

Boys Club Talks & Activities

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Talks

1. You should be a man who finishes tasks.

Take away ideas

1. You haven't done the job if you don't finish the job.
2. You can't finish a job unless you start it.
3. When you hit an obstacle, you go over (around) it; you don't stop.
4. Putting everything away is part of the job.

Some Ideas

- I. Doing a job/task means finishing the job/task.
 - a. It is easy to start something; it is hard to finish it (examples of jobs not finished).
 - b. Half a job is equal to no job (like a half-built car).
 - c. You will feel much better knowing that you have finished what you needed to do (instead of that nagging feeling that you still need to finish the thing).
- II. You can't finish a job unless you start it.
 - a. Start things right away; get at it; things are much easier when you attack them.
 - b. Don't waste time moaning and groaning and thinking about how hard it is, and how bad your teacher is, or your mother, and so on.
 - c. Complaining, even to yourself, about how hard something is does not help get it done (when you are finished complaining, the job is just where it was before).
 - d. You can actually suffer more with the moaning and groaning and complaining than you would suffer just doing whatever it is.
 - e. When you start, you are 50% of the way toward finishing.
- III. You can't finish a job unless you stick with it.
 - a. You will usually feel like leaving the job to do something else: friend asks about playing his new video game; a show on TV; someone needs to walk the dog, etc.
 - b. Watch out when something "needs to be done right now." This is probably a

distraction. Shoo it away, like a fly.

c. Better to do one thing at a time and stick with it until you get done (e.g., one subject in your homework; then move to another one). “Multi-tasking” sounds like a cool idea, but in fact is very inefficient. You lose a lot of time if you leave something and then come back to it later (you forget what you were doing; things get lost; your little brother comes and draws on your homework with his crayons, etc.).

d. This is a question of temperance; control the urges that distract you.

IV. When you hit an obstacle, you go over (around) it; you don't stop.

a. Nothing worth doing is easy; don't be surprised if things are hard or harder than you thought they would be.

b. When some obstacle arises, don't get discouraged or mad or complaining (self-pity: woe is me).

c. Face the obstacle and figure out how you will get around it (e.g. can't get a ride with your friend; maybe you find another friend, maybe take the bus, maybe go on your bike). Your pen runs out of ink: go find another one. The rake you are using breaks; go find another one (go buy another one if you have to).

V. Putting everything away is part of the job.

a. Example of fixing bicycle and then leaving the tools lying on the ground.

i. You might think you are done when you get what you want (bike is working again).

ii. You are not done until everything is put away (so you will have it next time).

iii. Some examples: cleaning the brushes when you are done painting; after weeding the flowerbed, you throw out the weeds or put them on the compost pile and put away the tools, even your gloves. After you eat something, wash the dish or rinse it and put it in the dishwasher; don't just leave it lying around.; put away the Monopoly game when you finish playing it.

Random Ideas

- Ask for help if you do not know how to do something
- Examples: raking the leaves, shoveling snow, doing the dishes, washing the car, doing homework, mowing the lawn
- Don't let obstacles stop you (just slow you down until you figure out how to get

around them); run out of paper; run out of ink

- A possible example of someone who finished the job: Sir Ernest Shackleton who never gave up until he had all his men back to England

2. You should be a man who has the habit of reading books.

Take Away Ideas

1. By reading a lot you gain a lot of knowledge about a lot of things.
2. By reading a lot you gain a wide vocabulary and will be a good writer.
3. If you love to read, you will never be bored.
4. You should develop the habit of reading (every day).

Some Ideas

I. Introduction

- a. Topic: importance of being a man who reads a lot, especially books.
- b. Ben Carson story (see attached). He attributes his success in life to the fact that he read a lot. He has a foundation that puts reading rooms into schools so that kids can learn to read and to love reading.

II. Reading expands your knowledge.

- a. You need to learn beyond what you learn in school (if you only know what you learn in school, you will not know much). You need to be able to learn through books. Then you can learn anything on your own.
 - i. Abraham Lincoln went to school for a total of about one year. He learned everything else by reading. He would read every night. When he was growing up, he read all the books he could get his hands on. Later he was one of the most successful lawyers in the state of Illinois, before he became president. But he never went to law school. When he decided to be a lawyer, he just started reading the law books and taught himself.
- b. The more you know the better you will do
 - i. If you read a lot, you learn all sorts of things: history, geography, science, engineering, etc.
 - ii. You will be able to deal with all sorts of people, because you will know what they are talking about and you can have an intelligent conversation with them.
 - iii. When you know things, people assume you are smart; when you do not know things, people think you are dumb.
- c. Better than TV, videos, etc.
 - i. A TV show or even a documentary never gives you as much information as a book. Also, when you read a book, you can slow down or even go back and reread things. That is how they stick in your brain.
 - ii. Example: *Black Hawk Down*: the book vs. the movie. The movie is hard to follow. But when you read the book, you can follow the action,

you look at the maps, you can go back and reread. There is some very interesting commentary at the end that never makes it into the movie.

