**Acceptance**

**Do all things without disputing and doubting.  *(Philippians 2:14)***

**And whosoever will, let him take the water of life freely.**

***(Revelation 22:17)***

**Rebellion against your handicaps gets you nowhere. Self-pity gets you nowhere. One must have the adventurous daring to accept oneself as a bundle of possibilities and undertake the most interesting game in the world – making the most of one’s best. *(Harry Emerson Fosdick)***

**It takes a great person to give sound advice tactfully, but it takes a greater person to accept it graciously. *(J. C. McCauley)***

**Those who studied Unity were of all religions (such they still are); they were Methodists and Catholics and Presbyterians; many were not even Christians. To all these, the Fillmores said in effect: “Here are some ideas that we believe to be true. Examine them; study them; accept those that you can use in your life. For the rest, do not let what you cannot accept keep you from accepting what will help you now. The time may come when you can accept these other ideas too. However that may be, if some of our ideas are of practical value to you now, we are happy to be of service.” *(James Dillet Freeman, in The Story of Unity, p. 184)***

**A Dog's Life: During quail season in Georgia, an Atlantan met an old farmer hunting with an ancient pointer at his side. Twice the dog ran rheumatically ahead and pointed. Twice his master fired into the open air. When the man from Atlanta saw no birds rise, he asked the farmer for an explanation. “Shucks," grinned the old man, “I know there wasn't no birds in that grass. Spot's nose ain't what it used to be. But him and me have had some wonderful times together. It'd be mighty mean of me to call him a liar at this stage of the game!” *(Bennett Cerf, in Stories to Make You Feel Better)***

**The famous Red Delicious was discovered in 1872 by Jesse Hiatt of Peru, Iowa. Growing unwanted among other trees, it was cut down twice. Each time it grew back with renewed vigor, and Hiatt finally let it produce “delicious apples.” *(Jack Denton Scott, in Reader’s Digest)***

**Astronaut John Young learned, on his return from the moon, that a Georgia Tech professor had petitioned the university to erase a D he had given Young some 20 years ago and to replace it with an A, since the astronaut-to-be had had excellent grades otherwise. Young wrote to the professor: “Thank you for the Mech 302 grade-change consideration. Unfortunately, I can assure you that the D grade was earned fair and square. Therefore I would appreciate it if you would let the grade remain a D. It would grieve me considerably to think that Georgia Tech was getting soft or that Tech professors ever made ‘errors of judgment’ that they would admit to anyone. After all, Georgia Tech is an outstanding – but tough – engineering institute. Yours for keeping it that way. Warm regards, John Young.” *(Hugh Park, in Atlanta Journal)***

**It was the colonists’ victory in the American Revolution that settled Australia, sort of. Great Britain had been sending boatloads of indentured servants here. But African slave traders took over after the war, so Britain had to send its unwanted elsewhere. Australia served. *(L. M. Boyd)***

**Barry Kaufman, along with his wife Suzi, have spent the last 20 years doing what everyone else said was impossible. They rebirthed their son from the supposedly “incurable” illness of autism, bringing him from a mute, functionally retarded, under 30 I.Q. state, to a highly verbal, extroverted, happy young man who demonstrates a near-genius I.Q. and attends a major university. The family’s incredible journey was documented in the award-winning book and NBC-TV movie “Son Rise.” They have since helped other families do the same with other children suffering from different disabilities. In addition, they extended their work to adults, teaching the attitudes of acceptance and non-judgment, which is the foundation of their work. Their subsequent books, including Happiness Is A Choice, have served as an inspiration to a world searching for more humane, loving, and self-trusting answers to very personal problems and dilemmas. *(Unity People’s Conference, 1993)***

### The contemplation of things as they are, without substitution or imposture, without error or confusion, is in itself a nobler thing than a whole harvest of invention. *(Francis Bacon)*

**The only person who ever presented an Oscar to himself was Irving Berlin. He opened the envelope for the Best Song of 1942 and announced, “Irving Berlin, for White Christmas. He was momentarily nonplussed, but then he regained his composure and said, “I'm glad to present this award. I've known the fellow for a long time. He's a nice kid and I think he deserves it.” *(Bits & Pieces)***

**In Nicollet, Minnesota, the school board has decided to give in and simply pay an $8,000 water bill for a toilet that flushed non-stop for five weeks. *(Associated Press, 1988)***

**Grandpa says to Nelson: “Here are some words to live by, Nelson. God gives every bird its food, but he doesn’t drop it into its nest. But if he did drop it into its nest, it sure as heck wouldn’t turn up its nose at it.” *(Brian Crane, in Pickles comic strip)***

**One parent never argues with his kids when they come home from the store with the newest in bizarre clothing. He just says he likes it and they take it back in the morning.(Delia Sellers, in Abundant Living magazine)**

