Perfection

Don’t expect perfection of yourself or others.

***(Ecclesiastes 7:16)***

**You, therefore, must be perfect,**

**as your heavenly Father is perfect.
*(St. Matthew 5:48)***

**And he said, If you would be perfect, go,**

**Sell what you have and give to the poor – and come follow me.**

**(*St. Matthew 19:21*)**

 **For we know in part, and we prophecy in part;
but when that which is perfect has come,
that which is in part shall be done away.
(*1 Corinthians 13:9*)

My grace is sufficient for thee:
for my strength is made perfect in weakness.
(*2 Corinthians 12:9*)**

**Perfection is achieved not when there is nothing more to add, but when there is nothing left to take away. *(Antoine de Saint-Exupery)***

**Perfectionism is not the aim; rather, strive for the peace of mind that comes from being in charge of yourself. *(Sybil Stanton)***

**When you aim for perfection, you discover it’s a moving target. *(Country magazine)***

**U.S. airlines didn’t have a single fatality in 2010, despite more than 10 million flights involving more than 700 million passengers. It was the third year in the past four without a death. *(USA Today, as it appeared in The Week magazine, February 4, 2011)***

**There is no disease on Antarctica; the air is sterilized by ultraviolet rays, so there is no dust or rust or soot. The nails used in the building of huts by earlier explorers are like new, and food left behind has not spoiled. *(Barbara Seuling)*
Understand the three-banded armadillo can roll itself into a ball so perfect you could bowl a strike with it. *(L. M. Boyd)***

**Rose: “To what do you attribute your perfect balance?” Cat: “Perfect indecision!” *(Pat Brady, in Rose Is Rose comic strip)***

**A perfect parent is a person with excellent child-rearing theories and no actual children. *(Dave Barry)***

**The French physicist Rene-Antoine de Reaumur (1683-1757) was so impressed by the geometrical perfection of the hexagonal cells of the beehive that he suggested they be adopted as an ideal unit of measurement, superior to any others. *(Isaac Asimov's Book of Facts, p. 249)***

**The Guinness Brewery of Dublin, Ireland, decided against plans for a special beer to celebrate the Pope's visit. “We felt our drink cannot be improved,” said a spokesman. *(The Globe, September 25, 1979)***

**A golfer called one of his caddies and asked, “I need a caddy who can count and keep the score. What do 3 and 4 and 5 come to?” “10,” said the caddy. “Great, you’ll do perfectly!” *(Tidbits)***

**I wonder if a classical music composer ever intentionally composed a piano piece that was physically impossible to play and then stuck it away in a trunk to be found years after his death, knowing it would forever drive perfectionist musicians crazy. *(George Carlin, in When Will Jesus Bring the Pork Chops?, p. 110)*
It never gets foggy in deep caves because the air is too pure. Fog forms on tiny floating particles such as dust or sea salt. *(L. M. Boyd)***

**Cleanliness is next to sickliness: If your kids have allergies, you may be keeping them too clean, says USA Today. Evidence is mounting that children in the developed world live too far from dirt, dust, and animals, so that when they do encounter allergens, their bodies overreact. When kids are raised in sterile environments, their immune systems can’t tell the difference between a real threat, such as a germ, and a foreign particle, such as cat hair. So when they encounter a suspicious invader, their bodies go on a red alert, causing a rush of allergy symptoms. “When you’re born, Day Zero, your immune system is like a new computer. It’s not programmed,” says Tufts scientist Joel Weinstock. “You have to add software.” The theory is contrary to current conventional wisdom, which has parents making sure their kids are not exposed to common allergens such as peanuts and pet dander for fear of causing allergies. But those practices, worse than useless, may actually have contributed to the boom in the number of people with allergies. About 50 million Americans now suffer from allergies, with the number of peanut allergies doubling over the past decade. “It’s the opposites of what we would have predicted,” says researcher Dennis Ownby. (*The Week magazine, April 7, 2006)***

