

American Inspiration

Thoughts for today and every day . . .

“The flowers of all the tomorrows are the seeds of today.” Chinese Proverb

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“Self esteem soars in direct proportion to our forgetting the ‘self’ part.”

Elleen Hartley-Wigginton

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“The cruelty of most people is lack of imagination; their brutality is ignorance.”

Kurt Tucholsky

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“One always receiving, never giving, is like the stagnant pool, in which whatever flows remains, whatever remains, corrupts.” John A. James

American Update

It has been difficult to watch the tragedy of the earthquake in Haiti and see the desperation that surrounds the people. Our neighbors need help and need it quickly. There are so many ways to give and help. We have found a charity that has a very low percentage of administration fees. It is *Heart to Heart* (www.hearttoheart.org). They help in many ways and have been established for quite some time. We plan to collect in jars for Heart to Heart this weekend at our Kansas Spectacular and target the money for our Haitian neighbors. I hope that you will choose a reputable organization, either faith based or other, to channel help through your team or school. Knowing that you can help in a small or large way, will be a blessing to you tenfold.

This past weekend was a great start to our 2010 contest season in South Padre Island. We head to Kansas this week for one of our largest regional events. We will be attempting a **live feed** to our web site (www.DanceADTS.com) from both gyms. Please know that there are sometimes interruptions and that your laptop must be able to use broadband, in order to view the events. It will never take the place of being at the event, but will be a blessing to family members that may be unable to attend.

Inspiration of the Week

PROVERBS FOR ABUNDANT LIVING

by Fr. Brian Cavanaugh, TOR

In life we are to encourage and build up each other;
not to discourage and tear down one another.

In life we are to add, not subtract;
to multiply, not divide.

In life we are to leave an enduring impression;
not a careless dent.

In life we are to smooth out the rough roads along the journey;
not create new potholes.

In life we are to sing a joyful song;
not just drone a groan.

In life we are to add our harmonious strains to life's symphony;
not strain the symphony with clatter and clang.

In life we are to soar on eagles' wings;
not to peck and cluck with our beaks in the dirt like chickens.

In life we are to radiate light into unseen places;
not permit unknown fears to dim our radiance.

In life we are to leap in faith;
not to limp with doubt.

In life we are to give freely of our time, our love, our resources;
not to cling on to them greedily.

In life we are to lift up others;
not push them down.

In life we are to open our hands to those in need;
not to clutch our hands in fists of distrust.

In life we are to lend a helping hand to make loads lighter;
not use heavy hands to hold others back.

In life we are to be messengers of peace, signs of joy;
not Chicken Little portents of gloom-n-doom.

In life we are to enjoy, to savor, to remember, to reflect;

not to overlook, to forget, to ignore, to reject.

In life we are to seek conscious awareness;
not doze in the doldrums of half-awake.

In life we are to dare mighty things;
not to fear things gravely.

In life we are to show up, stand up, step forward
and speak up; not to cringe in fear, choosing to
sit down, to step back, allowing the voices of silence
to speak so loudly.

In life we are to exercise proper stewardship of earth's
resources; not pillage the heritage of future generations.

In life we are to move forward through forgiveness;
not grind to a halt mired in bitterness and resentment.

In life we are to be wacky, weird, and wonderful
in our own unique God-given way; not to be staid-n-proper
lemmings, stuck on life's treadmill.

In life we are to reach, to stretch, and to soar;
not to slink in fear, held back by mistrust and doubt.

In life we are to realize: "I am a remarkable Somebody!";
not listen to other's jabs: "You're a Nobody, an Everybody, an Anybody."

In life we are to comprehend, "I am worthwhile";
not tremble with feelings of worthlessness.

In life we are to create, to laugh, and to live life nobly;
not to despair, to moan, or to live life less.

This weekly message is generated from:

Joyce Pennington, Pres. CEO

**American ★★★★★**
Dance/Drill Team ★★
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