**One spring day, long ago, Father called me to go with him to old man Trussell's blacksmith shop. He had left a rake and a hoe to be repaired. And they were ready when we came, fixed like new. Father handed over a silver dollar, but Mr. Trussell refused to take it. “No,” he said. “There's no charge for that little job.” My father insisted. If I should live a thousand years, I'll never forget that blacksmith's reply. “Sid," he said to my father, “can't you let a man do something -- just to stretch his soul?” *(R. Lee Sharpe, in Alabama Baptist)***

**Woman asks the bookstore manager: “Do you have any books that like me just the way I am?” *(Dave Cappenter cartoon)***

**Pain will come, just like pleasure. Hate will come, just like love. And when both are accepted, unaffected by the mind, then there will be peace. *(Baba Hari Das***

**Johnny had been bad and was sent to his room. After a while he emerged and informed his mother that he had thought it over and then said a prayer. “Fine,” said the pleased mother. “If you ask God to make you good, he will help you.” “Oh, I didn’t ask him to help me be good,’ replied Johnny.  “I asked him to help you put up with me.” Boys will be boys, as the old saying goes, and it’s a wise mother who accepts this fact. *(Bits & Pieces)***

**They said they wanted to go in a new direction. But they’ve probably done me a great favor. I can now concentrate on other roles. *(Pierce Brosnan, on why he won’t be playing James Bond in a fifth film, as it appeared in the Rocky Mountain News, November 17, 2004)***

**An almost incomprehensible cockney accent nearly robbed us of one of Britain’s biggest stars. Michael Caine worked for years to tame his tongue and finally got his big chance when he played Horatio opposite Christopher Plummer’s Hamlet. Caine turned his speech to advantage, however, when his career was established, using it in The Ipcress File and Sleuth*. (Ripley’s Believe It or Not: Book of Chance, p. 6)***

**These scenes are from Allen Funt’s 1960’s television series Candid Camera. They both confirm what countless psychology tests have found, namely, the best way to get along is to go along. *(Roger von Oech, in A Whack on the Side of the Head, p. 112)***

**My car was old but had low mileage and still ran well, so I decided to donate it to charity. Unfortunately, it was so bashed and dented, the organizations I contacted turned me down after they saw it. Finally, I found a place that would overlook my car’s condition and accept it: the Council of the Blind. *(Sarah S. Hayes, in Reader’s Digest)***

**After completing his book on the French Revolution, the great English historian Thomas Carlyle gave the manuscript to his friend John Stuart Mill to proofread. By mistake Mill’s housemaid used the papers to kindle a fire and destroyed the entire manuscript. Undaunted, Carlyle sat down and, without benefit of notes (he had destroyed these himself), completely reconstructed and rewrote the book. *(David Louis, in Fascinating Facts)***

**At a restaurant in Boulder, Colorado, a man had a waiter deliver a box of Godiva chocolates and a diamond ring to the table at which his fiancée was to be sitting. Unfortunately, due to a last-minute seating switch, he instead gave the items to another woman, who ogled them, smiled broadly and then left with them. *(Bill Flick, 1997)***

**This last act must take place, as surely as the fruits of trees and the earth must someday wither and fall. But a wise person knows this and accepts it with grace. (Cicero)**

**What do pediatricians do when their kids get colds? Sixty-three percent say they “let them run their course.” *(Uncle John’s Bathroom Reader: Extraordinary Book of Facts, p. 221)***

**Father Slavko, the village priest at Medjugorje, Yugoslavia, which has recently become a famous pilgrimage site where miraculous cures are being reported, states that he can sometimes tell in advance who is likely to be healed. They are people who do not appear to be actively striving for healing. They seem psychologically empty, at peace, and receptive to whatever may happen. *(Dr. Larry Dossey, in Unity magazine)***

**When Leonardo da Vinci, when but a small boy, drew a picture of a horrible monster, then placed it near a window to surprise his father. When Daddy came home, he nearly had a heart attack. The monster was so realistically painted Pop was sure his time had come. He promptly enrolled Leonardo in an art class. *(Bernie Smith, in The Joy of Trivia, p. 35)***

**Grateful for the opportunity to settle, the dandelion was content to make wayside and wasteland bloom. It generally prefers hard homesteading on barren ground to pampered living in potting soil. The dandelion smiles just as brightly amid backyard tenement clutter as it does beneath the boxwood border of an English garden. When the going gets tough, pansies and petunias wilt. Neither strong winds nor heavy rains can break the dandelion. When the petals of the dogwood blossom are scattered and the peony is beaten to the ground, the dandelion still holds its head up bravely. *(Samuel Pickering, Jr., in Reader’s Digest)***