 **The world's most accurate clock is becoming more precise in time for the new century. The National Institute of Standards and Technology is putting its newest atomic clock online next week at its Boulder laboratory. The Boulder clock will neither gain nor lose a second in 20 million years, a technological leap from the current atomic clock, which loses all of one second in 3 million years. *(Kevin McCullen, in Rocky Mountain News, December 24, 1999)***

**The closest to perfection a person ever comes is when he fills out a job application. *(Ken Kraft, in Reader’s Digest)***

**So pure is the sugar water in a coconut you could feed it to a patient intravenously instead of a sterile glucose solution. Military doctors in World War II found that out. *(L. M. Boyd)***

**In an ideal community, people are concerned about each other, but they also mind their own business. (*Ashleigh Brilliant, in Pot Shots)***

**One says to another: “They’re a perfect couple – he’s a pill and she’s a headache!” *(The Saturday Evening Post cartoon)***

**One convict to another: “It was the perfect crime. He got caught, had a spectacular trial and sold the book and film rights for millions.” *(Stein, in Rocky Mountain News)*

Doctor: “So you want to be cured of your perfectionism?” Frank: “No, I just want to get better at it.” *(Bob Thaves, in Frank & Ernest comic strip)***

**Zoe: Wow. Mom cut this candy bar exactly in half.” Hammie: “It’s perfect!” Zoe: “The pieces are identical.” Hammie: “I can’t tell them apart!” Zoe: “Look. They still have the same number of peanuts showing on the ends.” Hammie: “Amazing!” Zoe: “Talk about an appetite killer!” Hammie: “If there’s nothing to fight over, is it still dessert?” *(Rick Kirkman & Jerry Scott, in Baby Blues comic strip)
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**Mom: “Did you have a good day in kindergarten, Zoe?” Zoe: “I had a perfect day!” Mom: “A perfect day? Wow! That’s great!” Zoe: “The teacher never caught me once.” *(Rick Kirkman & Jerry Scott, in Baby Blues comic strip)***

**In the mornings my daughter is likely to be very sleepy and grouchy. Her husband is just the opposite. He quickly springs out of bed, sings during his morning shower, and is very cheerful over breakfast. She once remarked to him in exasperation, “How can you be so happy this time of day?” “Because, honey,” he replied, “so far, nothing’s gone wrong with my day.” *(Mrs. D. Binder, in Catholic Digest)
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**The diamond owes its brilliance to the perfect arrangement of the innumerable little prisms within it, each of which refracts the light of the other. *(Charles Fillmore, in Atom-Smashing Power of Mind, p. 49)***

**Only one in 100 diamonds can be labeled “perfect,” meaning that no flaws can be detected under a ten-power microscope. And 80% are too heavily flawed to be used as gems. But industry is eager for them, since their hardness -- 90 times harder than their closest rival, corundum -- makes them the finest cutting, grinding and polishing substance known. *(Robert Schiller, in Reader's Digest)***

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Drive carefully. Why die in perfect health? *(Table Talk)*
 A patient of mine had whipped herself into a frenzy of worry over giving a dinner party for some of her husband's business associates. As I listened to her, I sensed that her true fear did not arise from her plans to give a simple dinner party; actually, she wanted to outdo all of the dinner parties that she had attended that year. By wanting everything to be perfect, she placed a strain on herself that was quite unnecessary. *(Daniel A. Sugerman, in Reader's Digest)***

**One place where you’re sure to find the perfect driver is in the back seat. *(Homer Phillips, in Good Housekeeping)***

**In order to go on living, one must try to escape the death involved in perfectionism. *(Hannah Arendt)***

**Dr. Paul LaChance of Rutgers University’s Department of + Science points out that the temperatures used in factories are getting higher all the time, with the process programmed for time and safety. No bacteria. No enzyme action. No botulism. No life. Safe but “dead.” The bottom line is maximum livability – for the food, not for us. *(Betty Kamen, in Let’s Live magazine)***

**I am careful not to confuse excellence with perfection. Excellence, I can reach for; perfection is God's business. *(Michael J. Fox)***

