



St. Paul's Senior Services Book of Inspiration

**A collection of inspirational
thoughts, insights and reflections
from our faithful supporters**





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“When we believe in lies, we cannot see the truth, so we make thousands of assumptions and we take them as truth. One of the biggest assumptions we make is that the lies we believe are the truth!”

Don Miguel Ruiz, author
The Four Agreements: A Practical Guide to Personal Freedom

Todd Kaprielian, Chief Development Officer
St. Paul's Senior Services Foundation

I love this passage because it succinctly captures how we create prisons for ourselves.





Kintsugi is the Japanese art of fixing broken pottery with a special lacquer dusted with powdered gold, silver, or platinum. Beautiful seams of gold glint in the cracks of ceramic ware, giving a unique appearance to the piece.

This repair method celebrates each artifact's unique history by emphasizing its fractures and breaks instead of hiding or disguising them. Kintsugi often makes the repaired piece even more beautiful than the original, revitalizing it with new life.

Japanese Art Form, *Kintsugi*

Doug Casebolt, Chaplain

St. Paul's Senior Services

What a wonderful metaphor for life! No matter how long you've lived, you've made mistakes. And there is a proper place for feeling regret over those mistakes, those broken places in our lives. But dwelling on those regrets is not what propels us forward in strength. In many ways we move forward as more than, rather than less than, we were before.

- Greater Life experience - Greater Wisdom - Greater compassion for others in similar situations

- Greater patience, both for yourself and for others.

Celebrate the Broken Places, see the beauty in them, use them as stepping stones to the better version of yourself that you are becoming!





"It still comes down to the same thing. Life is beautiful. And I believe in God. And I want to be there right in the thick of what people call "horror" and still be able to say: 'Life is beautiful.' I don't think I have nerves of steel, far from it, but I can certainly stand up to things. I am not afraid to look suffering straight in the eyes."

Etty Hillesum

An Interrupted Life and Letters from Westerbork

Louise Landeta, Chaplain

St. Paul's Senior Services

Etty Hillesum and her family were incarcerated, tortured and slain by the Nazis during the holocaust. Despite all that, Etty was still able to see beauty in life and still believe in God. She was a woman of great courage and faith; one whom I admire immensely.





“O God of love, we pray you to give us love:
Love in our thinking, love in our speaking,
Love in our doing, and love in the hidden places of our souls;
Love of our neighbors near and far;
Love of our friends, old and new;
Love of those with whom we find it hard to bear,
And love of those who find it hard to bear with us;
Love of those with whom we work,
And love of those with whom we take our ease;
Love in Joy, love in sorrow;
Love in life and love in death;
That so at length we may be worthy to dwell with you,
Who art eternal love. Amen.”

William Temple,
Archbishop of Canterbury, 1881-1944

Jason Samuel, Chaplain
St. Paul's Senior Services

This prayer speaks to me of the highest call we have, regardless of our faith practice; to love above all else!





“Trust in the Lord with all your heart,
And lean not on your own understanding;
In all your ways acknowledge Him,
And He shall direct your ways.”

Solomon Book of Proverbs
Bible

John Cole, Chaplain

St. Paul's Senior Services

For His Promise that if we are obedient to Him,
He will show us His Will.





"O Father, when I was blind I found not a door which led to Thee, but now that Thou hast opened my eyes, I find doors everywhere: through the hearts of flowers, through the voice of friendship, through sweet remembrances of all lovely experiences. Every gust of my prayer opens an unentered door in the vast Temple of Thy Presence."

Paramahansa Yogananda
Whispers From Eternity

Gary Bendett

This passage indicates the hope and faith of all sincere devotees of the Lord; that all our prayers and meditations will be fulfilled with joyous expectation of wisdom and unconditional love from our Creator.





"When we walk with the Lord
In the light of His Word,
What a glory He sheds on our way;
While we do His good will,
He abides with us still,
And with all who will trust and obey.
Trust and obey,
For there's no other way."

A song by Daniel Towner, 1850

Lillian Jarrett

Tells us that when we walk with the Lord, What a Glory He sheds on
our Way.





"Know that I am with you, yes even until the end of time."

The Bible

Matthew 28:20

Mark Zangrando

It's consoling to know that in the happiest of times and the darkest of times, we are never alone. God is always with us.





“Nor height, nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.”

The Bible

Romans 8:39

Stewart Gaddy, Foundation Administrative Assistant
St. Paul’s Senior Services Foundation

It reminds me that material things will come and go, but God is everlasting. He is faithful and will never leave me. He is patient, merciful and forgiving. In Him, I can always count on.





"Help us to embrace winter, Lord.
Let us choose life in all its seasons.
Let us choose love instead of fear,
peace instead of confusion,
courage instead of anger,
healing instead of regret.
Let us choose to embrace winter so
we may finally choose You and the
awesome promise of spring you offer."