III. Vocabulary and writing

- a. The more words you have, the better you can speak and express yourself. Ask your fathers and they will all tell you that this is hugely important for professional success.
- b. All the tests you will take to get into high school, college and beyond will focus on vocabulary. Reading is how you increase your vocabulary (almost automatically).
- c. The experience of one college professor: when he noticed by reading his students' papers, that a particular student was a good writer, he would ask him: "Do you read a lot?" They always said, "Yes." He could pick out the readers just by how well they wrote.
- d. Johnson Connor: one of the best known professional counseling services. They say that if you go to the top levels of business (CEO's) you always find people with a large vocabulary who can express themselves well with the right words (see excerpt below).

IV. Never bored

- a. Once you have the habit of reading, you are never bored; you just read a book that is interesting. As long as you have a book on hand, you have something interesting to do.
- b. There is an infinite universe of books about history, biography, sports, wars, etc. And then there thousands of novels that you can read.

V. The habit of reading

- a. Every day you should read (besides school).
- b. Whenever you don't have anything else to do, read a book.
- c. Even if you start not liking it, you will end up loving it. There was a boy who did not like to read; his mother knew that it was important for him to be a reader who liked reading. So she made him read to her aloud in the kitchen every day while she cooked dinner. Eventually he liked reading and she did not have to do it anymore. He is now a lover of books and never bored.
- d. Reading is better than wasting time on TV or surfing the internet or playing video games. With video games, you have a lot of fun, but at the end you don't have anything to show for all your time. If you read, you are always learning. You have fun and also are better at the end.

VI. What to read

- a. Whatever seems good. It is important to read a lot, so it is good to read books you like.
- b. Better not to read books that are too hard that you cannot understand. Wait a

few years and you will enjoy reading them.

- c. If you like an author, read a lot of him (C.S. Lewis, Tolkien, etc.).
- d. Read good books twice (no problem). Sheer quantity is important.

Ben Carson Story (see Ben Carson at www.achievement.org)

- There was a young African American boy who lived in Detroit. Father left the family. He lived with his mother and his older brother. Name was Ben. He dreamed about being a doctor.
- They were poor. Their mother worked all day to support them. Sometime three jobs. She would leave the house at 5:30 and return at 11:00 at night. Sometimes they would not see her for several days.
- He was a very bad student. "I was a horrible student." The other kids in his class called him "Dummy." He was used to being at the bottom of the class. And this was an inner city public school. He thought he was just very stupid and the other kids were just naturally smarter than he was.
- In 5th grade he brought home his mid-term report card. His mother saw that he was failing almost every subject. She only had a third grade education and knew that if her sons did not do better, they would live a hard life just like her. She decided to do something.
- She prayed to God to give her wisdom about what to do. She came up with a plan. First, she turned off the television and said that they could watch three specific shows every week. Nothing more. Second, she said that they had to go to the public library every week and get at least two books. In addition, they had to write book reports and give them to her. They had to stay in the house and read these books and write these reports instead of going out to play.
- His mother actually could not read the reports (she only had a third grade education); she would fake like she was reading them and put a check on them to mark them OK. It was only later that the boys realized she could not read.
- For the first several weeks he hated it. No TV; cooped up in the house with these books; he could hear his friends outside but couldn't go out to join them (and his friends knew it).
- But then he started to like it. He found out that in the books he could go anywhere, do anything, be anybody. He learned how to use his imagination. Unlike TV, reading makes you use your imagination. TV just gives you the picture; with a book you have to form the picture. You exercise your mind a lot more.
- He and his brother got to pick the books from the library. At first he read books about animals, like *Chip the Dam Builder*, which was about a beaver and all his adventures. (Also *Call of the Wild*, *Bicky's Thunder-Egg*). After the animal books he went to plant books; when he finished those he went to rock books because he lived along the railroad tracks and there were a lot of rocks there and he was interested in knowing

about them.

- One day his 5th grade science teacher brought a rock to class—an obsidian rock, that comes from lava from volcanoes--and asked the class what kind of rock it was. No one knew except Ben, because of the books he had been reading. Everyone was amazed that the dummy knew this. The teacher was amazed. He invited Ben to come to the science lab after school and he started working there (he eventually became a famous doctor).
- By 7th grade he was at top of his class and he graduated no.1 at the end of 8th grade. When they needed his help they would say “Benny, Benny, Benny, how do you do this problem”? And he would say, “Sit at my feet, youngster, while I instruct you.” (He was a little obnoxious.)
- By reading he began to learn about all kinds of things. And then he realized that he was not dumb. And he went on to go to Yale university, study medicine and become a very famous neurosurgeon, the kind that operate on the brain (children, especially).
- He wrote a book called *Gifted Hands* which you can read.