**In 1931 Lowell’s mother, Myrtle Fillmore, was consciously aware of her impending transition. She mentioned to co-workers and friends that she had accomplished all she could in her life on this plane. She desired change, feeling it would be easier to do the work ahead of her from the invisible realm. Thomas E. Witherspoon relates her transitional experience in Myrtle Fillmore, Mother of Unity: “On the Wednesday before her death, Mrs. Fillmore helped her husband lead the Wednesday night prayer service. On Thursday she was at her desk in the Unity office, writing letters and receiving callers. She was in a very relaxed and happy mood that evening when she traveled to the Arches to spend a weekend resting and writing. Friday and Saturday were spent in walking around on the grounds, sitting on the porch of the Arches, and listening to the songs of the birds in the nearby orchard where, in fact, she even helped pick a few apples. And Sunday, she had company, her dear friends, Tesla and Herald Landon. Mrs. Landon recalls that Mrs. Fillmore told her that day she intended to die in a day or so. ‘She was so calm, so peaceful, and so beautiful,’ Mrs. Landon remembers. ‘She told me her work was done on this side and it was time to go.’ Two days later, on Tuesday, Mrs. Fillmore died.’” *(Dana Voght, in Unity magazine)***

**Sixty years ago, in a state of shock, a struggling young animator boarded a westbound train in New York. Walt Disney had traveled east to negotiate a better distribution deal for his cartoons starring Oswald the Rabbit – only to be told that his distributor owned the rights to the rabbit and had signed up Disney’s key artists. Defiantly, Walt told his wife, Lilly, that he’d think up a new character. As the train pulled out, he was already scribbling away on his pad. *(John Culhane, in Reader’s Digest)***

**Twenty years ago, while on a fishing trip in Bosnia, Ahmet Andulovic saved his friend Remzo Pivic from drowning. Then, in 1997, Andulovic discovered that both of his kidneys were inflamed and that he required frequent dialysis; Pivic repeatedly offered to donate a kidney to the man who had saved his life, but Andulovic thought it too big a sacrifice. Finally, Pivic told him, “If you don’t accept it this time, we are no longer friends.” The surgery was performed in April in Ottawa, where Andulovic now lives, and both men are doing fine. “We are brothers now,” said Andulovic. *(The Week magazine, June 16, 2006)***

**Stephen J. Cannell is a prolific television writer and producer. Since his studio was founded in 1980, it has produced over two dozen prime-time series, including “The A-Team," “Wiseguy," “Hunter" and “The Commish." Writing is Cannell's strength. Unfortunately, his weakness is dyslexia, a condition that causes him to transpose numbers and letters. “I'm bad at spelling and sequencing," he explains, “all the things that gave me trouble in high school." Yet instead of expending energy trying to correct a lifelong problem, Cannell types his scripts and then has an assistant smooth out the rough spots. *(Donald O. Clifton & Paula Nelson)***

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**One of the true masters of the art of serenity was Thomas Edison. It seems that when his factory burned down, he did not bemoan his fate. As newspaper editors went to interview him immediately following the disaster, they found him calmly at work on plans for a new building. *(Susan Smith Jones, in New Realities magazine)***

**Thomas Edison was deaf from the time he was twelve years old. The malady was caused while Edison was trying to board a train at Frazer Station, Michigan. A conductor took hold of his ears to help pull him aboard. “I felt something snap inside my head,” Edison later said. “My deafness started from that time and has progressed ever since.” Thomas Edison’s impaired hearing did not impede his brilliance as an inventor. *(David Louis, in Fascinating Facts, p. 118)***

**One day a fire broke out in Thomas Edison’s laboratory, burned it down and destroyed many valuable experiments. Walking through the water-drenched wreckage, he found a package of papers tied tightly together with a string. The package was water soaked and fire scarred, but left intact. Edison opened it and at the center of the package was a photograph of himself, scorched around the edges but still undamaged. He looked at it for a moment, then picked up a piece of charcoal from the ground and wrote across the face of the picture: “It didn’t touch me.” *(Phil Barnhart, in Seasonings for Sermons, p. 126)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*Once you can accept the universe as matter expanding into nothing that is something, wearing stripes with plaid comes easy. *(Albert Einstein)***

**My mother was born in 1929. She grew up in rural Pennsylvania without electricity. If electricity had brought only heat and light, it may have been easy to sway my poorly educated and conservative grandparents to oppose its broad implementation across rural America – after all, they already had fire and gas lamps. But electricity could also power radios, kitchen appliances, tools, and countless other useful and exciting gadgets. Life would change and improve at the sensory level with the flip of an actual switch. *(Allen Farmelo, in The Atlantic magazine, April, 2023)***

**Another master of the art of serenity was Emerson. As his library of precious book was burning in a fire, Louisa May Alcott attempted to console him. “Yes, yes, Louisa, they’re all gone,” the great philosopher said to her, “but let’s enjoy the blaze now.” *(Susan Smith Jones, in New Realities magazine)***

**The bulletin board on the lawn of a New Jersey church reads: “We reserve the right to accept everybody.” *(John Kazmark, in Reader’s Digest)***