Karen Piconi
Winter Prayer

Sr. Janet Rozzano

This verse of the poem inspires me because it helps me to re-center myself in God when I'm stressed or overwhelmed. It helps me see the whole picture and choose again what is most important.





"During these past months of the coronavirus, national unrest, and the heightened evidence of systemic racism, particularly of the black Americans, I have been drawn to the words of persons gifted with the ability to make clear and be compassionate in their efforts to assist under-informed white persons, like myself, to truly understand what we really do not understand and appreciate regarding this significant reality."

Bryan Stevenson
Just Mercy

Marian Clare Valenteen RSM

I have been both educated and inspired by the life and writings and the PBS TV interviews of Bryan Stevenson. Bryan is a Harvard-educated black American lawyer, social justice activist, founder of the Equal Justice Initiative and the National Memorial for Peace and Justice in Montgomery, Alabama.

Bryan's message is this:" The true measure of our character is how we treat the poor, the disfavored, the accused, the incarcerated and the condemned.... An absence of compassion can corrupt the decency of a community, a state, a nation.... I believe it is necessary to recognize that we all need mercy, we all need justice, and perhaps, we all need some measure of unmerited grace."





"I am inspired by Nelson Mandela; Catherine McAuley, the Founder of the Sisters of Mercy; Pope Francis, Ruth Bader Ginsberg and my parents, Al and Trudy Waskowiak.

I am also inspired by the Prophet Isaiah in Chapter 43, verses 1-2."

Richard Rohr, Anne Kertz Kernion
Falling Upward, A Year of Spiritual Companionship

Sister Mary Waskowiak, RSM

Nelson Mandela, Catherine McAuley, Ruth Bader Ginsberg and my parents inspire me because they were willing to let their lives be touched (and changed) by what they saw and experienced. Yes, they knew suffering; however, for them love was/is stronger than death itself. I look to them and ask them to guide me.

The Prophet Isaiah inspires me because he calls me to NOT be afraid and to remember God's name for me is "Beloved." I often sit with those words: "Do not be afraid. I call you Beloved. You are mine.





The Golden Rule is a principle that says *treat others as you would like them to treat you* or *do not treat others in ways you would not like to be treated*. This principle in various forms has been used as a basis for society in many cultures and civilizations. It is called the 'golden' rule because there is *value* in having this kind of respect and caring attitude for one another.

One of the earliest rules of this type is from the Old Testament days of Moses: "Love thy neighbor as thyself" (Leviticus 19:18)

Confucius set forth his own Golden Rule: "Do not impose on others what you do not wish for yourself."

Craig Smith, Event Manager

St. Paul's Senior Services Foundation

People would be less judgmental and more empathetic if they applied the Golden Rule more often in their daily decisions and communications. Just think where we would be right now with beating the COVID-19 pandemic or overcoming systemic racism if more people lived by the Golden Rule. "Walking" long distances in someone else's shoes is great exercise for your heart...and soul.





“Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive.”

Howard Thurman

The Living Wisdom of Howard Thurman: A Visionary of our Time

Melissa Stinson

This is a quote I have internalized that has helped me to keep my compass pointing to my moral north. I want my life to be guided by purpose, my values, service, and calling. I do not want to make decisions from a place of obligation, fear, scarcity, money, or selfishness. This quote, and the incredible work of theologian and civil rights activist Howard Thurman, reminds me that we all have a calling, we all fulfill a specific purpose, and we are all a part of the larger body of humanity. And if we are living within our purpose, using our unique talents and gifts that were given specifically to us to do the work that only we were created to do in this world, we can accomplish the seemingly impossible, through the endless well of the power of God.





"I ... believe with all my heart and soul that we need a power that's greater than ours and an angle of vision that is greater. We need spiritual energy, the source of love that is bottomless and endless. And then, we need each other." (p. 255)

The Most Rev. Michael B. Curry

Love is the Way: Holding on to Hope in Troubling Times (Book)

The Very Reverend Penny Bishop, Dean

St. Paul's Episcopal Cathedral

It sums up my faith in God, in love, and in the power of community.





“You do not need to know precisely what is happening, or exactly where it is all going. What you need is to recognize the possibilities and challenges offered by the present moment, and to embrace them with courage, faith, and hope.”

Conjectures of a Guilty Bystander
Thomas Merton

Rabbi Susan Freeman, Sharp Memorial Hospital

In turbulent times, we so easily can get ahead of ourselves with worries, or linger in the past with regrets for what could have / should have been. Merton reminds us of the power of the present moment; that what we bring now is what matters most. Our attitude and actions here and now make a meaningful difference in how we ourselves experience life and how we impact the lives of others.





“A wise women wishes to be no one's enemy; a wise women refuses to be anyone's victim.”