Abraham Lincoln

- Lincoln also agreed with the customary obligation of a son to give his father all earnings from work done outside the home until age 21. In later years, Lincoln occasionally lent his father money. Lincoln became increasingly distant from his father, in part because of his father's lack of education. **While young Lincoln's formal education consisted approximately of a year's worth of classes from several itinerant teachers, he was mostly self-educated and was an avid reader and often sought access to any new books in the village. He read and reread the *King James Bible*, *Aesop's Fables*, *Bunyan's Pilgrim's Progress*, *Defoe's Robinson Crusoe*, and *Franklin's Autobiography*.**
- Lincoln served as New Salem's postmaster and later as county surveyor, all the while reading voraciously. **He then decided to become a lawyer and began teaching himself law by reading Blackstone's *Commentaries on the Laws of England* and other law books. Of his learning method, Lincoln stated: "I studied with nobody".**

Johnson Connor on the importance of large vocabulary

The most obvious advantage of having a good vocabulary is that it helps in school. English vocabulary correlates higher with school grades than any other test we administer. A low-vocabulary high school student may have difficulty getting into college; high-vocabulary students, on the other hand, are more likely to get the best training possible for their aptitudes.

Vocabulary is important in your work as well, and not just in verbal fields such as law or journalism. In a work situation, where most people will tend to have a similar pattern of aptitudes, the ones who go the furthest will tend to be those who have the greatest knowledge of their field, and the widest vocabulary, which helps them to think and express themselves clearly. Thus we have found that presidents of

major corporations are among the highest in vocabulary of any group we have tested, even though some of these executives have had little formal education.

We emphasize the importance of both a large and a precise vocabulary. A *large* vocabulary broadens your knowledge of the world. As children learn words like "desk" or "run" or "friend," they increase the number of things or actions or ideas they understand. This process never stops, although some people take it much further than others. The high-vocabulary person simply has a wider range of general knowledge.

A *precise* vocabulary generally accompanies a large vocabulary, although the two are distinct. Having a precise vocabulary means that you understand clearly and well the words you use. Thus the child may know both "run" and "walk" but not be sure of the difference, and as a result may sometimes use the words inaccurately until sure of them. People often *think* they know a word but in reality have some misunderstanding of it. Thus someone might suppose that something "shabby" has to be "old," or that something "inexpensive" must be "inferior."

We feel that a large and precise vocabulary indicates a broad, general knowledge, which is valuable for its own sake.

You increase your vocabulary as you increase your knowledge of different subjects. This is particularly true during the years you are in school. But if your vocabulary percentile is low now, the natural increase in vocabulary will not be enough to give you a relatively high vocabulary when you are older. Everyone else your age will be learning more words too. Your Vocabulary Scale score will gradually increase, but your percentile will remain the same. To catch up, you must add to this natural growth with active word study.

In our experience it is possible for those with low vocabularies to speed up their natural word growth, with time and effort. Reading by itself, although helpful, is not a very efficient way of learning new words, since there is an almost irresistible tendency to skip over words you aren't sure of, in order to get on with the story: To build vocabulary more quickly you must study and learn words.

The words you choose to study will have a great bearing on how successful your efforts will be. We feel that the words you should study are the ones at about your level of difficulty. Words can be arranged in order of difficulty, from the easiest words everyone knows to the extremely difficult words known to only a few. People tend to learn words in this order of difficulty, stopping somewhere along the limits of their knowledge. Word learning, therefore, takes place most easily at this "frontier of knowledge," as defined by Johnson O'Connor.

Quotes from Ben Carson

"Here is the treasure chest of the world - the public library, or a bookstore." ☞— [Ben Carson, *Think Big: Unleashing Your Potential for Excellence*](#)

"Reading activates and exercises the mind. Reading forces the mind to discriminate. From

the beginning, readers have to recognize letters printed on the page, make them into words, the words into sentences, and the sentences into concepts. Reading pushes us to use our imagination and makes us more creatively inclined.” ☞— [Ben Carson](#), *Think Big: Unleashing Your Potential for Excellence*

“The doors of the world are opened to people who can read.” ☞— [Ben Carson](#)

We did live in dire poverty. And one of the things that I hated was poverty. Some people hate spiders. Some people hate snakes. I hated poverty. I couldn't stand it. My mother couldn't stand the fact that we were doing poorly in school, and she prayed and she asked God to give her wisdom. What could she do to get her young sons to understand the importance of developing their minds so that they control their own lives? God gave her the wisdom. At least in her opinion. My brother and I didn't think it was that wise. Turn off the TV, let us watch only two or three TV programs during the week. And with all that spare time read two books a piece from the Detroit Public Libraries and submit to her written book reports, which she couldn't read but we didn't know that. I just hated this. My friends were out having a good time. Her friends would criticize her. My mother didn't care. But after a while I actually began to enjoy reading those books. Because we were very poor, but between the covers of those books I could go anywhere. I could be anybody. I could do anything. I began to read about people of great accomplishment. And as I read those stories, I began to see a connecting thread. I began to see that the person who has the most to do with you, and what happens to you in life, is you. You make decisions. You decide how much energy you want to put behind that decision. And I came to understand that I had control of my own destiny. And at that point I didn't hate poverty anymore, because I knew it was only temporary. I knew I could change that. It was incredibly liberating for me. Made all the difference.” ☞— [Ben Carson](#)

“By reading so much, my vocabulary automatically improved along with my comprehension.” ☞— [Ben Carson](#), *Gifted Hands: The Ben Carson Story*

3. You should be a man who has serious interests.

Take Away Ideas

1. If you are interested in things, you will be interesting to others. It helps you be a friend of others.
2. If you persistently study anything, you will become an expert and know far more than most people.
3. Sticking with your interests and going deeper into them is a good way to build your character.

