**Transformation**

**You have turned my mourning into dancing;**

**You have taken off my sackcloth and clothed me with joy,**

**so that my soul may praise You and not be silent.**

***(Psalm 30:11-12)***

**He turns the wilderness into pools of water**

**and dry land into water springs.**

***(Psalm 107:35)***

**May those who sow in tears reap with shouts of joy.**

 ***(Psalm 126:5)***

**The latter splendor of this house shall be greater than the former,**

**says the Lord of hosts;**

**and in this place I will give prosperity.**

***(Haggai 2:9)***

**Very truly, I tell you, you will weep and mourn,**

**but the world will rejoice;**

**You will have pain, but your pain will turn into joy.**

***(St. John 16:20)***

**Be transformed by the renewing of your minds,**

**that you may discern what is that good and acceptable**

**and perfect will of God.**

***(Romans 12:2)***

**So if anyone is in Christ, there is a new creation:**

**everything old has passed away;**

**see, everything has become new!**

***(2 Corinthians 5:17)***

**He will transform the body of our humiliation**

**that it may be conformed to the body of his glory,**

**by the power that also enables him to make all things subject to himself.**

***(Philippians 3:21)***

**You have stripped off the old self with its practices**

**and have clothed yourselves with the new self,**

**which is being renewed in knowledge**

**according to the image of its creator.**

***(Colossians 3:9-10)***

**You have been born anew, not of perishable but of imperishable seed,**

**through the living and enduring word of God.**

***(1 Peter 1:23)***

**Behold, I make all things new.**

***(Revelation 21:5)***

**Amar Bose was finishing his doctorate at the Massachusetts Institute of Technology in 1956 when he treated himself to a new hi-fi system at Radio Shack. But when he tried out his new purchase, he was appalled by the awful acoustics. The inability of modern speakers to replicate live sounds, he said, became "a problem that began to obsess me." That obsession would eventually make him a household name, a billionaire, and a legend to the world of high-fidelity acoustics. *(The Week magazine, July 26, 2013)***

**The image of “turning lead into gold” comes from the medieval science of alchemy in which practitioners strove to turn the base metal of lead into gold – the most precious of metals. The phrase was also used as a metaphor for the process of psychological transformation. *(Douglas Bloch, in New Thought magazine)***

**In the oceans, photosynthesis is carried on mainly by algae. Long before anything could live out of water, these plant dynamos did most of the work of changing the earth's atmosphere from poisonous gases to breathable air -- a process which probably took some 2 1/2 billion years. Today, tiny algae called diatoms carry on the bulk of aquatic photosynthesis. (Rutherford Platt, in The Living World of Nature, p. 235)**

**If they can make penicillin out of moldy bread, they can sure make something out of you. *(Muhammad Ali)***

**The word “amphibian” is Greek for “double life.” This name is appropriate because all amphibians start out as water-breathing creatures similar to fish. Then, as they mature, most amphibians go through a process called “metamorphosis” which transforms them into air-breathing land animals. *(Jeff Harris, in Shortcuts)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**To the spiritually wise it is revealed that, when man is fully redeemed, he redeems and purifies and uplifts the animals in himself. The animal world will go through a complete transformation when the race is redeemed. *(Charles Fillmore, in The Twelve Powers of Man, p. 81)***

**Gazelles, prairie dogs, wild asses, and many other animals never drink water. They have a special chemical process which transforms a part of their solid food into water. *(Denver P. Tarle, A Treasury of Trivia, p. 111)***

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**In the Irish uprising of 1848, the men were captured, tried and convicted of treason against Her Majesty, Queen Victoria. All were sentenced to death. Passionate protest from all over the world persuaded the Queen to commute the death sentences. The men were banished to Australia -- as remote and full of prisoners as Russian Siberia. Years passed. In 1874 Queen Victoria learned that a Sir Charles Duffy who had been elected Prime Minister of Australia was the same Charles Duffy who had been banished 26 years earlier. She asked what had become of the other eight convicts. She learned that: Patrick Donahue became a Brigadier General in the United States Army. Morris Lyene became Attorney General for Australia. Michael Ireland succeeded Lyene as Attorney General. Thomas McGee became Minister of Agriculture for Canada. Terrence McManus became a Brigadier General in the United States Army. Thomas Meagher was elected Governor of Montana. John Mitchell became a prominent New York politician and his son, John Purroy Mitchell, a famous Mayor of New York City. Richard O'Gorman became Governor of Newfoundland. (Johnny Rocco, in Abundant Living magazine)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*Biochemists haven’t yet come up with lab bacteria powerful enough to eat big oil spills, insofar as I know. But they say their research has produced a dandy product to open clogged drains, a good septic tank treatment and a high-tech remover of pet stains from your carpets. *(L. M. Boyd)***