**Germs don't like high temperatures. People probably would be better off if moderate fevers were allowed to run their courses. *(Dr. Matthew J. Kluger)***

**Marshall Field, founder of the Chicago department store that bears his name, once overheard one of his clerks arguing with a customer. He asked what was going on. “I’m settling a complaint,” said the clerk. “No, you’re not,” said Field. “Give the lady what she wants.” *(Bits & Pieces)***

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**You will find that if you just love folks and live happily among them, they will love you. If you do not try to change them or give them what they have no knowledge of wanting, they will not show fight or resentment. If you do not in your own attitude or inference show disapproval of their beliefs or ways, they will tear down their walls of opposition and indifference and after a while show an interest in what you have. *(Myrtle Fillmore, on how to spread Unity’s teachings)***

**Another time, one of the men who had been associated with the Fillmores in the Unity work carried off most of the furniture from the rooms to start a work of his own. He claimed that this furniture was as much his as it was the Fillmores’. Instead of threatening him or suing to recover their possessions, the Fillmores went quietly on with their work, praying that they would have whatever they needed. They were able to carry on. *(James Dillet Freeman, in The Story of Unity, p. 115)***

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**At the end of his first day at school our rowdy six-year-old came running home and burst through the door shouting: “Mom, Mom! Guess what? They want me back!” *(Lynne Humbert, in Reader’s Digest)***

**Amid the lethal tentacles of the Portuguese man-of-war (and apparently oblivious to the dangerous nematocysts, its minute stinging organs) are fish who seem content to live there. They feed on whatever comes their way. *(Isaac Asimov’s Book of Facts, p. 125)***

**In a conversation between George M. Cohan and a veteran who had fought at the Battle of Gettysburg during the Civil War, the veteran pointed to the American flag and commented, “She’s a grand old rag.” Cohan was struck by the phrase, and wrote a song entitled “You’re a Grand Old Rag.” Patriotic groups were outraged and barraged him with complaints over his references to the American flag as a “rag.” Cohan promptly changed the title, and the song is now the famous patriotic song, “You’re a Grand Old Flag.” *(Paul Stirling Hagerman, in It’s A Weird World, p. 111)***

**Rebellion against your handicaps gets you nowhere. Self-pity gets you nowhere. One must have the adventurous daring to accept oneself as a bundle of possibilities and undertake the most interesting game in the world – making the most of one’s best. *(Harry Emerson Fosdick)***

**She wasn’t big on the song, but her father insisted she record “Who’s Sorry Now?” back in 1958. Connie Francis doesn’t regret it today. The song was her first big hit. *(Ripley’s Believe It or Not!: Book of Chance, p. 25)***

**Always fall in with what you're asked to accept. Fall in with it and turn it your way. *(Robert Frost)***

**God is not someone to reach for but a Presence to accept. *(Eric Butterworth, in Spiritual Economics, p. 36)***

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**My brother-in-law called immediately after the birth of his first grandchild to report that John Ray Copeland IV had arrived. “Does he look like you and the other Copeland men?” I asked. “Well,” he replied, “after the nurse showed me which one was ours, he did.” *(Louise Crammer, in Reader’s Digest)***

**I once gave my homeroom of senior honors students a graduation gift in advance. They were permitted one unexcused absence as long as it didn’t conflict with other teachers’ schedules. All I asked was that they do something worthwhile and hand in a paragraph sharing that experience. My favorite report was from a young man who wrote: “I went fishing with my grandfather. I listened to him all day long without once saying, ‘Pops, you already told me that.’”*(Barbara Scarpato, in Reader’s Digest)***

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**An attractive young woman once asked a leading New York dermatologist what to do for her prematurely graying hair. “Admire it!" he advised. *(Jerome W. Ephraim, in Take Care of Yourself)***

**Napoleon sent Polish soldiers to fight the Haitians. But the Poles liked the Haitians, so they joined same. In one Haitian village in particular, Cazale, are numerous honey-skinned blonds with high cheekbones and blue or green eyes. *(L. M. Boyd)***

**When we must accept a hardship that we did not dream could be, our first impulse is to ask: Why me? O, God, why me? When a blessing comes to us, we receive it joyously, then seldom do we question: Why me? O, God, why me? (Nellie Knuth, in Sunshine Magazine)**

**Life is a tragic mystery. We are pierced and driven by laws we only half understand, we find that the lesson we learn again and again is that of accepting heroic helplessness. *(Florida Scott-Maxwell, American writer and psychologist)***

**About 74 years ago I learned that I was not God. And so, when the people of the various states want to do something and I can’t find anything in the Constitution expressly forbidding it, I say, whether I like it or not: Damn it, let ‘em do it. *(Oliver Wendell Homes, Jr., Supreme Court Justice, in The Great Quotations, edited by George Seldes)***