Some Ideas

- I. Introduction
 - a. You should want to be an interesting person; someone other people enjoy, find interesting, and want to spend time with [example?].
 - b. You will do that if you have interests; if you know about interesting things or how to do interesting things. Point of the talk: you should develop your interests.
 - c. You are old enough to learn about a lot of things and to do a lot of things. You should think about what interests you would like to pursue.
 - d. There is more to life than TV, and video games and sports.
 - e. Examples of people who got interested in something when they were young: e.g., Tolkien and old languages.
- II. Examples of interests you can develop.
 - a. Things you can learn about.
 - i. Civil war, any aspect of science; Tolkien; Roman history; Insects, Astronomy, American presidents, etc.; Revolutionary war in New Jersey.
 - b. Things you can learn to do.
 - i. Photography, movie making, bike repair, carpentry, electronics, repairing computers, fishing, building kites, writing, boat-building; gardening; music; bird-watching; Revolutionary War or Civil War reenactment); play the guitar.
 - c. Start a business: mowing lawns, doing yard work; selling t-shirts; selling things for people on e-bay; selling things for yourself on e-bay; repair lawn-mowers.
- III. Pursuing your interests
 - a. If you discover you are interested in something, pursue it.
 - i. Read more about it; read many books about it; talk to someone who knows about it (a teacher, a neighbor, an uncle); people who are interested in something are usually eager to talk to you about it.

- ii. Learn how to do it better.
- b. You need to stay with the pursuit.
 - i. Keep reading about it.
 - ii. Keep learning how to do it; find other people who share the interest
 - iii. If you stay with an interest/hobby/activity you will soon be able to talk about it and do it for other people (e.g. juggling).

IV. Reasons for this

- a. You can make life much more interesting for others: e.g., juggling or telling jokes, or telling stories, or playing the guitar (get people to sing) or talk about local history etc.
- b. You can talk to people about things besides yourself and what you are doing.
- c. You can be creative; no one tells you what to do. You are never bored because you are always learning more.
- d. You develop a skill that can be used for rest of your life: e.g. guitar, magic tricks, juggling, tell a good story; history; telling stories (write stories); write poems.
- e. People ask you about things if they think you are an expert.
- f. Can help get into a college (just doing what you like doing or are interested in); you will stand out (what they look for).
- g. Can lead to a career.
 - i. Boy (Kinnane) who made movies with his friends while he was growing up; he always had the ideas for the movie and he was the director, but everyone had fun. Now he is a professional movie maker (made "The Human Experience").
 - ii. May not lead to a professional career, but still useful throughout life. (e.g., playing the guitar or playing the piano).

V. Don't be afraid of being different (e.g. being a Revolutionary war re-enactor).

VI. Some Examples

- a. J.R.R. Tolkien (1892-1973): His family life was generally lived on the genteel side of poverty. However, the situation worsened in 1904, when Mabel Tolkien was diagnosed as having diabetes, usually fatal in those pre-insulin days. She died on 14 November of that year leaving the two orphaned boys effectively destitute. At this point Father Francis took over, and made sure of the boys' material as well as spiritual welfare, although in the short term they were boarded with an unsympathetic aunt-by-marriage, Beatrice Suffield, and then with a Mrs. Faulkner. By this time Ronald was already showing remarkable linguistic gifts. He had mastered the Latin and Greek which was the staple fare of an arts education at that time, and was becoming more than competent in a

number of other languages, both modern and ancient, notably Gothic, and later Finnish. He was already busy making up his own languages, purely for fun. He had also made a number of close friends at King Edward's; in his later years at school they met regularly after hours as the "T. C. B. S." (Tea Club, Barrovian Society, named after their meeting place at the Barrow Stores) and they continued to correspond closely and exchange and criticise each other's literary work until 1916.

b. Charles Kinnane (human experience)

c. Olivia and crabs. Olivia was a girl who wanted a job one summer. She knew her next door neighbor was a professor and did something with sea animals. So she asked him if she could work for him one summer, just as an intern (no pay). She did and began to learn about the crabs that he studied. The next summer he was able to give her a paying job and she kept on learning about them. She got very interested in the whole project. When it came time to apply for college, the schools wanted her to come to their schools because in the interviews she talked about the crabs and it was actually very interesting to the interviewers (most interviews are very boring because the people just talk about themselves). See How to Become a High School Superstar by Cal Newport.

d. Peter C.; Editing Wikipedia. This is a boy from NJ who started editing Wikipedia articles about medicine when he was a boy (8th or 9th grade). He would read the articles, then read more about the topics and then make corrections to the articles (they usually have some errors in them). After a while, the Wikipedia editors noticed that he was correcting a lot of entries and they contacted him and asked him to become one of the editors (this is pretty prestigious). So, by the time he was in high school he was working for Wikipedia.

e. Nick (Pittsburgh) loved airplanes; learned all about them; could identify them when he saw them; would sneak into the edge of the airport and lie down and watch the planes as they landed (very low); he would identify them for his friends; went to the airplane museum with his friends and could explain everything to them.

f. Alex learned to play the guitar in high-school and now learns the songs that people hear and then they can sing them together. He is often the life of the party.

g. History is always interesting; especially local history. People like to hear about things they are familiar with. NJ is full of Revolutionary War sites and history.