**Mining companies use microbes to recover metals such as gold, copper, and uranium. Now research suggests bacteria could be enlisted for “bio-mining” in space, to extract oxygen, nutrients and minerals from the moon and Mars for use by future colonists. More than a quarter of the world’s copper is harvested from ores using microorganisms, which separate the desired material from the rock to which it is chemically bound. (Charles Q. Choi, in Scientific American)**

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**In 1909, a man named Charles Hercules Ebbets began secretly buying up adjacent parcels of land in the Flatbush section of Brooklyn, including the site of a garbage dump called Pigtown because of the pigs that once ate their fill there and the stench that still filled the air. He hoped eventually to build a permanent home for the lackluster baseball team he had once worked for and now owned. The team was called the Trolley Dodgers, or just the Dodgers, after the way their devoted fans negotiated Brooklyn's busy streets. In 1912, construction began. By the time it was completed a year later, Pigtown had been transformed into Ebbets Field--baseball's newest shrine, where some of the game's greatest drama would take place. *(Geoffrey C. Ward & Ken Burns, in Baseball)***

**Many museums that feature the bones of animals in their displays have a resident colony of dermestid beetles, which are used to clean carcasses completely, leaving only the clean skeletons. It takes the beetles about a week to polish off a large animal, and overnight for a small rodent or bat. *(Barbara Seuling)***

**Building on Success: What Was on the Land Before:**

**1. UN Building – slaughterhouses, cattle pens on the land.**

**2. Walt Disney World – cow pasture**

**3. Westminster Cathedral – prison and fairground**

**4. Boston Common – cow pasture**

**5. Greenwich Village – marshland**

**6. Rockefeller Center – botanical garden. *(World Features Syndicate)***

**Good week for: Revenge, after 17-year-old Vinnie Huntington of Durham, Maine, sat down to a steak carved from a bull that had gored him on his family farm. "I'm going to enjoy it, too," he said. *(The Week magazine, April 23, 2010)***

**When you get to the end of your rope, tie a knot and hang on. And swing! *(Leo Buscaglia, on "20-20," ABC)***

**Dolly says to Billy: “Butterflies are new-and-improved caterpillars."
*(Bil Keane, in The Family Circus comic strip)***

**How many cities were built from scratch to be national capitals? Start with Washington, D.C. And Australia’s Canberra, Brazil’s Brazilia and Pakistan’s Islamabad. *(L. M. Boyd)***

**Carbon is one of the most abundant elements in the universe. It is found in nearly all of the chemical compounds known to man. Pure carbon is found in several different forms. A crystallized form of carbon is sometimes created many miles below the surface of the earth. There the carbon atoms are subjected to immense heat and pressure, transforming this rather abundant element into one of the rarest and most beautiful objects known to man, a diamond. (*Jeff Harris, in Shortcuts)***

**We turned a disability into an ability. *(Jimmy Carter, founding member of The Blind Boys of Alabama, a sightless gospel group)***

**Canadian scientists have managed to transform human skin cells directly into blood cells – the first time one kind of human cell has been converted into another, says the Los Angeles Times. Converting one cell type into another has typically required “rewinding” it to first become a stem cell before turning it into the second cell type. That method is complex and risky, because stem cells can go awry and become cancer cells. The Canadian team skipped that step by tweaking a single gene in the skin cells, then bathing them in growth factors; the cells were transformed into the three types of blood cells – red, white, and platelets. If the method can be perfected and improved, it will revolutionize medicine – providing limitless supplies of blood and healthy blood cells to leukemia patients. “Since this source would come from a patient’s own skin, there would be no concern of rejection of the transplanted cells,” team leader Mick Bhatia, a stem-cell expert at McMaster University, tells the Los Angeles Times. British regenerative-medicine specialist Ian Wilmut, who was not involved in the study, said the breakthrough is “a step along the line to believing that you can produce anything from almost anything.” *(The Week magazine, November 26, 2010)***