**Many years ago a dissatisfied horse asked the gods for longer, thinner legs, a neck like a swan, and a saddle that would grow upon him as a part of his body. Admiring all these separate appendages of beauty, the horse longed to incorporate them all within himself. Straightaway the obliging gods changed him into a creature embodying all the new features. But, desirable as they had appeared separately, the entire assembly struck terror into the horse, for he found that he had been changed into an ugly camel! “There now,” said the gods, “you have been granted your wishes, and they shall continue with you all your life as a reminder to you that it is better to improve what you have than to wish for what you have not. A horse should be thankful for what he is.” *(Bits & Pieces)***

**At a gardening store, I told the young clerk I needed some potting soil. “Over there,” she answered, “in 40-pound bags.” “I couldn't possibly handle one of those,” I said. “No problem. I'll get my husband to carry it to the car for you.” “That's no good,” I replied. “If I took a 40-pound bag home, I'd have to take your husband too.” She smiled and said, “It's a deal!” *(Mary Lee MacLea, in Reader's Digest)***

**Some years ago a promising IBM junior executive lost the company several million dollars in a risky venture. Thomas J. Watson, Sr., IBM’s founder, called the executive into his office, and the young man blurted out, “I guess you want my resignation?” Watson replied, “You can’t be serious. We’ve just spent millions of dollars educating you!” *(Warren Bennis and Burt Nanus, in Reader’s Digest)***

**People will accept your idea much more readily if you tell them Benjamin Franklin said it first. *(Land Title Guarantee Company calendar)***

**The only gracious way to accept an insult is to ignore it. If you can’t ignore it, top it. If you can’t top it, laugh at it. If you can’t laugh at it, it’s probably deserved. *(Russell Lynes, in Vogue)***

**When an issue comes to the surface, and you know that you don’t want it there anymore, don’t attack it. Love yourself for its existence in you. Allow it to be there in you, and in the allowing, you can let it go. *(Carol Ruth Knox, in The Incredible Journey, p. 102)***

**Jesus prayed that the cup of suffering would pass from him. Pass it did, but only when he drank it. *(Phil Barnhart, in Seasonings for Sermons, p. 153)***

**John Paul Jones, the greatest American naval hero of the Revolutionary War, ended his military career as an admiral in the Russian navy. In 1788, the Russian Empress Catherine the Great invited Jones to join her Imperial Navy as a rear admiral. Jones accepted the commission, and helped to lead a Russian fleet in a successful campaign against the Turks in the Black Sea. After his death in 1792, the American hero lay buried in an unmarked grave in France for more than a century. He now lies buried at the U. S. Naval Academy in Annapolis, Maryland. *(Denver P. Tarle, in A Treasury of Trivia, p. 146)***

**A British husband and wife have celebrated their 80th wedding anniversary, and The Guinness Book of World Records has certified that they are the world’s longest-married couple. Percy and Florence Arrowsmith of Hereford are 105 and 100, respectively; together, at 205 years and 267 days, they have also broken the record for the oldest married couple’s aggregate age. “We still love one another, that’s the most important part,” said Mrs. Arrowsmith. “We always go to bed as friends and always make up before we go to sleep with a kiss and a cuddle.” Mr. Arrowsmith said that the key to wedded bliss lies in two words: “Yes, dear.” *(The Week magazine, June 10, 2005)***

**The koala is also the most helpless. He can neither fight very effectively nor run, and if fire comes he will only climb to the top of a tree and wait for death. Yet he has survived unchanged for a million years and today ranks as a “living fossil.” *(Fred Dickenson, in Curious Creatures, p. 141)***

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**In moods of doubt and frustration in the face of injustice and wretchedness, I think of the counsel of the most sagacious man I have ever known, Justice Brandeis. “My dear,” he once advised his impatient daughter, “if you would only recognize that life is hard, things would be so much easier for you.” *(Paul A. Freund)***

**Clare Boothe Luce was not allowed by her husband, Henry Luce, founder of Time, Inc., to participate in the development and running of Life magazine, though she had created the concept. She turned instead to writing the Broadway play The Women. It ran for 657 performances on Broadway, was translated into twenty-six languages, and was twice made into a movie. *(Isaac Asimov’s Book of Facts, p. 435)***

**Clarence A. Crane kept trying to get this mint candy machine to work, but it went on punching holes in the centers of the mints. He finally gave up and invented Life Savers. *(L. M. Boyd)***

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**If I were to read, much less answer, all the attacks made on me, this shop might as well be closed for any other business. I do the very best I know how, the very best I can, and I mean to keep doing so until the end. If the end brings me out all right, what is said against me won’t amount to anything. If the end brings me out wrong, then angels swearing I was right would make no difference. *(Abraham Lincoln)***

**Sometimes I love you for what you are, sometimes in spite of what you are. *(Ashleigh Brilliant, in Pot-Shots)***

**M\*A\*S\*H’s outdoor set, near Malibu, California, was destroyed by a brush fire at the end of the 1982 production season, so the show writers wrote the fire into the script. (Don Voorhees, in The Essential Book of Useless Information, p. 12)**

