fathers)

982. ‘If we do a thing because it is our duty, we generally fail; that is the old law which makes slaves of us. The real spring of our life, and of our work in life, must be love - true, deep love - not love of this or that person, or for this or that reason, but deep human love, devotion of soul to soul, love of God made real where alone it can be - in love of those whom he loves. Everything else is weak and passes away; love alone supports us, makes life tolerable, binds the present together with the past and the future, and is, we may trust, imperishable.’ (Max Müller)

983. ‘A saint is someone who never stops trying.’ (Anonymous)

984. ‘It is impossible to say what God is in himself, and it is more exact to speak of him by excluding everything else.’ (John of Damascus)

985. 'We should never try to squeeze out of the heart any sort of feeling when it comes to God. A prayer is a statement; the rest depends on God.' (Anthony Bloom)

986. 'I advise all who come to read or to hear this book [the Bible], which is the word of God, the most precious jewel and most holy relic that remains on earth, that they bring with them reverence for God, and that they do it with all reverence, and use their knowledge of it, not for self-glorification or for frivolous argument, but to the honour of God, increase of virtue and the building up of themselves and others. Therefore, all who come to the reading of this holy book ought to bring with them first and foremost reverence for almighty God, and then next a firm and stable intention of reforming their own selves in accordance with it.' (Thomas Cranmer)

987. 'It would be very bitter if my life-work, the Jesuit Order, should be dissolved. The establishment of my Society has been the object of my endeavours.... If it were to happen without my guilt, about fifteen minutes of meditation and recollection in prayer would banish all disquietude from my soul, even were the whole Society dissolved as salt in water!' (Ignatius Loyola)

988. 'God is in all places and in each place; God is all at once.' (Meister Eckhart)

989. 'Before beginning to pronounce the name of Jesus, establish peace and recollection within yourself and ask for the inspiration and guidance of the Holy Spirit. The Spirit will breathe and light in us the name of the Son. Then simply begin. In order to walk, one must take a first step; in order to swim, one must get into the water. It is the same with the invocation of the Name of Jesus. Begin to pronounce it with adoration and love. Cling to it. Repeat it. Do not think about the fact that you are invoking the Name; think only of Jesus himself. Say his Name slowly, softly and quietly. Continue this invocation for as long as you wish or can. If the prayer is interrupted by tiredness, do not insist. Resume it whenever and wherever you can. In time you will find that the Name of Jesus will spontaneously come to your lips almost continually and be present in your mind, though quietly and latently. Even your sleep will be filled with the name and memory of Jesus.' (An Orthodox monk)

990. 'We begin to pray, believing that it is our own initiative that compels us to do so. Instead, we learn that it is always God's initiative within us.' (Pope John Paul II)

991. 'Those who covet what is not theirs lose what is rightfully theirs.' (Pope Leo I)

992. 'There are only two kinds of people: the righteous who think they are sinners and sinners who think they are righteous.' (Blaise Pascal)

993. 'The reason for loving God is God.' (Bernard of Clairvaux)

994. 'Conscience is a stern monitor, but...it has been superseded by a counterfeit, which the centuries prior to it never heard of, and could not have mistaken for it, if they had. It is the right of self-will.' (John Henry Newman)

995. 'The most tremendous thing granted to us is choice, freedom. And if we want to save it and keep it, there is only one way: in the very same second to give it back to God and ourselves with it. If the sight of what is granted to us tempts us, and we give way to the temptation and look with desire of our own on our freedom to choose, we lose our freedom.' (Søren Kierkegaard)

996. 'Laughter is an explosion of joy.' (Augustine of Hippo)

997. 'It may be infinitely worse to refuse to forgive than to murder, because the latter may be an impulse in a moment of heat, whereas the former is a cold and deliberate choice of the heart.' (George Macdonald)

998. 'Deep within us we discover a law which we have not laid upon ourselves but which we must obey. Its voice, always calling on us to love and to do what is good and to avoid evil, telling us inwardly at the right moment: do this, do not do that. For we have in our hearts a law inscribed by God. Our dignity lies in observing this law, and by it we will be judged.' (Vatican II)

999. 'In the accomplishment of work, people find solidarity.' (Pope Paul VI)

1000. 'The image of a journey that we so often use in speaking of the spiritual life can be misleading if it disposes us to think that we should always be on the move, that something should always be happening.' (Wendy Robinson)

'Glory to God for all things.'