



pep up.....2
poem.....3
Focus on Possibilities.....4
The value of Life.....5
Site seeing.....6
Last Drop.....7

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God's Protection

A teenage girl about 17 years, Diana had gone to visit some friends one evening. Time passed quickly as they shared their various experiences of the past years. She ended up staying longer than planned, and had to walk home alone. She wasn't afraid because it was a small town and she lived only a few blocks away. As she walked along under the tall elm trees, Diana asked God to keep her safe from harm and danger. When she reached the valley, which was a short cut to her house, she decided to take it. However, halfway down the valley she noticed a man standing at the end as though he was waiting for her. She became uneasy and began to pray, asking for God's protection. Instantly a comforting feeling of quietness and security wrapped round her, she felt as though someone was walking with her. When she reached the end of the valley, she walked right past the man and arrived home safely. The following day, she read in the newspaper that a young girl had been raped in the same place just twenty minutes after she had passed there. Feeling overwhelmed by this tragedy and the fact that it could have been her, she began to weep. Thanking the Lord for her safety and to help this young woman (who was raped), she decided to go to the police station. The police asked her if she would be willing to look at a line up of men, to see if she could identify him. She agreed and immediately pointed out the man. The man immediately broke down and confessed his wrong. Diana was curious as to know why he had not attacked her. When the policeman asked him, he answered, "Because she wasn't alone. She had two tall men walking on either side of her."

Lesson: Your guardian angels walk beside you even without you ever realizing it. God will protect you from every difficult situation if you are willing to let him take control of your life.



Awake O Sleeper!

Sweet dew of the night, God's holiness mist
Permeates my dreams, so I cannot resist
The call of the morning, Christ's opening words
'Awake, O sleeper! Surely you've heard
How you shall arise, to where none can destroy
The sparkling light of heaven, my deep song of joy?'
Yes! Lord Come! Renew the spirit of my mind
Until Jesus within me is all that you find
Enable me to press in and outwardly progress
Your love and compassion, be all I express
Let mercy flow through me, so that all I'll convey
Is your fragrant perfume, throughout this new day
Root out from me Lord, sin's every dark trace
Covering all, with your cleansing pure grace
Cause me to grow like the beautiful Palm
Upright and steadfast, blessed by spiritual calm
Then even in a desert, a wilderness bare
I'll bring forth good fruit and be blossoming there
Mountains make a way and highways rise up
As I hunger and thirst for your sacred full cup
When this flower is fading, by your glory I'll be
drawn . Knowing at each sunrise, fresh mercies are born
To rain down on me, like jewels from your crown
Giving peace to my heart, right through to sundown

By Dominic Savio Matheka (Don Bosco Upper Hill)



How is this Possible?

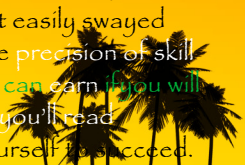
Our positive or negative beliefs about ourselves create our own self-fulfilling prophesy. We will prove what we believe to be true about us. Do you agree? I assure you this is very true. Be honest and examine all that has happened in your life, and see the pattern of creating our own self-fulfilling prophesy. Our beliefs are only beliefs. They are not objective reality. But if we are determined to prove our beliefs, we really can. If you believe that you are a winner, you can bring about or create situations that make you a winner. "I am going to be a wonderful success in all my undertakings, and I am definitely going to be happy." If you believe that you are a loser, you can bring about or create situations where you truly become a loser. People have a habit of taking their assets for granted and concentrating on limitations. They give more credence to what they believe they cannot do than what they can do. When one constantly focuses on what he/she cannot do, one gives power to that thought and lets it dominate him/her. Let thoughts of what you can do, guide your thought pattern. Believe in yourself: (Consider these two poems by some great Anonymous persons.)

Poem I

Doubt can stop you in your tracks, it can drain away desire,
Believing, on the other hand,
Can set your world afire.
When you hold the opinion that
You can reach that special dream,
You have the edge needed to make
Achieving much easier than it may seem.
Believing in your ability
Affects the way you act,
And produces an air of confidence,
Which influences how others will react.
When you believe you can achieve
And believe it with all your soul,
You possess a powerful asset
You most likely will reach your goal

Poem II

You're divinely designed,
And perfectly made for the work of mankind,
This truth you must cling to through danger and pain,
The heights man has reached you can also attain,
Believe to the very last hour, for it's true,
That whatever you will you've been gifted to do,
Believe in yourself and step out unafraid;
By misgivings and doubt be not easily swayed
You've the right to succeed, the precision of skill
Which betokens the great, you can earn if you will
The wisdom of ages is yours if you'll read
But you've got to believe in yourself to succeed.



You are Worth

A well-known speaker started off his seminar by holding up a Ksh 1000 note. In the room filled with over 200 people, he asked, "Who would like to have this Ksh 1000 note?" Hands started going up. He said, "I am going to give this Ksh 1000 to one of you but first, let me do this." He proceeded to crumple up the Ksh 1000.00 note. He then asked, "Who still wants it?" Still the hands were up in the air. Well, he replied, "What if I do this?" And he dropped it on the ground and started to grind it into the floor with his shoe. He picked it up, now crumpled and dirty. "Now, who still wants it?" Still the hands went into the air. My friends, we have all learned a very valuable lesson. No matter what I did to the money, you still wanted it because it did not decrease in value. It was still worth Ksh 1000.00. Many times in our lives, we are dropped, crumpled, and ground into the dirt by the decisions we make and the circumstances that come our way. We feel as though we are worthless. But no matter what has happened or what will happen, you will never lose your value. Dirty or clean, crumpled or finely creased, you are still priceless to those who DO LOVE you. Your value before GOD remains the same. You are more precious than anything else. The worth of our lives comes not in what we do or who we know, but by WHO WE ARE. You are special, Don't EVER forget it."

Contributed By Monica Kingua (Source: internet)



St. Mary Mazzarello (Co-Foundress of FMA)

www.salesiansisterseast.org/maria_mazzarello.htm

Maria Domenica was born on 9th May 1837 at Mornese in the Alessandria region of Italy. In her family she received a grounding in solid piety, hard work and a remarkable common sense and judgment which stood her in good stead when she became a Religious Superior. Mary Mazzarello's spiritual portrait was not formed over night. Like the rest of us, she had to deal with the opposite poles of human nature struggling to gain mastery over her. She was impulsive, self-willed, given to vanity, and anxious to shine. At the same time, she was also open, outgoing, generous, and drawn to a deeper way of life. Besides family and faith, she also had her share of societal influences. Mary Mazzarello had choices to make and different paths from which to choose. Her feast is on 13th May. Read more from the website...



People hate Change
yet it is the only thing that bring growth.
There is nothing so permanent like change.

“To see yourself as you are, take a look at Christ”

“You cannot lead anyone further than you have gone yourself”