**What’s now known as New York City’s Central Park, that zillion-dollar real estate, once was rocky ground or smelly swamp. Money folk wanted to get rid of the squatters who’d put up shacks there. That’s why they donated so much land. They had no idea what they were giving away. *(L. M. Boyd)***

**As you change your thinking and bring it into line with Truth principles, a transformation will take place in your consciousness. Your mind will become keen, awake, alert, illumined, and your body temple will be filled with new life. You will be inspired with new and practical ideas that will enable you to succeed in a larger way. *(Myrtle Fillmore, in How to Let God Help You, p. 24)***

**If we would all declare that our cities are free from crime, knowing that the presence and the power of God is greater than anything that can happen in the outer, and that the spirit of love is a strong force bringing good instead of evil, our cities would be transformed and transmuted. *(Grace L. Faus, in Aspire magazine)***

**Mary Bethune Cookman, a black woman with no financial resources, saw the inequity of the educational system and started a college on the only land available to her, on the city dump. Today, Bethune Cookman College in Daytona Beach stands as a living testimony to this woman’s faith. She believed that one needs to do only what is possible now. *(Phil Barnhart, in Seasonings for Sermons, p. 68)***

**A comet spends most of its time as a frozen ball drifting through space. While in this state, a comet is dark and lifeless, just like a regular asteroid. When the comet approaches the sun, an amazing thing happens. It begins to blast jets of gas and dust, creating a glowing mass that can stretch for hundreds of thousands of kilometers. This amazing transformation makes the comet one of the most impressive objects found in our solar system. *(Jeff Harris, in Shortcuts)***

**Cooking is the transformation of uncertainty into certainty via fuss. *(Julian Barnes, author)***

**This transformation is worked out by the individual himself, and is not the result of physical death but rather of the death or annihilation of the erroneous beliefs that ignorance has stored in the cells of the body. It is first a mental resurrection, followed by a body demonstration. *(Charles Fillmore, Atom-Smashing Power of Mind, p. 120)***

**That glittering diamond the missus is wearing on her finger was once a hunk of soft coal. Somewhere in ages past it underwent a temperature change of at least 5,000 degrees and submitted to pressure of over a million pounds per square inch. *(Bernie Smith, in The Joy of Trivia, p. 176)*
International Hearing Dog Inc. selects dogs from shelters, trains them to assist the hearing-impaired and places them, at no cost, with people who need them. *(Rocky Mountain News)***

**Having transformed war, drones are getting ready to transform peace. Drones will carry pizzas across towns and drugs across borders. They'll spot criminals on the run and naked celebrities in their homes. They'll get cheaper to buy and easier to use. Voracious as they are for information, drones could take a serious chunk out of Americans' already dwindling stock of personal privacy. Last February an animal-rights group in South Carolina launched a drone to watch a group of hunters on a pigeon shoot on private property. The hunters promptly shot it down. It might be America's first case of human-on-drone violence, but it won't be the last. *(Lev Grossman in Time, as it appeared in The Week magazine, February 15, 2013)***

**The Earth absorbs sunlight and then releases it into the air again as heat. The heat is trapped by water vapor and clouds in the atmosphere and reflected back to Earth. The atmosphere acts like an enormous blanket around the Earth, keeping in the warmth. *(The Usborne Book of Facts & Lists, p. 100)***

**Irving Berlin’s song “Easter Parade” was originally titled “Smile and Show Your Dimples” – which was a flop. Berlin then put “Easter Parade” words to the melody and it became a hit. *(Charles Reichblum, in Knowledge in a Nutshell, p. 85)***

**If energy can’t be created or destroyed, then all we can do in life is transform something that already is. *(Dr. Paul Brenner)***

**Farmers from the Canadian Prairies to the front range of the Colorado Rockies are emerging from one of the worst droughts in a century. Ample snowmelt and regular spring rains have transformed scorched farmland into verdant fields that are knee-high in grass and grain. “Everything is bright green,” said Jay Fenton from his farm near Irma, Alberta. “It is so green it would just about hurt your eyes.” A bountiful harvest this season is expected to help farmers across the region recover from two years of parched conditions that kept many from harvesting anything. *(Rocky Mountain News, June 23, 2003)***

