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A GLASS OF MILK

One day, a poor boy who was selling goods from door to door to pay his way through medical school, found he had only one thin dime left, and he was hungry. He decided he would ask for a meal at the next house. However, he lost his nerve when a lovely young woman opened the door. Instead of a meal he asked for a drink of water! She thought he looked hungry so brought him a large glass of milk. He drank it so slowly, and then asked, "How much do I owe you?" "You don't owe me anything," she replied. "Mother has taught us never to accept pay for a kindness." He said ... "Then I thank you from my heart." As Howard Kelly left that house, he not only felt stronger physically, but his faith in God and man grew stronger too. He had been ready to give up and quit. Many years' later that same young woman became critically ill. The local doctors were baffled. They finally sent her to the big city, where they called in specialists to study her rare disease. Dr. Howard Kelly was called in for the consultation. When he heard the name of the town she came from, a strange light filled his eyes. Immediately he rose and went down the hall of the hospital to her room. Dressed in his doctor's gown he went in to see her. He recognized her at once. He went back to the consultation room determined to do his best to save her life. From that day he gave special attention to her case. After a long struggle, the battle was won. Dr. Kelly requested the business office to pass the final bill to him for approval. He looked at it, and then wrote something on the edge and the bill was sent to her room. She feared to open it, for she was sure it would take the rest of her life to pay for it all. Finally she looked, and something caught her attention on the side of the bill. She read these words ... "Paid in full with one glass of milk" (Signed) Dr. Howard Kelly. Tears of joy flooded her eyes as her happy heart prayed: "Thank You, God, that your love has spread abroad through human hearts and hands." There is a saying which goes something like this: Bread cast on the waters comes back to you. The good deed you do today may benefit you or someone you love at the least expected time. If you never see the deed again at least you will have made the world a better place - And, after all, isn't that what life is all about?

Lesson: The hardest thing to learn in life is which bridge to cross and which – To burn.

Contributed by Margaret Njeri Maina - Langata barracks

GOD IS THERE...

Whatever your cross, whatever your pain,
there will always be sunshine, after the rain...
Perhaps you may stumble, perhaps even fall,
But God's always ready, To answer your call...
He knows every heartache, sees every tear,
A word from His lips, can calm every fear...
Your sorrows may linger, throughout the night,
But suddenly vanish, in dawn's early light...
The Savior is waiting, somewhere above,
To give you His grace, and send you His love...
Whatever your cross, whatever your pain,
"God always sends rainbows... after the rain..."

From Jambo Youth Editors

(3) When you give, the impact of your generosity will often outlive you. In the moment of giving you cannot imagine how your actions might impact the lives of others in the future. Imagine what the world would be like if Michelangelo had said, "I don't do ceilings," if Noah had said, "I don't do boats," if David had said, "I don't do Goliaths," if Mary had said, "I don't do virgin births," if Paul had said, "I don't do letters," and if Jesus had said, "I don't do crosses." A lifestyle of generous giving will outlive you and bless those who follow you.

By Varghese K. A

SYMPTOMS OF INNER PEACE

Be on the lookout for symptoms of inner peace. The hearts of a great many have already been exposed to inner peace and it is possible that people everywhere could come down with it in epidemic proportions. This could pose a serious threat to what has, up to now, been a fairly stable condition of conflict in the world.

Some signs and symptoms of inner peace:

- A tendency to think and act spontaneously rather than on fears based on past experiences.
- An unmistakable ability to enjoy each moment.
- A loss of interest in judging other people.
- A loss of interest in interpreting the actions of others.
- A loss of interest in conflict.
- A loss of the ability to worry. (This is a very serious symptom).
- Frequent, overwhelming episodes of appreciation.
- Contented feelings of connectedness with others and nature.
- Frequent attacks of smiling.
- An increasing tendency to let things happen rather than make them happen.
- An increased susceptibility to the love extended by others as well as the uncontrollable urge to extend it.

OCTOBER 1. ST. TERESA OF LISIEUX

She was born in 1873 at Alençon in Southern Normandy, one of several children of Louis Martin and his wife. Her mother's death in 1877 caused the family to move to Lisieux, where their aunt was living. The Martin sisters were all to enter the Carmelite convent at Lisieux. Teresa did nothing spectacular in the convent; indeed the possibility of moving with others to the foundation of the Carmel at Hanoi in Vietnam was prevented by the onset of the tuberculosis which was to kill her. On the contrary, she is known for her 'Little Way' - the faithful following of the Carmelite rule in the spirit of a continuous search for the gift of charity. She died in 1897 aged only 24, and would probably have remained unknown were it not for her writing, "The Story of a Soul"; edited by one of her sisters.

The phenomenal success of this work established it as a kind of 'Fifth Gospel'; and indeed that is what her life can be seen to be: a living Gospel, applying in a spirit of obedient hope - and in no way trying to whitewash the difficulties of community living - the principles of Jesus Christ. She was canonised in 1925.



ON LIVING WITH A FULL HEART

When one is too hurt one cannot see others' pain, is too blind with one's own.

When one has many weights to lift, one cannot enjoy life.

When one has many expectations, one cannot be patient with others.

When one has fear, one cannot enjoy life.

When one does not give, one is making the heart lonely.

When one does not take, one is making the heart feel inferior

When one does not hope, one is shutting oneself into a tight closet.

But when one does not love, one is killing one's self.

By Olivia Berkeley(12-years old)

The only way to peace is forgiveness. Pope John Paul II

"The years teach much that the days never know." Emerson