**At one point, Ben Franklin undertook what he called “the bold and arduous project of arriving at moral perfection.” From his reading and studies, he developed a list of 13 virtues he considered necessary to a moral life: temperance, silence, order, resolution, frugality, industry, sincerity, justice, moderation, cleanliness, tranquility, chastity, and humility. He then derived a plan to become faultless in each of these areas but, he wrote, “soon found I had undertaken a task of more difficulty than I had imagined.” He created a small ledger with columns for each day of the week and row for each virtue, placing a black mark in the book every time he violated one of them. Examining himself at the end of every day, Ben reported, “I was surprised to find myself so much fuller of faults than I had imagined.” Toward the end of his life, Ben admitted that he fell far short of achieving his goal of perfection, but he believed that he was “a better and a happier man than I otherwise should have been if I had not attempted it.” *(Ben Franklin’s Almanac)***

**It's the nation's tallest monument, soaring 630 feet above the Mississippi River, 886 tons of stainless steel welded into a seamless curve, assembled with such precision that if either leg had veered off by just one-sixty-fourth of an inch the two couldn't have been joined in the middle. Completed 50 years ago this month, the Gateway Arch, the Midwest's best known monument, was hailed as linking "the rich heritage of yesterday with the richer future of tomorrow." *(Fred Kaplan, in Smithsonian magazine, October, 2015, beginning on page 11)***

**One day my brother-in-law told his five-year-old son he wanted him to be the perfect gentleman when he grew up. “Oh, no, Dad,” Gary answered. “When I grow up, I want to be just like you!” *(Susan Wiener, in The Saturday Evening Post)***

**The original, handwritten copy of Lincoln's Gettysburg Address, now in the Library of Congress, shows no changes, no erasures. That's pretty much true of his earlier speeches and letters, too. He evidently edited, in his head, before he wrote. *(L. M. Boyd)*
If the water isn't clean, a goat won't drink it. If the twig isn't clean, a goat won't eat it. Never mind what you've read. A goat is a finicky eater. *(L. M. Boyd)***

**Few people who truly like people are perfectionists. That's why great golfers are so remarkable. They have to like people to enjoy the game. They have to be perfectionists to get really good at it. A club pro told me that. *(L. M. Boyd)***

**Many agree that the purpose of being involved in esoteric studies is for self growth and union with the Divine nature. Newcomers to the field often get lost in the glamour aspect without realizing it. They seek the experience rather than going a step beyond, i.e. to what the experience is to achieve within self. This is a dead-end street. “The gulls who scorn perfection for the sake of travel, go nowhere slowly. Those who put aside travel for the sake of perfection, go anywhere instantly.” *(J. L. Gull, Richard Bach)***

**Please pass along this quotation from an anonymous source to any member of your family who might have use for it: “God made very few perfect heads -- the rest of them have hair.” *(L. M. Boyd)***

**Frank says to Ernest: “Human nature will eventually reach perfection -- until then, let's enjoy ourselves while we can!” *(Bob Thaves, in Frank & Ernest comic strip)*
In Iceland’s Reykjavik, there are no jails. Also, no furnace fires pollute the air, thermal springs heat all the buildings. It’s against the law to cut down a tree and everybody learns to read and write. *(L. M. Boyd)***

**One man to another: “I’m all in favor of the 18-year-old vote. There’ll never be another time in life when they know all the answers.” *(Elston Brooks, in Fort Worth Star-Telegram)***

**In ancient Greece, no one was born or died on the island of Delos. Whenever someone became pregnant or ill, she or he was quickly removed from the sacred island and was kept away until nature took its course. *(David Louis, in Fascinating Facts, p. 35)***

**Nobody's perfect, except when filling out a job application. *(Bits & Pieces)***

**Charlie Brown: “I hate having so many faults. I'd really like to be a better person. I wonder what it would be like to know that you were perfect?” Lucy: “Take it from me, it's a great feeling!” *(Charles Schulz, in Peanuts comic strip)***