**By all accounts, his career at Maine Township High School in Des Plaines, Illinois, was remarkable only in its mediocrity. Known as Harry – if he was known at all -- the shy student never rose above a C average. And while his peers found glory as football stars or student government officers, Harry toiled in obscurity, wheeling projectors from room to room as an audiovisual assistant. Such a nonentity was Harry that one classmate. Ernest Ricketts, recalls, “A girl I knew accepted a date with him and then decided, ‘Nope, can't do it. Too much of a geek.’” Call it a case of late blooming – or just plain Revenge of the Nerd. As fate would have it, Harry -- after dropping out of college and several years spent hammering away as a carpenter – evolved into sexy-box-office swashbuckler Harrison Ford. *(People magazine)***

**There is a small, cranberry-like fruit that, when chewed, afterward makes any sour food taste sweet. This taste bud-altering effect lasts fifteen to thirty minutes. Known as “miracle fruit,” these West African fruits make lemons taste like candy and oranges disgustingly sweet. *(Don Voorhees, in The Perfectly Useless Book of Useless Information, p. 174)***

**Gardening can become a spiritual exercise, teaching us discernment as we eliminate the weeds from our lives, giving what we value room to grow. *(Diane Dreher, professor of English, Santa Clara University, avid gardener and author of Inner Gardening)***

**Researchers have made the startling discovery that some chemical messages sent by genes are changed before they arrive at their destinations, a finding that challenges a central tenet of genetics. “It’s an absolutely astounding concept,” says Olke Uhlenbeck of the University of Colorado-Boulder, a biochemist familiar with the research. “Nobody has the foggiest idea how it works.” The phenomenon is called “RNA editing.” The first evidence for RNA editing was found in 1986 in a group of parasites called trypanosomes, and it since has been found in several other life forms. Researchers do not yet know how widespread RNA editing is or why it evolved, but it appears to be a normal part of the functioning of some genes. In trypanosomes, for example, researchers found that certain genes were missing crucial elements. Yet the elements were present in the genetic messenger chemicals associated with those genes, apparently restored through RNA editing. *(Rocky Mountain News)***

**We don’t say that all is evil; that would be mental suicide. Just say it is a “goat thought.” We do not kill it but transform it. *(Charles Fillmore)***

**At the Newmont Mining Corporation’s Gold Quarry Pit in Nevada, miners work in an open pit 1000 feet deep and almost a mile and a half long, scooping up tons of ore. Then the world’s smallest miners take over. Called Thiobacillus ferrooxidans, these bacteria eat the sulfide minerals like pyrite that often bond to gold. After the bugs have had their meal, the gold is processed by conventional means. *(Joseph A. Harriss, in Reader’s Digest)***

**If your local landfill is spoiling the landscape, consider the Japanese solution -- a $41-million public golf course built on 18 million tons of garbage. Course manager Kuniyoshi Watanabe points out that such a foundation is potentially explosive since rotting refuse produces methane gas. So to prevent the fairways from blowing up, the 18-hole course is dotted with 74 vent pipes that allow the gas to escape. As a result, players with sharp noses might be put off by the smells wafting from the garbage. Smoking is banned, because a cigarette lighter could set the gas aflame. But these detractions haven’t stopped the golf-mad Japanese from jamming the new course. The $110 to $140 green fees are still a lot less than membership at many private clubs, and the course is booked solid a month in advance. *(Carla Rapoport, in Fortune)***

**On February 26, 1919, the Grand Canyon was established as a national park by an act of the U.S. Congress. The gigantic gorge that cuts through the high plateaus of the northwest corner of Arizona was formed by erosion from the Colorado River. (*The Daily Chronicle)***

**To make the drink called Postum, Charlie Post removed the bran from the wheat. Then to make use of the bran, he invented Grape-Nuts. *(L. M. Boyd)***

**The fine hair in the ears of slaughtered cattle usually wind up in artists’ brushes labeled “camel’s hair.” *(L. M. Boyd)***