Maya Angelou

Terri Hancock, Villa Sales Specialist

I love the strength of this quote. I feel it is about being a kind person and finding common ground with others, but also having enough self-worth to not let someone take advantage of you.





“When in our music God is glorified, and adoration leaves no room for pride, it is as though the whole creation cried... Alleluia!”

Author: F. Pratt Green, Composer: Charles Villiers Stanford
Episcopal Church Hymnal 1982, Hymn #420

Yolanda Emery, St. Paul’s PACE Board Member

Our son was a boy chorister in Orlando, Florida in the Orlando Deanery Boy Choir. They adopted this hymn as their “signature piece”. The entire hymn glorifies music as a way to worship our Lord and show our respect, adoration and awe for Him. Every time I hear this hymn in church, my heart fills with love and my eyes with tears remembering our little boy worshipping God with his beautiful treble voice. (Out of the mouths of children...!)





“He’s Got the Whole World in His Hands”

Music & Lyrics by
Robert Lindon and William Henry

Tyrone McClure

Now more than ever, I need to trust the One who has the whole world in His hands. Volunteering with song and dance at St. Paul’s sites, this song is always done, adding extra verses now and then!





“Trust in the Lord with all your heart and with all your mind and lean not on your own understanding.”

The Bible

“A Purpose Driven Life – gives us 5 purposes for a Christians’ life – worship, fellowship, discipleship, ministry and evangelism.”

A Purpose Drive Life

by Rick Warren

Janice Ramirez

This quote from the Bible has comforted me during many difficulties (i.e., my husband’s illness and death). I have a cross beside my bed to remind me of the God’s love and care.

I think I help others as God asks us to do and say, through fellowship and discipleship.





Inspiration from a personal friend

Nicole Roberts

He is a friend who was born with brain damage. He struggled all his life emotionally, physically, and spiritually. They told him he would never speak or learn to read. By sheer determination he continued to overcome these challenges. He is the most spirited and positive person I know. He taught himself a trade, and with little family support has been able to purchase a truck and brand new RV to live in. Every time I speak to him, he is full of life and energy. He is a true inspiration to me.





The Four Agreements: A Practical Guide to Personal Freedom
Don Miguel Ruiz

1. Be impeccable with your word
2. Don't take anything personally
3. Don't make assumptions
4. Always do your best

LaTressa Downing

We can only be responsible for ourselves, not the choices or actions of others. If we all took responsibility for our own lives, the world would be a better place.





Patrick Gray & Justin Skeesuck

I'll Push You: A Journey of 500 Miles, Two Best Friends, and One Wheelchair

Both authors, who are also main people in the book, and all the strangers who helped them attain the dream of being the first wheelchair to do this pilgrimage of Santiago de Compostela in Spain. – Nancy Curcio

Nancy Curcio

The faith that sustained them. Their ability to accept help. The number of strangers offering them help. People connecting with each other. I often wish for a 5 minute segment of inspiring news on TV each hour, but good news doesn't sell (they tell me), but I like hearing about people being good to each other.





“Mothers will forever be standing at the gate, waving goodbye to children, glad to see them go, but wishing they would hurry back, no matter the age, mother will be standing at the gate.

Off!! to school or work, sunshine or rain, mother will be standing at the gate, waving us off, wishing us well, have a good day, be careful, now the years have passed, her children are now standing at their own gates, waving to their children and grandchildren, wishing them well, have a good day, mothers will forever be standing at the gate.

When heaven bound to that golden gate, another diamond added to her crown, mother will be standing at that golden gate, waving goodbye to children, saying have a good day, as God closes that final gate. ”

Linda L. Woolfolk

Standing At The Gate, February 1997

Linda L. Woolfolk

One day, I was walking to my car to go to work in Lemon Grove-Mira Mesa. My mother would always stand at the gate or front door, waving, saying have a good day, come home soon, so I wrote the above poem, in my head. When I got to my desk, I told my friends and coworkers I needed to write something down before I forgot! The day I wrote the poem, I was just a young kid. I was in my 50's. I read the poem at my mom's funeral; everyone cried. It doesn't matter how old you are; mom will be standing at the gate waiting for you to come home.





Jesus said "I am the resurrection, and the life; he that believeth in me, though he were dead, yet shall he live."

The Bible
John 11:25

Sheila Soules

This is a comfort as we age, and when we lose a loved one. Death leads to life everlasting!





“We are continually faced with a series of great opportunities, brilliantly disguised as insoluble problems.”

John W. Gardner

Cheryl Wilson, CEO
St. Paul's Senior Services

I thank God for the challenges He places before us,
and through prayer and diligence, the wonderful
windows of opportunity He offers us.





Wishing you and your
family a blessed,
safe and joyous
holiday season!

Your faithful friends at
St. Paul's Senior Services

