



## Day 3

Beloved Peacekeepers,

As I prepare Day 3's inspiration of Appreciation as our principle for Season for Non-Violence - I am so filled with appreciation. I have just returned from our "Official" Opening Ceremony for Season.

Appreciation for those who participated in the Ceremony speaking on Thoreau, Gandhi, and King; honoring posthumously Viola Liuzzo (Sundance 2004 Home of the Brave) who paid the price with her life, marching with King from Selma to Montgomery; her daughter Penny Liuzzo Herring, who lived with the loss of her mother, and raised 4 sons, knowing the importance of standing for moral principle versus society norm, to be driven from your heart - your Higher Self; Lea Vonk, a teen, creating space to education and help, those who cannot help themselves; Marlene Klein-Atwood, teacher and Jane Couch, Principal of Allendale Elementary School - teaching the children of Allendale, there is another way - non-violence principles in action, yet seeds of our future. And the musicians -- the youth, Paul our soloist signing "Lift Every Voice and Sing," and the Clarewood Singers "Battle Hymn of the Republic".....more importantly I'm grateful for those who stepped forward in Service as greeters, ushers.....as participants in the seats.....bearing witness to the importance of a "society, a world that works for everyone".....

Today's Principle, Today's Practice - **Appreciation**

Louise Hay says, "Praise yourself as much as you can....The love in our lives begins with us.....Loving yourself will help heal this planet."

Today, count your blessings! Write down 10 things you appreciate about yourself; about others? Now, read them aloud.

**Journal Activity:** Journal your thoughts of appreciation.

**Consider these Quotes/Thoughts of Appreciation:**

I have learnt silence from the talkative, toleration from the intolerant, and kindness from the unkind; yet strange, I am ungrateful to these teachers. Khalil Gibran.

Neither fire nor wind, birth nor death can erase our good deeds. Buddha.

You were born an original. Don't die a copy. John Mason.

Treat people like angels; you will meet some and help make some. Unknown.

There is more hunger for love and appreciation in this world than for bread. Mother Teresa.

Make it a habit to tell people thank you. To express your appreciation, sincerely and without the expectation of anything in return. Truly appreciate those around you, and you'll soon find many others around you. Truly appreciate life, and you'll find that you have more of it. Ralph Marten.

Charity should begin at home, but should not stay there. Phillips Brooks.

The cheapest gift I have to give is kindness, and it is the best. Bob Kerry.

Gratitude is something of which none of us can give too much. For on the smiles, the thanks we give, our little gestures of appreciation, our neighbors build their philosophy of life. A. J. Crooning.

The most effective way to achieve right relations with any living thing is to look for the best in it, and then help that best into the fullest expression. Allen J. Bone.

We would never learn to be brave and patient if there were only joy in the world. Helen Keller.

It has always seemed strange to me...The things we admire in men, kindness and generosity, openness, honesty, understanding and feeling, are the concomitants of failure in our system. And those traits we detest, sharpness, greed, acquisitiveness, meanness, egotism and self-interest, are the traits of success. And while



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men admire the quality of the first they love the produce of the second. John Steinbeck, Cannery Row.

Perfect love is rare indeed - for to be a lover will require that you continually have the subtlety of the very wise, the flexibility of the child, the sensitivity of the artist, the understanding of the philosopher, the acceptance of the saint, the tolerance of the scholar and the fortitude of the certain.

-- Leo Buscaglia.

The act of giving is more important than the merit of the receiver.

-- Glenn Kittler.

Be humble for you are made of earth. Be noble for you are made of stars.

-- Serbian Proverb.

It is of interest to note that while some dolphins are reported to have learned English -- up to fifty words used in correct context -- no human being has been reported to have learned dolphinese.

-- Carl Sagan.

Lord, may others treat me tomorrow as I have treated them today.

-- Unknown.

Generosity is giving more than you can, and pride is taking less than you need.

-- Khalil Gibran.

No one is useless in this world who lightens the burdens of another.

-- [Charles Dickens](#).

Conviction is worthless unless it is converted into conduct.

-- Thomas Carlyle.

There is not enough darkness in all the world to put out the light of even one small candle.