**Hawaii's newest black sand beach: Last spring, an 8-mile-long river of lava flowed down the slopes of Kilauea, destroying everything in its path, said Christine Hitt in the Los Angeles Times. "But part of what is left behind offers a glimmer of hope for the battered land and economy: a new black sand beach." I recently visited Hawaii's largest island to see the long, wide crescent in Isaac Hale Beach Park. The wild, tropical terrain at the base of Kilauea is, I soon remembered, "unlike anywhere else in the islands." I strolled the gorgeous, palm-framed beach, my feet crunching the coarse sand created when hot lava hit the cold ocean water, producing explosions. People young and old were swimming in newly formed thermal pools. And as a kahu, or priest, blessed the beach, men, women, and children -- including some who'd lost homes -- placed leis on the sand in a gesture of respect and gratitude. "In the land ruled by Kilauea, change can come all too quickly, so it's best to make memories now." *(The Week magazine, February 8, 2019)***

**We have to honor what we see in order to transform. *(S. McKenna Penn, in Reflections)***

**In his book Life Changes, James C. Hefley tells the story about Joseph Craik, a Scot, living in a small Scottish village. Years ago he became known all over Scotland as “the man who turns inkblots into angels.” Joseph Craik was a talented and creative penman and artist. He was teaching in a small village school. Often his young pupils left inkblots on their pages. Instead of chastising the students, or circling the inkblots in graphic red and taking away points for sloppy penmanship, Joseph Craik did something quite different and delightful. Beginning with the blots made by the children, he would add a line here and another line there, and out of the inkblots would appear pictures of angels! When the papers were returned to the students, instead of criticism, they were wonderfully decorated with exquisite angels. The children were delighted, and encouraged. And Joseph Craik became a legend in his own time, known far and wide as the man who turned inkblots into angels. (Delia Sellers, in Abundant Living)**

**The invisible multitudes are the waterwheel of life. By digesting raw elements, they lift them to a higher level of energy, so they can be used, as vitamins and enzymes, by higher forms of life. *(Rutherford Platt, in The Living World of Nature, p. 129)***

**The Jack Pine was once a “weed.” It was not only too small to use for lumber, but a substance within its cellular structure prevented its use for pulp in the manufacture of paper. Jack Pine was considered a “tree weed,” with little present value and none foreseeable. Millions of acres of Jack Pine were considered waste land -- an area larger than the State of Connecticut. But men of a paper company in Michigan believed “that a weed is merely a plant for which man has not yet found a use.” They did what others considered impossible. They found an economical way to remove the substance contained in Jack Pine’s cellular structure which had prevented its use for paper pulp. As a result, this firm is now making a beautiful, high-quality paper out of Jack Pine -- employing many thousands in this work. Those who claimed nothing from Jack Pine -- received nothing. Those who planted their seeds, believing in their own success -- reaped the harvest. *(Jon Speller, in Seed Money in Action, p. 24)***

**Someone said we are all Clark Kents looking for a phone booth. We want our transformation to be quick, painless and complete. We want to shoot up to the stars as long as we don't have to leave home. *(Dr. Larry Morris, in Easy Does It)***

**God creates out of nothing. . . . But He does what is still more wonderful: He makes saints out of sinners. *(Soren Kierkegaard)***

**The fountain of youth starts in the kitchen. The kitchen is the heart of your home and at the center of your health. I believe that you can transform your life and your health with what you eat. *(Dr. John La Puma, author of ChefMD’s The Big Book of Culinary Medicine: A Food Lover’s Road Map to Losing Wight, Preventing Disease, and Getting Really Healthy)***

**Servant says to Hagar: "This is the latest weapon used by knights on horseback in their fight against evil! And it's also good for roasting marshmallows." *(Chris Browne, in Hagar comic strip)***

**The lotus flower is a reminder of the teachings of Buddha. It begins to grow in mud under water, but blossoms as it grows out of the water into the sunlight. *(Mission News from the Holy Childhood Association)***

**An Iraqi schoolteacher has transformed the Kalashnikov machine gun he purchased at the height of the Iraqi War into a lute. Majed Abdennour of Baghdad bought the weapon years ago to protect himself and his family but recently decided he no longer wanted it around. "I ask myself: Why war? Why violence?" Abdennour said. "I'll transform all that into music ." When he brought the rifle to an incredulous metalworker, he had to tell the man, "Don't ask questions, do it! He thought I was mad!" *(The Week magazine, September 6 /September 13, 2019)***

**All marble starts out as limestone. (*Uncle John’s Bathroom Reader: Wise Up!, p. 263)***

**Bad money shouldn't be burned. It should be transformed. *(Mexican bishop Ramon Godinez, on accepting donations from drug traffickers)***