**It is a funny thing about life, if you refuse to accept anything but the best, you very often get it. *(W. Somerset Maugham, in The Mixture as Before)***

**Mohammed made the people believe he would call a hill to him and from the top of it offer up his prayers for the observers of his law. The people assembled: Mohammed called the hill to come to him again and again; and when the hill stood still, he was not in the least abashed, but said: “If the hill will not come to Mohammed, Mohammed will go to the hill.” *(Barbara Cartland)***

**I subscribe to a newsletter called “Bottom Line.” It is written to business executives and others around the world. In it I read that they had contacted a professor of psychiatry at the University of Pennsylvania. He said that whenever a new idea comes forth, a new way is formed in our brain cells to accommodate it. It begins to change. And that change begins to be expressed in and through all our bodies and through all our relationships. So, when we come to a Unity service like this, something happens in the brain. The brain cells begin to accommodate that idea. They begin to accept it and work with it. *(J. Sig Paulson, Unity minister)***

**No man has ever turned down the nomination for the presidency after it was made by a majority party. *(E. C. McKenzie, in Tantalizing Facts, p. 74)***

**At his father’s funeral, American Carl Lewis placed his 100-meter gold medal from the 1984 Olympics in his father’s hands. “Don’t worry,” he told his surprised mother, “I’ll get another one.” A year later, in the 100-meter final at the 1988 games, Lewis was competing against Canadian world-record-holder Ben Johnson. Halfway through the race Johnson was five feet in front. Lewis was convinced he could catch him. But at 80 meters, he was still five feet behind. “It’s over, Dad,” Lewis thought. As Johnson crossed the finish, he stared back at Lewis and thrust his right arm in the air, index finger extended. Lewis was exasperated. He had noticed Johnson’s bulging muscles and yellow-tinged eyes, both indications of steroid use. “I didn’t have the medal, but I could still give to my father by acting with class and dignity,” Lewis said later. He shook Johnson’s hand and left the track. But then came the announcement that Johnson had tested positive for anabolic steroids. He was stripped of his medal. The gold went to Lewis, a replacement for the medal he had given his father. *(David Wallechinsky, in The Complete Book of the Olympics)***

**The Man Who Saved the Oscars: America has a new "folk hero," said Stephanie Merry and Lindsey Bever. He's La La Land producer Jordan Horowitz, who had just given an acceptance speech for Best Picture at this week's Academy Awards when chaos engulfed the stage, as people began realizing that the wrong envelope had been opened, and that Moonlight had actually won. As presenter Warren Beatty, host Jimmy Kimmel, and officials from the PwC accounting firm stood frozen in panic and confusion, Horowitz was the "one person willing to take charge and explain." He said, "There's a mistake," held up the card from the right envelope so everyone could see it, and announced: "Moonlight. Best Picture." He then called the Moonlight team up to the stage to collect its award, saying he was "thrilled" to hand the Oscar to them. Later, Moonlight director Barry Jenkins called Horowitz "so gracious," adding, "I can't imagine being in their position and having to do that." In one sense, what Horowitz did "wasn't exactly revolutionary." In an awkward and painful moment, he simply told the truth. But in a time when "truth has been hard to come by," Horowitz reminded us how important honesty -- and character -- really are. *(The Week magazine, March 10, 2017)***

**As enlightened masters have taught since the beginning of time, when we are truly committed to living in the present, in acceptance of ourselves and our surroundings, miracles can happen. *(Niro Markoff Asistent, who converted from HIV positive to HIV negative, in New Age Journal)***

**In his younger days, French painter Maurice Utrillo drank heavily. Every time he went on a bender, he would get in a brawl and the police would cart him off, kicking and punching, to jail. They would release him after he sobered up, but in a week or two the scene would be replayed. At first, the painter and the constabulary were antipathetic, but as the years passed, their attitudes softened. Utrillo permitted himself to be led away without a struggle, and the police came to regard him as a guest rather than an inmate. They also kept a supply of paints and brushes at the jail so he could continue his work during his incarceration. Utrillo knew he had really won them over when they reserved a cell for him with a north light! *(E. E. Edgar, in Reader’s Digest)***

**Willy: “Ethel, is it 'an apple a day keeps the doctor away or is it a bucket of chicken a day keeps the doctor away’?” Ethel: “A bucket of chicken.” She then says to her friend: “Anything to keep peace in the house.” *(Joe Martin, in Willy 'N' Ethel comic strip)***

**When some foreign matter, often a parasitic larva, gets into its body, the mollusk forms a small sac around the foreign matter, isolating it, and then builds layer upon layer of calcium carbonate around the sac, imprisoning the invader forever and creating a pearl. *(Reader’s Digest Book of Facts, p. 276)\***