**My neighbor is a cement contractor who does a lot of business with mobile-home-park residents. Many of them, leisure-loving retirees, order green cement “lawns” so that they no longer have to mow grass and pull weeds. Although most customers are happy with their no-care yards, one man called to express dissatisfaction. When my neighbor drove out to the mobile-home-park, he found no apparent cause for complaint. “I hate to brag,” he said to the man, “but this cement looks as good as on the day I poured it.” “That's the trouble,” groaned the man. “It's too perfect, and it's getting on my nerves. I want you to paint a dandelion right in the middle.” *(Millicent Haigwood, in Reader's Digest)***

**Why does the leather in most leather-upholstered cars come from Scandinavian countries? No barbed wire fences. Scandinavian cowhide is pretty smooth. *(L. M. Boyd)***

**Son: “Why can’t life ever be perfect?” Dad: “Some philosophers would argue that in its own disorganized, gritty, chaotic way, life is perfect.” Son: “I meant perfect for me.” *(Jerry Scott & Jim Borgman, in Zits comic strip)***

**You do not know what life means when all the difficulties are removed! I am simply smothered and sickened with advantages. It is like eating a sweet dessert the first thing in the morning. *(Jane Addams)***

**It’s been my experience that folks who have no vices have very few virtues. *(Abraham Lincoln)***

**Perfect love sometimes does not come till the first grandchild. *(Welsh proverb)***

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**One woman confiding to another: “I don’t want a perfect man. Just one with faults I like.” *(Betty Ortiz, in Reader’s Digest)***

**The perfect man? A poet on a motorcycle. *(Lucinda Williams)***

**I've never met a perfect man, I don't expect to meet one; but every widow that I know has buried one. *(Anne Smith Ewing)***

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**All men feel deep down inside that they are, in fact, perfect in every way. It's their mother's fault. If you happen to mention that you also find this is true, they will think you're a genius and will be much more likely to do almost any dang thing you tell them. *(Patricia Heaton)***

**Hagar: “My neighbor doesn't drink, tell stories or stay out late. He cuts his lawn, he's good at fixing stuff and he helps his wife around the house. He's Mister perfect! He makes a great husband, but a lousy neighbor!” *(Chris Browne, in Hagar The Horrible comic strip)***

**Recently married, my wife and I were doing errands and discussing current events. Soon we got into an argument over the issues. I reiterated my position forcefully, but Christine had the last word. “When I knew I'd found Mr. Right,” she snapped, “I had no idea his first name was Always!” *(Paul Kessler, in Reader's Digest)***

**Students of piano and music theory know that the intervals between certain notes are called “perfect intervals.” Specifically, the fourth and fifth notes from the tonic (or key note) in a given key are known as “perfect fourths” and “perfect fifths.” What some may not know is that this notation partially had its roots in an attempt by religious leaders in the Middle Ages to gain widespread control of music. Those intervals, when played, were considered by some to more fully reflect the glory of God. Their perfectly harmonic tones would, in the minds of the hearer, better turn errant human thoughts to the majestic works of God. *(Michael Snyder)***

**What musical instrument is never out of tune yet cannot be tuned? The cymbal. *(L. M. Boyd)***

**President Obama had a private, 35-minute meeting at the Vatican with Pope Benedict. That’s right, folks – the man considered by many followers to be infallible had a meeting with Pope Benedict. *(Conan O’Brien)***

**In the Far East are pear-shaped oranges, cherry-sized oranges and double oranges wherein one perfect orange encloses another. *(L. M. Boyd)***

**Perfect order is the forerunner of perfect horror. *(Carlos Fuentes)***

Ordinary perfection is being true to ourselves, to the way things are. Do we go into the garden wishing that the pansies were taller than the daffodils, or thinking that the roses would be fine if they didn’t have thorns? Do we go into a kindergarten and wish that the children would fit into some model of perfection we hold, or can we see that variety makes the beauty of the gardens and humans, that our spiritual task is not to make perfection but to awaken to the perfection around us? *(Jack Kornfield)*

