

## God's Yeast

Keep your spiritual roots watered and nourished and let the energy which informs your witness be rooted and grounded in love. You will wither if you rely solely on your own energy.

Draft of new NEYM F&P Advices 4.11

Morning is when I awake and there is a dawn in me.

Henry David Thoreau

The real power behind whatever success I have now was something I found within myself -- something that's in all of us, I think -- a little piece of God just waiting to be discovered.

Tina Turner

All the great spiritual leaders in history were people of hope. Abraham, Moses, Ruth, Mary, Jesus, Rumi, Gandhi, and Dorothy Day all lived with a promise in their hearts that guided them toward the future without the need to know exactly what it would look like.

Henri Nouwen

It is extremely difficult to stay alert and attentive instead of getting hypnotized by the constant monologue inside your head.

David Foster Wallace

Establishing goals is all right if you don't let them deprive you of interesting detours.

Doug Larson

We do well to remember that being led by the spirit depends not so much upon God, who is always there to lead us, as upon our willingness to be led.

Gordon Matthews

Oh! Look not after great things: small breathings, small desires after the Lord, if true and pure, are sweet beginnings of life. Take heed of despising 'the day of small things'....

Isaac Pennington

*I did not ask for success;  
I asked for wonder.  
And you gave it to me.  
Abraham Joshua Heschel*

Although I am planning and doing things in the world, it is only to please the Lord. I test myself: even when I am working I whisper within, "Where are you, Lord?" and the whole world changes. There is nothing but a great Light, and I am a little bubble in that ocean of Light. Such is the joy of existence in God.

Paramhansa Yogananda

And your growth in the Seed is in the silence, where ye may find a feeding of the bread of life....and there is innocence and simplicity of heart, and spirit is lived in, and the life is fed on.

George Fox

I got the blues thinking of the future, so I left off and made some marmalade. It's amazing how it cheers one up to shred oranges and scrub the floor.

D.H. Lawrence

Perhaps each of us have a starved place, and each of us knows deep down what we need to fill that place. To find the courage to trust and honor the search, to follow the voice that tells us what we need to do, even when it doesn't seem to make sense, is a worthy pursuit.

Sue Bender

Love doesn't just sit there, like a stone: it has to be made, like bread, remade all the time, made new.

Ursula K. Leguin

Because bread won't be hurried  
we have to learn to let it be,  
to do nothing, to be patient,  
to wait for the proving.  
Because bread won't be hurried  
and is a life and death process,  
we find out in its making  
that time is not a line  
but a cycle of ends and beginnings  
rhythms and seasons,  
growth and death,  
celebration and mourning,  
work and rest,  
eating and fasting.  
Because bread won't be hurried.

Joy Mead, *Bread Time*

ON DAYS WHEN  
WARMTH IS  
THE MOST  
IMPORTANT  
NEED OF THE  
HUMAN HEART  
THE KITCHEN  
IS THE PLACE  
YOU CAN  
FIND IT  
IT DRIES THE  
WET SOCK  
IT COOLS THE  
HOT LITTLE  
BRAIN  
E.B. WHITE

Advices & Queries from Quaker Faith & Practice, Britain Yearly Meeting, 2<sup>nd</sup> ed.

- ❖ Take heed, dear Friends, to the promptings of love and truth in your hearts. Trust them as the leadings of God whose Light shows us our darkness and brings us to new life.
- ❖ Cherish that of God within you, so that this love may grow in you and guide you. Let your worship and your daily life enrich each other. Treasure your experience of God, however it comes to you.
- ❖ Be aware of the spirit of God at work in the ordinary activities and experience of your daily life. Spiritual learning continues throughout life, and often in unexpected ways. There is inspiration to be found all around us, in the natural world, in the sciences and arts, in our work and friendships, in our sorrows as well as in our joys. Are you open to new light, from whatever source it may come? Do you approach new ideas with discernment?

We say that children are bad at paying attention, but we really mean that they're bad at not paying attention - they easily get distracted by anything interesting.

Alison Gopnik

When the student is ready, the teacher appears.

Buddhist proverb