**In her book, Such a Vision of the Street, Eileen Egan, a lay person who worked with the Missionaries of Charity for 30 years, describes Mother Teresa's beatific outlook: One day, after my conversation had been filled with a litany of problems. Mother Teresa remarked, "Everything is a 'problem.' Why not use the word gift?" With that began shift in vocabulary. Shortly thereafter, we were to fly from Vancouver to New York City. I was dismayed to learn that the trip had to be broken en route, with a long delay, and was about to inform her of the "problem." Then I caught myself and said, "Mother, I have to tell you about a gift. We have to wait four hours here, and you won't arrive at the convent until very late." Mother Teresa settled down in the airport to read a book of meditations, a favorite of hers. From that time on, items that presented disappointments or difficulties would be introduced with "We have a small gift here" or "Today we have an especially big gift." There were smiles, perhaps rueful, at situations that earlier had been described by the dour word problem. *(Published by Doubleday)***

**The rain forests of Washington State’s Olympic Peninsula are unbelievably lush and green. No matter where one looks, there is green, there is life. Hanging masses trail down gracefully from the tree branches. A common sight in the rain forest is that of “nurse logs.” These are fallen trees that have decayed on the ground and become rich food for new life. If one looks closely at a row of ferns or small trees, it is easy to see the fallen log that nourishes their life. Here we are given a picture of the glory of God’s redeeming work. *(Eunice Graham, in Portals of Prayer)***

**A mirror becomes a razor when it's broken. A stick becomes a flute when it's loved. *(Yoko Ono)***

**On July 24, 1915, the steamer Eastland overturned in the Chicago River, drowning between 800 and 850 of its passengers. Most of the corpses were taken to the Second Regiment Armory, which is now home to “The Oprah Winfrey Show.” Some of the show’s employees have claimed that the studio is haunted by ghosts of the Eastland disaster. *(MOMENTS IN TIME – The History Channel)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**The penguin has an apparatus above its eyes that enables it to transform salt water into fresh water. The albatross drinks sea water. It has a special desalinization apparatus that strains out and excretes all excess salt. *(David Louis, in Fascinating Facts, p. 23 & 24)***

**Penguins have an organ on their foreheads that desalinizes water. *(Uncle John’s Bathroom Reader: Extraordinary Book of Facts, p. 259)***

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**A person cannot transform his situation unless he is willing to change his ideas about it. (*Dr. John Lee)***

**Gary Dahl dug up some rocks from his backyard in Santa Cruz, California, and decided to take a chance on a joke. A lot of people thought he was crazy, but Dahl put his rocks in a box, wrote a funny pamphlet, and became a millionaire.  People bought Pet Rocks like crazy and Dahl is still laughing. *(Ripley’s Believe It or Not: Book of Chance, p. 94)***

**A plastic-munching bacterium: In what could be a breakthrough in the battle against plastic pollution, German scientists say they have identified a bacterium that feeds on polyurethane. Discovered in the soil of a site covered in plastic waste, the as-yet unnamed species Pseudomonas is the only organism known to attack polyurethane, which is used in everyday items including diapers, sneakers and foam insulation. Millions of tons of the plastic are produced each year, with much of it ending up in landfill because it is so difficult to recycle, reports The Guardian (U.K.). As the material breaks down, it releases toxic chemicals that kill off most bacteria -- but not the new species. When scientists fed the bacterium chemical compounds of polyurethane in the lab , it used the compounds as a source of carbon, nitrogen, and energy. Its unlikely the microbe can break down larger polyurethane polymers. But if researchers can identify and produce the enzymes that cause this biochemical reaction, the bacterium could one day be used to biodegrade discarded plastic on a much larger scale. Lead author Hermann Heipieper says the findings are "an important step in being able to reuse hard-to-recycle polyurethane products." *(The Week magazine, April 17, 2020)***

**Willy: “We have no food, no water, no phone or power of any kind, and every one of our loan requests have been turned down flat!” Ethel: “Is there anything on the plus side of the ledger?” Willy: “We're not going to be up all night writing thank-you cards.” *(Joe Martin, in Willy 'N' Ethel comic strip)***