**Life is difficult. This is a great truth, one of the greatest truths. It is a great truth because once we truly see this truth, we transcend it. Once we truly know that life is difficult--once we truly understand and accept it--then life is no longer difficult. Because once it is accepted, the fact that life is difficult no longer matters. *(M. Scott Peck, in The Road Less Traveled)***

**Did the Berlin Butcher, the man sentenced to life for making sausage out of his wife, ever get paroled? Conrad Mass? No, he did not. He dedicated himself to art in a Kansas penitentiary and rejected parole three times so he could go on painting. *(L. M. Boyd)***

**Jesus tells a story of the Prodigal Son. You know the story. But the unexpected element in this story is forgiveness. He expects punishment.  He finds only freely flowing love. Feeling almost overwhelmed by guilt, he is met without a word of reproach, anger, or judgment. The past is completely forgiven. It is wiped out. *(Christopher Ian Chenoweth)***

**Ptolemy of Alexandria was born in A.D. 120. He believed the Earth was at the center of the Solar System and that the Sun, Moon, and planets circled around it. Ptolemy’s idea of the Solar System was accepted for 1,300 years. *(Pam Beasant, in 1000 Facts about Space, p.. 28)***

**The quickest way out of a situation in which you would rather not be is to be willing to be there. *(David J. Seibert, Unity Minister)***

**Quicksand does not pull the unwary victim beneath its surface. A mixture of sand and water, quicksand is buoyant, making it possible for anyone who stumbles into it to get out. If caught in quicksand, experts advise, remain calm and free yourself by letting the buoyancy of the quicksand support you and by slowly swimming to firm ground. *(Joseph Rosenbloom, in Reader’s Digest)***

**Gasping for breath and covered with sweat, a man came into a race-track bar and ordered a soft drink. “What happened to you?” the waitress asked. “I was in the paddock area,” the man panted, “when I saw a $100 bill on the ground. While I was bent over, somebody threw a saddle on me, and a jockey jumped into the saddle. The next thing I knew, I was on the track and the jockey was whipping my flanks.” “No kidding?” said the surprised woman. “What did you do?” “I finished third.” *(Jerry H. Simpson, Jr., in Reader’s Digest)***

**Here’s a rural doctor’s advice on how to avoid high blood pressure: “If it starts to rain, let it.” *(L. M. Boyd)***

**One time a saloonkeeper came to him for prayers for healing and was helped. The saloonkeeper then said, “I also need prayers for prosperity, but of course you could not pray for a man in my business to prosper.” Charles Fillmore replied: “Certainly. God will help you to prosper. ‘If ye shall ask anything of the Father, he will give it you in my name,’ does not exclude saloonkeepers.” He prayed for prosperity for the man, just as he would have prayed for anyone else, and learned afterward that the man had gotten out of the saloon business and had found prosperity in other lines of work. *(James Dillet Freeman, in The Story of Unity, p. 10)***

**Both Scarlatti and Chopin were inspired by cats. When Scarlatti’s cat struck certain notes on the keys of his harpsichord, one by one, with its paws, Scarlatti proceeded to write “The Cat’s Fugue,” a fugue for harpsichord in D minor. While Chopin was composing Waltz No. 3 in F major, his cat ran across the keys of the piano, amusing Chopin so much that he tried for the same sounds in what is called “The Cat’s Waltz.” *(Isaac Asimov’s Book of Facts, p. 388)***

**A sign posted at the entrance to the Ashland, Oregon, public library read: “Ice cream, bare feet, children, long hair, short hair, no hair, cats, dogs and small dragons are welcome here any time.” *(Jo Garcia-Cob, in Reader’s Digest***

**When one takes justice into his own hands he usually creates a mess. The grizzly bear can easily whip almost any animal in his dominion. There is one animal, however, that he nervously allows to eat with him – the skunk. The grizzly resents the skunk’s intrusion deeply, and would love to be rid of him. He restrains himself, however, because he doesn’t want to pay the high cost of getting even. The moral of that story is, when someone takes advantage of you, commit it to the Lord. Don’t try to get even. You’ll only succeed in creating a stink. *(David Lawrence)***

**Grove Patterson, editor of the Toledo Blade many years ago, always thought that the slang expression, So what, had real value. “I have an idea,” Patterson once wrote, “that we can apply it to about fifty percent of our troubles, and find that it is a comfortable cure-all. I know a so-called big industrialist who is forever worrying about trivialities,” said Patterson. “He is constantly engaged in postmortems. The right answer, which he doesn’t know, to practically all his fulminations is So what? I am the frequent victim of my own postmortems,” said Patterson. “I sometimes lie awake nights trying to figure out why I did this or that, or didn’t do it, and all the time the easy conclusion is within my grasp: So what? Many of us complain because of our lot in life when it is evident that there is little we can do about it. So what? Others complain about circumstances which they could change if they had the courage and the energy. These people really don’t have much use for this phrase. I speak mostly of and for those who seek to re-pour the water that has gone under the bridge. When we finally come to learn that many things come to all of us that we cannot do anything about, we shall have put a broad and sturdy plank into the foundation of our philosophy.” *(Bits & Pieces)***