-- Robert Alden.

The greatest truth must be recognition that in every man, in every child is the potential for greatness.

-- Robert Kennedy.

He who wants to do good knocks at the gate: he who loves finds the door open.

-- Rabindranath Tagore. [Really? --FH.]

With a heart full of love and gratitude, I now take leave of you. I most devoutly wish that your later days may be as prosperous and happy as your former ones have been glorious and honorable. I cannot... I cannot come to each of you but shall feel obliged if each of you will come and take me by the hand.

-- General George Washington, Farewell to his officers, 1783.

Exegi monumentum aere perennius.

[I have erected a monument more lasting than bronze.]

-- Horace.

If a man can write a better book, preach a better sermon, or make a better mousetrap, than his neighbor, though he build his house in the woods, the world will make a beaten path to his door.

-- [Ralph Waldo Emerson](#).

You pray in your distress and in your need; would that you might also pray in the fullness of your joy and in your days of abundance.

-- Khalil Gibran.

Play fair. Don't hit people. Say you're sorry when you hurt somebody.

-- Robert Fulghum.



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A mind, once stretched by a new idea, never regains its original dimension.

-- [Oliver Wendell Holmes](#).

Integrity has no need of rules.

-- Albert Camus.

The only correct actions are those that demand no explanation and no apology.

-- Red Auerbach.

If my survival caused another to perish, then death would be sweeter and more beloved.

-- Khalil Gibran.

I pledge allegiance to the flag of the United States of America, and to the Republic for which it stands. One nation under God, indivisible, with liberty and justice for all.

-- The Pledge of Allegiance.

Safeguarding the rights of others is the most noble and beautiful end of a human being.

-- Khalil Gibran.

We ascribe beauty to that which is simple; which has no superfluous parts; which exactly answers its end; which stands related to all things; which is the mean of many extremes.

-- [Ralph Waldo Emerson](#).

Everybody can be great because anybody can serve. You don't have to have college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love.

-- [Martin Luther King, Jr.](#)

Your children are not your children. They are the sons and daughters of Life's longing for itself. They come through you but not from you, and though they are with you, yet they belong not to you.

-- Khalil Gibran.

He who dares to teach must never cease to learn.

-- Richard Henry Dann.

There's one thing a quote does that no one else can do...it can become a part of you. You may never meet the person who said it, but that person is now a companion. Quotes help you get over pain, feel love, make you smile and laugh, and help you through those tough days when you think that no one else knows what you are going through.

-- Unknown.

Creativity means believing you have greatness.

-- Wayne W. Dyer.

The just is close to the people's heart, but the merciful is close to the heart of God.

-- Khalil Gibran.

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

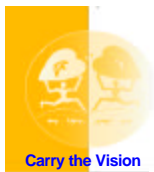
-- John Wooden.

- Sooner or later we all discover that the important moments in life are not the advertised ones, not the birthdays, the graduations, the weddings, not the great goals achieved. The real milestones are less prepossessing. They come to the door of memory unannounced, stray dogs that amble in, sniff around a bit and simply never leave. Our lives are measured by these.

-- Susan B. Anthony.

All kids need is a little help, a little hope and somebody who believes in them.

-- Earvin "Magic" Johnson.



## **A Season for Non-Violence, Oakland**

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"Imagine a world that works for everyone.....where poverty, hunger, homelessness, disenfranchisement and war no longer prevail; where forgiveness, compassion, nonviolence, respect, appreciation of beauty, and the generous sharing of resources are the norm.".....Today, give the gift of appreciation - tell someone how they have touched your life.

Blessings this day,

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PS - A question was asked, "how can we, as individuals, one person at a time make a difference in this large world? ANSWER - by sharing our beliefs that we can live in PEACE - this can be done by forwarding this message to all in your email family - extending the invitation, allowing others to participate in the history of this event - carry the vision, carry the dream!

**NOTE** - SNV Daily Practice will be sent to this distribution list through February 2, 2004. If you wish to continue receiving the daily inspiration, please send an email to [SNVOakland@aol.com](mailto:SNVOakland@aol.com) to be added to the "official" distribution list.