**In 1986 a bullet paralyzed police officer Steven McDonald for life. From this came unspeakable grief -- and a deeper vision about many things that affect others, including his marriage. Before he was shot, McDonald admits, he and his wife, Patti Ann, were having problems. "I watched all the things Patti Ann had to go through, and she handled it so gracefully," he says. “I'm from a female-dominated family with five sisters, but I still slipped into typical male behavior -- I had a big ego. Now I feel a woman is my superior in many ways. I like to think if our roles were reversed that I'd be as strong and compassionate as she is, but sometimes I don't think this is so." *(Michael H. O'Shea, in Parade magazine)***

**The city of Rome had to deploy 20,000 municipal employees to clean up after the pope’s funeral. They dismantled 27 giant outdoor TV screens, drained and stowed 3,600 portable toilets, and removed 250 tons of garbage. *(USA Today, as it appeared in The Week magazine, April 22, 2005)***

**Bored with burgers? Sick of sausage? Well, cooked locusts, termites, flies and beetle larvae have more protein, pound for pound, than beef, chicken or milk. They're also low in fat and packed with vitamins and minerals. They taste good and they're good for you! OK, maybe just good for you! *(1993 Disney Adventures)***

**Being involved in major sports competition for the last 30 years has helped me to see that you should not allow other people to determine your behavior. Pressure should come from inside and then you transform that into a feeling of excitement and exhilaration. Fears and pressures that most people experience are usually external. They worry about how they're going to be perceived, or what people will think of them if they lose or if they fail. When you can shed those apprehensions you will find that competition is something to embrace and look forward to. *(Pat Riley, in Personal Selling Power)***

**Rin Tin Tin, for years the most famous dog in the world, was born to a war-dog mother in a German trench in France during World War I. Deserted when the Germans retreated, the German shepherd puppy was found by an American officer who happened to be a police-dog trainer from California. He trained Rin Tin Tin when they returned home. The dog was so intelligent he came to the notice of Warner Brothers, which signed him up for what turned out to be a long career of the biggest box-office draws of the silent screen. *(Isaac Asimov's Book of Facts, p. 440)***

**Gioacchino Rossini -- perhaps ridiculing composers who would excuse their lack of creativity because of the lack of suitable subjects -- declared: “Give me a laundry list and I’ll set it to music.” *(Isaac Asimov’s Book of Facts)***

**Civet, a honey-like secretion from a civet cat’s genitals, gives off an unpleasant fecal odor, but in the right proportion transforms perfume into an aphrodisiac. Civet helped create the allure of the original Chanel No. 5. *(Harry Bright & Jakob Anser, in That’s A Fact, Jack!, p. 15)***

**Mary Anning collected fossil shells on beaches near Lyme Regis in southern England and peddled them to tourists. To support her widowed mother. If you’ve never heard of her, maybe you’ve heard the line about her: “She sold seashells by the seashore.” *(L. M. Boyd)***

**Snowing is an attempt of God to make the dirty world look clean. *(Mehmet Muratildan)***

**Victims of disease -- people and animals -- are buried underground, and yet the soil remains fairly free of disease germs. Germs are destroyed by the bacteria and other microscopic organisms living in the soil. *(Isaac Asimov's Book of Facts, p. 231)***

**Inside each human being is a soul worthy of respect. Whether the body is twisted or the mind is dulled, every soul is to be loved. All life is worth loving. Prejudice comes in many forms, but God’s love is strong enough to transform it. Then all those preconceived ideas we may have quickly vanish in a smile. *(Diane Crosby, in Unity magazine)***

**Being involved in major sports competition for the last 30 years has helped me to see that you should not allow other people to determine your behavior. Pressure should come from inside and then you transform that into a feeling of excitement and exhilaration. Fears and pressures that most people experience are usually external. They worry about how they're going to be perceived, or what people will think of them if they lose or if they fail. When you can shed those apprehensions you will find that competition is something to embrace and look forward to. *(Pat Riley, in Personal Selling Power)***

**In grade school her classmates called her names—“Big Beak," “Cross-Eyes," and “Mieskeit" (Yiddish for ugliness). Although she was an excellent student, the young Barbra was small and thin, awkward, and had a rather large nose. When she graduated from high school and tried to get work as an actress, most casting directors thought she had talent but weren't impressed with her looks. Undaunted, she transformed herself with clothes, makeup, and a new hairstyle, taking full advantage of her striking blue eyes and long, slender neck. When the Broadway show “Funny Girl" made her a celebrity overnight, the homely Streisand suddenly found herself one of the world's most beautiful and glamorous entertainers. Women flocked to beauty salons to ask for the “Streisand look.” (*Madigan & Elwood, in When They Were Kids, p. 168)***