**It was longtime Speaker of the House Sam Rayburn who offered this political maxim, “If you want o get along, go along.” *(L. M. Boyd)***

**I do not object too strongly when squirrels rob the bird feeder: after all, how can they be expected to know it’s not the birds who are robbing the squirrel feeder. *(Constance Taber Colby, in Reader’s Digest)***

**“Treasure Island” was created by Robert Louis Stevenson on a lark. Drawing a treasure map for his stepson on a rainy day, Stevenson was urged by the child to make up stories to go along with the drawings. Stevenson liked the stories so much he wrote them down and these became the basis for his great novel. *(David Louis, in Fascinating Facts, p. 90)***

**In World War I, Cardinal Mercier saw his home torn by shells, the cathedral he loved leveled to a pile of debris, his valuable library burned, and some of his students killed. But after all that he said, “Suffering accepted and vanquished will give you a serenity which may well prove the most exquisite fruit of your life.” *(Phil Barnhart, in Seasonings for Sermons, p. 153)***

**I saw a delicate flower had grown up two feet high between the horse’s feet and the wheel track. An inch more to the right or left had sealed its fate, or an inch higher. Yet it lived to flourish and never knew the danger it incurred. It did not borrow trouble, nor invite an evil fate by apprehending it. *(Henry David Thoreau)***

**The society that has accepted the threat of its utter destruction soon finds it harder to react to lesser ills, for a society cannot be at the same time awake and asleep, insane and sane, against life and for life. *(Jonathan Schell, author)***

**Mel Tillis, the successful country-and-western singer, is absolutely charming as an interview guest, even though he stutters. It doesn’t show up when he’s singing, but it does when he’s talking. Instead of letting it bother him, Mel is upfront about the problem, jokes about it, and is so completely at ease with himself that he puts you at ease too. *(Larry King with Bill Gilbert, in Reader’s Digest)***

**There’s one thing about inviting trouble: It generally accepts. *(May Maloo, in Catholic Digest)***

**When we can accept both our humanity and the perpetrator's, we can write a new story, one in which we are no longer cast as a victim but as a survivor, even perhaps a hero. *(Desmond Tutu and Mpho Tuto, in The Book of Forgiving)***

**In Illinois at the turn of the century, a young Swedish immigrant boy sent twenty-five cents to a publishing company for a book on his favorite subject, photography. The publisher made a shipping error in filling the order and instead sent him a book on ventriloquism. He turned that mistake into an asset by keeping the book, learning ventriloquism, and launching a career that was to make him famous. The boy's name was Edgar Bergen and his alter ego, Charlie McCarthy. *(Charles Dickson, in New Realities magazine)***

**A Navajo Indian whose medical doctors could not remove a bullet from his chest has been paid $4,140 by the Crime Victim Foundation to have a traditional healing ceremony performed by a tribal medicine man. The 56-year-old man, who was not identified, paid four visits to the medicine man and paid the bill with 69 sheep, a frequent form of payment on the Navajo Reservation. The cash will allow the man to buy 69 new sheep, officials said. “I think that, culturally speaking, a traditional medicine ceremony is just as valid as going to your local physician,” said Carol Hebert, the foundation’s executive director. The foundation, funded by donations and by court fees from convicted felons, made the payment this month, saying the bullet was lodged to close to the heart for surgeons to try removing it. “We don’t see ourselves as being in a role as saying ‘Well, that doesn’t fit our culture, so it doesn’t count,’” said Hebert. “We have to look at it from the victim’s point of view.” *(Rocky Mountain News, 12-27-1987)***

**British ships in the English Channel fired a salute of twenty guns when word reached them that the country’s erstwhile great adversary, President George Washington, had died in the States. The British erected in London’s Trafalgar Square a statue of the U. S. President, George Washington, whose armies overthrew British rule in the colonies. *(Isaac Asimov’s Book of Facts, p. 138 & 142)***

**How could any sane person possibly accept the world as it is? *(Ashleigh Brilliant, in Pot-Shots)***

**The full and joyful acceptance of the worst in oneself is the only sure way of transforming it. *(Henry Miller)***

**Like Myrtle Fillmore, Paramahansa Yogananda, who founded Self-Realization Fellowship in California, experienced conscious death. He died on March 7, 1952, after informing followers of his immanent exit from the physical body. *(Dana Voght, in Unity magazine)***

**Sometimes we believe we can love ourselves totally. So we go to work, loving it all. But then we find we cannot love some part of us, the anger or jealousy or lust. We find ourselves resisting this inability to accept. At that point, my recommendation is, “accept yourself not being accepting.” You can see how deep this self-love penetrates then, can’t you? *(Carol Ruth Knox, in The Incredible Journey, p. 68)***

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