Some other related items.

Some of the ways that hobbies will benefit you:

Builds confidence and a sense of personal accomplishment

Helps build and improve organization skills.

Helps develop fine motor skills

Learns problem solving

Encourages creativity and reading

Leads to lifelong interests

Encourages activities away from technology

Teaches responsibility

Broadens knowledge

Teaches goal setting

Could influence career choices

Teaches how to make decisions

Develops attentiveness to details

A hobby is something that you simply do for the fun of it. It is usually selected based on interests, skills or talents. Hobbies are very beneficial because they are a gateway to learning. It gives you the opportunity to express your creativity, discover your talents, improve your skills and learn while having fun. Hobbies can provide hours of entertainment away from the world of technology.

Examples of hobbies or interests:

Music

Reading

Coin Collecting

Comic Book Collecting

Photography

Carpentry

Scrapbooking

Movie or Film Memorabilia

Sports Memorabilia
Stamp Collecting
Rock Collecting
Building and flying Kites
LEGOs
Juggling
PEZ Dispensers
Baseball Cards
Action Figures
Post cards
Sea Shells
Military Paraphanelia
Magic
Juggling
Baking
Cooking
Crafts
Drawing
Painting
Sports
Board Games
History
Building Model Cars
College Pennants
Marbles
Writing
Study Insects
Learn an instrument
Music
Movies
Stamps
Mechanical
Electrical
Computers

Here are my top 8 Reasons Why Hobbies are Important:

You can meet people. Moving to a new city? Newly single? Pursue a hobby that requires you to come into contact with other people: team sports, a sewing class at a local fabric store, pottery making through community education.

Hobbies build self-esteem. If you dislike your job or your unhappy in your relationship or you simply feel like you've lost your way in life, developing a hobby can be a way to build yourself back up. Maybe you take up knitting or playing the piano and the small improvements you make week to week are enough to sustain you while you try to figure out the rest of your life. Sometimes hobbies give you one solid thing to feel good about.

They're a way to relieve stress. This is sort of related to Reason #2, but many hobbies provide stress relief simply because they're an oasis from the rest of your life. You can forget about a bad meeting at work or a fight you had with your mother while you sing in your church choir or train for a 10k.

Hobbies make you interesting. At a party, you can only talk about being an investment banker for so long before people's eyes begin to glaze. But mention that you've traveled to 10 countries in South and Central America, and that you have an upcoming trip to Peru planned, and people want to hear more.

Hobbies are a point of connection with other people. What you do for a living or where you're from may give you common ground with a small, select portion of the population. But if you like gardening? Bowling? Rescuing neglected dogs? These are hobbies shared across a wide range of race, age, gender and economic groups.

You can avoid boredom. I have zero scientific evidence of this but I really believe that boredom is responsible for a lot of society's ills and people's destructive behaviors. How many people come home and drink 4 or 5 beers every night simply because it's something to do while they watch TV? What if 1 or 2 of those nights they were at a class learning to make stained glass or canning the produce from their garden instead?

They keep you youthful. Maybe this isn't on your mind yet, but establishing hobbies now (even if they change over the years) is a really healthy habit to form for your later years. The happiest seniors are the ones who lead active lifestyles and have social outlets. If you hit retirement and have never pursued interests outside of work, you may find yourself lost and struggling to fill your time with meaningful activities.

Hobbies enrich your perspective. Remember that old public service announcement: "The more you know, the more you grow"? Yes, I'm channeling the late 80s here. Any opportunity to learn something new, to be challenged anew, is great for character-building and seeing the world through refreshed eyes.

4. You should be a man who has solidarity with people who suffer.

Take Away Ideas

1. We are called by God to love all persons and especially those who are suffering.
2. If you just spend time (selfishly) with the people you enjoy, you will probably be ignoring those who suffer.
3. You need to go out of your way to help those who suffer.