**Pac-Man has reached its 25th anniversary this month with only one person – Billy Mitchell of Hollywood, Florida – ever scoring a perfect game. In 1999, Mitchell took more than six hours to clear all levels, racking up a final score of 3,333,360. *(Associated Press, as it appeared in The Week magazine, July 1, 2005)***

 **Postpartum perfectionism: New mothers who are overly concerned about being the “perfect parent” may be more at risk for postpartum depression, says LiveScience.com. Researchers at York University in Canada surveyed 100 first-time mothers and found a much higher rate of postpartum depression among women who hoped to live up to the expectation that they’d be perfect parents. The link between postpartum depression and perfectionism was strongest among women who’d never admitted they were scared or overwhelmed, and always acted as if everything was fine. “The tendency to put on this front usually means that people don’t tell other people when they’re doing badly,” says psychologist Gordon Flett. “It’s important for new mothers and fathers to just realize, “Hey, you haven’t got a lot of experience with this, you don’t need to be perfect, just do your best.” *(The Week magazine, July 23, 2010)***

**If you can find a path with no obstacles, it probably doesn’t lead anywhere. *(Frank A. Clark, Register and Tribune Syndicate)***

**Of Schumann, Wagner and Mozart, only Mozart had perfect pitch. Not everybody realizes you don’t need perfect pitch to be a master composer. *(L. M. Boyd)***

**Perfectionism is slow death. *(Hugh Prather)***

**Builders of the Great Pyramids laid down polished limestone blocks so exquisitely cut that to this day a piece of paper cannot be inserted between the few casing stones that survive. How did they do it? *(Reader's Digest)***

**Rabbit is all white meat. *(L. M. Boyd)*
We declare that right thinking leads to the realization of perfection, and that the truth of life is revealed to the man with the single eye. *(Nona L. Brooks, in Mysteries, p. 33)***

**It is in consciousness not in time, in mind not in place, that perfection is realized. *(Divine Science Textbook – Lesson 6)***

**Linus: “I’m going to help you, Charlie Brown. I’m going to prepare an ad for you to run in the paper. ‘Experienced manager requests position with ball club’ – How does that sound?” Charlie Brown: “Fine, I guess.” Linus: “Now, we’ll have to give them some details. How was your won and lost record?” Charlie Brown: “Forty games lost and no games won.” Linus then writes down in ad: “Has perfect record.” *(Charles Schulz, in Peanuts comic strip)***

**Claim is nobody on Earth is allergic to rice. *(L. M. Boyd)***

**I love to e-mail back and forth with our medical transcription trainees from India. They use such beautiful, flowery language. “With God’s grace and you at the helm, I will endeavor to succeed on the road to perfection,” wrote one man when he sent in his work. I responded with a thank-you and three pages of corrections, which elicited another e-mail from him. “I see the road to perfection is longer than anticipated.” *(Kathryn Moore, in Reader’s Digest)***

**Geographers say Romania’s territory is perfect: 31 percent mountains, 36 percent plateaus, 33 percent lowlands. *(L. M. Boyd)***

**About 25 percent of students with perfect SAT scores who applied to Harvard this year were rejected. The University of Pennsylvania and Duke both rejected about 60 percent of the valedictorians who applied. Universities say they have to turn down droves of excellent students because of a boom in highly qualified applicants. “We don’t have room,” said a Penn dean. *(Newsday, as it appeared in The Week magazine, November 10, 2006)***

**Jakub Voboril, 17, made perfect scores on two major college entrance exams this year: a 36 on the American College Testing exam (ACT) and a 2400 on the SAT Reasoning Test. A senior this year at Bishop Carroll Catholic High School in Wichita, Kansas. Voboril hasn’t decided what he’ll study in college, but is considering math, philosophy and law. *(American Profile magazine, December 17, 2006)***

**Do not seek perfection in a changing world. Instead, perfect your love.**

***(Master Sengstan)***

**A snake’s scales are self-cleaning. So the snake stays clean. Couldn’t survive if it kept getting dirtier and dirtier. *(L. M. Boyd)***