**Consider how the peace of God within you might need to stretch and stand up, so that being who you are more fully will break the shell of your confinement. Pray to understand that, even if this stretching is uncomfortable, it is not bad or wrong, but simply necessary for the growth and evolution of your soul. Pray to be given the qualities of deep listening, courage and faith, patience and effort. And know that your own transformation supports the healing of the world. (*Diane Berke)***

**Francis Scott Key wrote the poem “The Star Spangled Banner” during the War of 1812. The poem attained wide popularity when sung to the tune of “To Anacreon in Heaven,” a traditional British drinking song; it was officially named the U.S. national anthem in 1931. *(Harry Bright & Harlan Briscoe, in So, Now You Know, p. 170)***

**Eckhart Tolle’s personal pain body fed on a tumultuous upbringing. Educated at the Universities of London and Cambridge, Tolle dropped out of academia after a breakdown, and his “awakening” followed an abysmal cycle of anxiety and depression that brought him to the brink of suicide. Tolle tells of his transformation, the end of his “dark night of the soul” that included receiving a strong message: “Resist nothing.” The next morning, everything changed for him. *(Colleen Smith, in The Denver Post)***

**Some of the early Church Fathers held that in the Transfiguration it was the disciples who changed, not Christ. Because their perception grew sharper, they were able to behold Christ as He truly is. *(Gregory Wolfe)***

**Normally when a tree falls in the forest, it starts to decay almost immediately, helped along by fungi, bacteria, and oxygen in the soil. But when a whole forest is standing in a swamp, as many of our forests did 350 million years ago, the fallen trees drop into the mud where there are no insects or bacteria and little oxygen. Eventually the trees turn into peat, such as those in that state in Ireland and Florida and in the bogs of Canada. Tons of mud and silt, deposited over millions of years, turn it all into coal. *(Bernie Smith, in The Joy of Trivia, p. 228)***

**God places us in the world as his fellow workers -- agents of transfiguration. We work with God so that injustice is transfigured into justice, so that there will be more compassion and caring, that there will be more laughter and joy, that there will be more togetherness in God's world. *(Archbishop Desmond Tutu)***

**What's vice today may be virtue, tomorrow. *(Henry Fielding)***

**Whatever your lot in life, build something on it. *(Home Life)***

**At a prearranged signal, the whole world is supposed to change into a butterfly. *(Ashleigh Brilliant, in Pot-Shots)***

**The transformation of the world will be brought about not through a lateral but through a vertical effort: it is not only what we do but what we choose to become that will determine the future of the Earth. *(Marianne Williamson)***

**A dramatic blind wine tasting on May 24, 1976, in Paris was attended by France’s elite wine experts. Much to France’s horror and America’s delight, two California wines scored top honors (the winning red, a 1973 Stag’s Leap Cabernet Sauvignon). The shocking result transformed the wine industry worldwide. *(Chai Woodham, in Smithsonian magazine)***

**What I know for sure is that transformation happens when you dare to be awakened to greater heights. *(Oprah Winfrey)***

 **Worms that eat Styrofoam: Scientists may be close to finding a way to recycle polystyrene, the long-lasting plastic packaging known as Styrofoam, thanks to the larva of the darkling beetle. In a new story, says The New York Times, larva fed on only polystyrene got enough nutrition to metamorphose into their beetle phase. The worms underwent several physiological changes on the all-polystyrene diet. Their feces turned from light brown to white, and their weight rose slowly. “Polystyrene is definitely a poor diet,” says co-author Christian Rinke, from the University of Queensland in Australia. But “the worms can survive it.” When the time came for metamorphosis, 67 percent of the plastic-munching worms were successful in pupating, compared with 10 percent of those that were fed nothing at all. If scientists can pinpoint what enzyme in the worm’s digestive system enables them to break down the plastic – and they think they have several promising contenders – they could use that enzyme in recycling facilities. “It would make the whole thing more interesting economically,” Rinke said, and “create something sought after.” *(The Week magazine, July 1, 2022)***

**The yo-yo was originally a deadly Filipino weapon until it was adapted and introduced as a toy in 1929. *(Paul Stirling Hagerman, in It’s a Weird World, p. 69)***

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