Some Ideas

- The Gospel: Christ calls us to love the poor; invite the poor to your dinners; Pope invited in 200 homeless to eat with him (July 2013).
- The Pope hugging the man with the ugly face (in November 2013); made a huge difference for that man; most people don't even want to be with him; think how he feels.
- At the Last Judgment we will be asked about how we treated those around us, especially the hungry, thirsty, unclothed, etc.
- Who are the poor? The homeless, the unpopular kid at school, the kid who is not good at sports, the kid that others pick on.
- Help the homeless: helping out at a shelter; bringing food to the homeless; helping a neighbor who is in hard times (e.g., out of work).
- Saints who helped with the poor. Sharing things with others: candy, food, etc.
- Not laughing on the unpopular kids.
- Not laughing at kids with birth defects, stutters, who are clumsy, etc. Not make fun of the kid who is not good at sports (some people are just born that way).
- Things you can do
 - o Spend time with Grandma.
 - o Don't pick on younger siblings; go out of our way to help them.
 - o Help the shy kids to make conversation.
 - o Help the poor student with his homework; help him understand the material.
 - o Invite the unpopular kid to play; to be on your team.

- Do not just hang around the people you enjoy; the ones you have fun with; if you do that you are acting selfishly and ignoring the poor.
- When you feel repulsed by someone (especially someone your age) you need to react against that; of course, if they are doing something wrong (sinful) you should not join them in that.
- Watch the attitude that if a person needs help, they should help themselves; it's every man for himself; it's a dog eat dog world etc. As you get older, you will find people who believe these things; This is not a Christian attitude nor a Christian way of acting.
- Don't make fun of people; All created by God; All destined by God to be with him in eternity (don't want God to ask you why you were laughing at his friends).

Some Examples

- a. The Pope who hugged the deformed man; wants to put up showers around the Vatican to help the homeless.
- b. Blessed Pier Giorgio Frassati.
- c. St. Therese of Lisieux with the old nun that bothered her; acted like she liked her.
- d. St. Louis IX.

More ideas on solidarity with the suffering...

- i. Solidarity is the unity that exists between people with similar goals.
- ii. Basic example: teammates on a basketball team
 1. A family, people who live in the same city, or in the same country, the Church
- i. Suffering
 1. Physical, spiritual, social, financial
 2. What on earth is uniting you to this group of people – the suffering?
 3. It's actually something that unites all men and women: it's that we have all been created in the image and likeness of God, and so our common goal is to know, love and serve God; to get to heaven. Now, everyone runs into obstacles in their life as they fight to get to heaven, and very common for one of those obstacles to be suffering.

Examples of suffering and how saints helped them: the poor, the sick, the disagreeable.

- i. Poor
 - a. King Louis IX (king, warrior, judge, father, generous) served 100 poor people a day. Francis did this in July
 - i. "I would rather my extravagance should be in almsgiving for the love of

- God than in the pomp and vainglory of this world."
- ii. Built hospitals and homes for those who needed (the House of the Daughters of God)
 - b. YOU: give to charity, help at soup kitchens, feed the homeless
 - c. Pier Giorgio: awesome guy, mountain hiker, life of party, skier, leader at his university, opera, museums
 - i. Take lowest train class and give rest of fare to charity
 - ii. When he was a child a poor mother with a boy in tow came begging to the Frassati home. Pier Giorgio answered the door, and seeing the boy's shoeless feet gave him his own shoes. At graduation, given the choice by his father of money or a car he chose the money and gave it to the poor. He obtained a room for a poor old woman evicted from her tenement, provided a bed for a consumptive invalid, supported three children of a sick and grieving widow. He kept a small ledger book containing detailed accounts of his transactions, and while he lay on his death bed, he gave instructions to his sister, asking her to see to the needs of families who depended on his charity...Only God knew of these charities; he never mentioned them to others.
 - ii. The sick: (might have physical or mental illness) The Pope hugging the man with the ugly face (in November 2013); made a huge difference for that man; most people don't even want to be with him; think how he feels (Jose at school)
 - iii. Disagreeable (unpopular, bad at sports)
 - a. When you feel repulsed by someone (especially someone your age) you need to react against that
 - b. Also will help you be gracious at home, with your grandparents, etc.

So we can have solidarity with the suffering, whether they are poor, sick, or otherwise in trouble. More merit for helping with these than cool kids.

- Mortification
- We don't insult them or make fun of people. Watch the attitude that if a person needs help, they should help themselves; it's everyman for himself; This is not a Christian attitude nor a Christian way of acting.

If we have solidarity with the suffering, and help them through their trouble, when God asks us at the Last Judgment, we will be able to say that we helped everyone around us, including the hungry, thirsty, unclothed, etc.

5. You should be a man who sees the importance of little things.

Take Away Ideas

1. A big achievement is the sum of a lot of little achievements.
2. If you do small things well, you will be able to do big things.
3. Form the habit of doing the little things (well).

Some Ideas

I. Small things matter

a. John Wooden story (socks and sneakers)

i. Coached basketball at UCLA; considered greatest coach of all-time (voted by the other coaches as the greatest).

ii. .806 winning percentage (means he won 8 out of every 10 games).

iii. Won 10 NCAA Basketball championships (Division I): 1964, 1965, 1967, 1968, 1969, 1970, 1971, 1972, 1973, 1975; 10 National Championships in 12 years. Two coaches have won 4 National Championships; two coaches have won 3 National Championships.

iv. Story about the first practice of the season (see below).

v. Quote from Wooden: "It's the little details that are vital. Little things make big things happen."

b. Doing something well means doing all the little things; if you want to do things well, you pay attention to the little details.

c. Example of raking leaves:

i. Getting all the leaves.

ii. Even the ones that are a little hidden.

iii. It shows and people notice (especially your father).

iv. If you rake leaves for your neighbor and do a good job, you will get more jobs from other neighbors.