**A perfect spring day is God’s way of reminding me that I’m tired of bowling. *(Well Said: Children’s Words of Wisdom)***

**A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken. *(James Dent, in Charleston, West Virginia Gazette)***

**Al says to Gloria: “That’s true, Gloria, I’m not the man I used to be. But then, who could sustain that level of perfection indefinitely?” *(J. C. Duffy, in The Fusco Brothers comic strip)***

**You know, of course, that the Tasmanians, who never committed adultery, are now extinct. *(W. Somerset Maugham)***

**Mom: “How’s your cereal?” Rose: “It tastes like something’s missing!” Mom: “Milk? Sugar? Fruit?” Rose: “No. No. No.” Mom: “Box to read?” Rose: “Mmm. Now it tastes perfect!” *(Pat Brady, in Rose Is Rose comic strip)***

**Teenagers today live the perfect life. They have an inexhaustible supply of money -- Father. They have built-in maid service -- Mother. They have something to take their hostilities out on -- Everybody. They have the final word on everything -- and if you should ever prove them wrong, they look at you and say: “What do you expect? I'm only a kid!” *(The Comedy Center)***

Perfect temperatures:

* **Beer – 52 degrees**
* **White wine – 45-53 degrees**
* **Red wine – 60-64 degrees**
* **Champagne – 43-48 degrees**
* **Tea – 140-149 degrees. *(World Features Syndicate)***

**Isn’t it nice to think that tomorrow is a new day with no mistakes in it yet? *(L. M. Montgomery)***

**The perfectionist trait that did the most damage was deciding not to do something at all unless I could do it “right.” If I couldn't give a super birthday party for a young son or daughter, there wouldn't be any party. If I couldn't keep my closet perfectly organized, I wouldn't try to keep it even minimally neat. After a while a sort of paralysis sets in that makes any achievement impossible. *(Sandra Simpson LeSourd, in Guideposts magazine)*
No place is perfect, right? The Greeks thought that, evidently. The word “utopia” comes from the Greek for “no place.” *(L. M. Boyd)***

**There is one reward that nothing can deprive me of, and that is the consciousness of having done my duty with the strictest rectitude and most scrupulous exactness. *(George Washington)***

**Myth: Purified water tastes better. The truth: The “purist” water – distilled water with all minerals and salts removed – tastes flat. It’s the sodium, calcium, magnesium and chlorides that give water its flavor. *(Marie Claire, in Rocky Mountain News)*
The way to be perfect is to be perfectly you. *(Ann Wilson Schaef, in Guideposts magazine)***

**Do not wish to be anything but what you are, and try to be that perfectly. *(Saint Francis De Sales)***

**In a Perfect World:
... a person should feel as good at 50 as he did at 17, and he would actually be as smart at 50 as he thought he was at 17.
... you could give away a baby bed without getting pregnant.
... forget-me-knots would stimulate the memory.
... doing what was good for you would be what you enjoyed doing the most.
... pro baseball players would complain about teachers being paid contracts worth millions of dollars.
... people would always have good reasons to be optimistic.
... you would never fumble, but if you did, you would recover the ball yourself.
... the mail would always be early, the check would always be in the mail, and it would be written for more than you expected.
... potato chips might have calories, but if you ate them with dip, the calories would be neutralized.
... if the guy from the government said to you, “I'm here to help,” not only would he mean it, but he'd do it.
... first impressions wouldn't count for nearly as much as ultimate performance.
... winning might be a nice thing, but that would be about all.
... all people could expect to be accepted.
... every once in a while at least, a kid who always closed the door softly would be told, “Go back and slam the door.”
... your raise would always be far more than you expected.
... neither chocolate nor booze would contain calories.
... procrastination would be viewed as a virtue.
... teenagers would much rather work on the lawn than talk on the telephone
... what the cat dragged in would be $100 bills.
... children on trips would say, “Isn't riding in the car fun!” and then they'd fall asleep. *(John Gratton)***