II. If you want to do anything big in your life, you need to work on the little things.

a. Image of laying bricks: each little brick has to be laid right to make the whole wall (big) turn out right. Small mistakes get magnified and then the wall is crooked (ugly and also weaker).

b. No one starts out doing big things (making a million dollars, being president, writing a best seller, making a blockbuster movie, etc.).

- c. You start out doing small jobs, but you do them well.
- d. No one will ask you to do a bigger thing if they see that you cannot do small things.
 - i. Remember this when you get a job; do all the small things you are asked to do as well as you can).
 - ii. “Show me a man who cannot bother to do little things and I’ll show you a man who cannot be trusted to do big things.” Lawrence D. Bell.

III. You need to develop the *habit* of doing the little things

- a. Start now paying attention to the little things.
- b. Don’t say, now it does not matter; when I get a job and they are paying me, then I will start doing things well. Lacking the habit, you will find out you cannot do things well.
- c. Need to persevere in the little things (doing all the little things well can get hard after a while).
- d. What sorts of things can you work at? Some examples (see below).

IV. Caring for the little things is how we show our love for God.

- a. We need to do the things we are supposed to do (e.g., our homework, our chores at home) because that is what God wants for us right now.
- b. We try to show God that we love him by doing these things well (considering all the good things he has done for us).
- c. Mother Teresa — ‘Not all of us can do great things. But we can do **small things with great love.**’

Some Random ideas

- Cutting lawns: doing all the edges well; raking up everything (not missing corners).
- Sloppy job is one where person does not do the little things.
- Finish the last details of a job (e.g. put away the tools; sweep up the floor)

Examples

- Tie your shoes
- Tuck in your shirt
- Comb your hair
- Be polite (gets you a long way)
- Picking up clothes/hanging up clothes
- Putting away tools
- Washing dishes
- Proof-reading your work (you always find mistakes)
- Saying thank you and please

- Saying “good morning” or “hello”
- Talking to a friend for a few minutes
- Doing a favor for a friend
- Send a thank-you note
- Raking lawn: get all the leaves
- Dishes: do them all
- Finish jobs: last details
- Wasting money
- Put milk back in refrigerator (so it does not spoil)
- Close door when you come in
- Turn off lights when leaving room (save a cent here and cent there)
- Make your bed (if not that, what will you do?)

John Wooden: The Greatest Coach of All Time

His teaching methods were often unconventional... but always effective.

Perfect example: The first day of practice at UCLA was always a day full of anticipation and excitement as the new recruits awaited the arrival of Coach Wooden, known affectionately as the Wizard of Westwood. As they waited, each wondered what secrets of the game, what strategies for winning would spring forth from the famous coach on Day One.

"Please take off your shoes and socks," Coach announced to the team, seating himself upon a locker room bench. "I'm going to show you the proper way to put them back on." The new players looked at one another in disbelief - had the old man lost his mind? What on earth did this have to do with basketball? Not wanting to question their leader, they all complied and waited for what would come next.

"Now, when you pull on your sock," he said showing them through example, "I want you to make sure that there are no wrinkles or gaps," as he put his own socks on. "Make sure your heel is fully seated in the heel of the sock; run your hand over the toes and make sure to smooth out any bumpy areas." Then he showed each player how to properly lace his shoes and tie them snugly so that there was no room for the shoe to rub or the sock to bunch up.

As Coach Wooden got up to leave the locker room for the gym, the players behind him were silent, still wondering what their coach could possibly be doing by starting out the season talking about shoes and socks. Here they were, the best schoolboy players in America, and this legend had just spent 30 minutes teaching them about shoes and socks.

Just then, Coach Wooden would turn around and, with a glint in his eye, say "That's your first lesson. You see, if there are wrinkles in your socks or your shoes aren't tied properly, you will develop blisters. With blisters, you'll miss practice. If you miss practice, you don't play. And if you don't play, we cannot win.

"If you want to win Championships, you must take care of the smallest of details."

Coach then walked away, his first practice complete

Quotations

Success in life is founded upon attention to the small things rather than to the large things; to the everyday things nearest to us rather than to the things that are remote and

uncommon.Booker T. Washington

Show me a man who cannot bother to do little things and I'll show you a man who cannot be trusted to do big things. Lawrence D. Bell

Don't be afraid to give your best to what seemingly are small jobs. Every time you conquer one it makes you that much stronger. If you do the little jobs well, the big ones tend to take care of themselves. -Dale Carnegie

A small leak can sink a great ship -Benjamin Franklin

I long to accomplish a great and noble task, but it is my chief duty to accomplish small tasks as if they were great and noble. -Helen Keller

Inches make champions. -Vince Lombardi

The person determined to achieve maximum success learns the principle that progress is made one step at a time. A house is built one brick at a time. Football games are won a play at a time. A department store grows bigger one customer at a time. Every big accomplishment is a series of little accomplishments. -Dr. David Schwartz

It's the little details that are vital. Little things make big things happen. John Wooden

The following are remarks by **Naval Adm. William H. McRaven**, ninth commander of U.S. Special Operations Command, at the University-wide Commencement at The University of Texas at Austin on May 17, 2014:

But, if you think about it, not only were these soldiers saved by the decisions of one person, but their children yet unborn—were also saved. And their children's children—were saved.

But changing the world can happen anywhere and anyone can do it.

So, what starts here can indeed change the world, but the question is...what will the world look like after you change it?

Well, I am confident that it will look much, much better, but if you will humor this old sailor for just a moment, I have a few suggestions that may help you on your way to a better a world.

I have been a Navy SEAL for 36 years. But it all began when I left UT for Basic SEAL training in Coronado, California.

Basic SEAL training is six months of long torturous runs in the soft sand, midnight swims in the cold water off San Diego, obstacles courses, unending calisthenics, days without sleep and always being cold, wet and miserable.

It is six months of being constantly harassed by professionally trained warriors who seek to find the weak of mind and body and eliminate them from ever becoming a Navy SEAL.

But, the training also seeks to find those students who can lead in an environment of constant stress, chaos, failure and hardships.

To me basic SEAL training was a life time of challenges crammed into six months. So, here are the ten lesson's I learned from basic SEAL training that hopefully will be of value to you as you move forward in life.

Every morning in basic SEAL training, my instructors, who at the time were all Vietnam veterans, would show up in my barracks room and the first thing they would inspect was your bed.

If you did it right, the corners would be square, the covers pulled tight, the pillow centered just under the headboard and the extra blanket folded neatly at the foot of the rack—rack—that's Navy talk for bed.

It was a simple task—mundane at best. But every morning we were required to make our bed to perfection. It seemed a little ridiculous at the time, particularly in light of the fact that were aspiring to be real warriors, tough battle hardened SEALs—but the wisdom of this simple act has been proven to me many times over.

If you make your bed every morning you will have accomplished the first task of the day. It will give you a small sense of pride and it will encourage you to do another task and another and another.

By the end of the day, that one task completed will have turned into many tasks completed. Making your bed will also reinforce the fact that little things in life matter.

If you can't do the little things right, you will never do the big things right.

And, if by chance you have a miserable day, you will come home to a bed that is made—that you made—and a made bed gives you encouragement that tomorrow will be better. If you want to change the world, start off by making your bed.

6. You should be a man who speaks the truth.

Take Away Ideas

1. Living in the truth is essential to being a man of integrity.
2. It often will require fortitude to speak the truth.
3. Life is much simpler and less stressful if you tell the truth.

Some Ideas

- I. A man of integrity tells the truth
 - a. The truth is the way things are.
 - b. A mature man wants the truth; immature men are afraid of the truth and try to live in a false world; they hide from the truth and hide it from others (like the little kid who takes the his report card out of the mailbox before his mother gets home, so that she will not see his bad grades).
 - i. They won't face the truth about themselves (see Bob Marley); like people who won't go to the doctor because he will tell them that they are sick.
 - ii. They try to have others live in a false world by lying to them or hiding the truth from them (e.g., not telling dying person that he is dying).
 - iii. Or not telling someone that what they are doing is wrong, because you don't want them to get mad at you or to feel bad.
 - c. Trying to escape from reality is a weakness (it is one of the reasons why people do drugs; or even get lost in their video games).
 - d. You will not have any self-respect if you run from reality.
 - e. Other people will not respect you. People do not respect dreamers or liars.
 - f. Mature men speak the truth, even when it is hard. Even when others will not like it (e.g. Betsy Andreu, although that story may be too complicated).
- II. Truth requires fortitude.
 - a. Why do people tell lies (to themselves and to others)?
 - i. Sometimes to get what they want but don't have any right to (lie about their age so they can get into a show).
 - ii. Sometimes they want to impress people so they make things up ("I was an NBA All-star").

- iii. Usually because they are afraid of something.
1. My parents will ground me if they find out that I failed my test.
 2. My parents won't let me go out with my friends if I tell them what we are really planning to do.
 3. I will look like an idiot if I say what really happened (when you do something really dumb).

III. Consequences of telling lies

- a. You might get away with the first lie, but if you lie regularly, people find out; they realize that what you said was not true. Then they will label you as a liar (even if only to themselves).
- b. People stop believing you; they cannot trust you; they will not want to do things with you, because they can't depend on what you say.
- c. People are upset when you lie to them; you try to make them live a falsehood (remember, real men want the truth). You will lose your friends once they see that you lie.
- d. People will lose their respect for you. A liar is a person who is not strong enough to handle the truth, that is, a weakling, a wimp. People do not want to have wimps as their friends (you can't depend on them).
- e. You can't remember your own lies; you tell new lies to cover up the old lies. Soon you are worried about people finding out about the lies.
- f. A liar is always under stress; always worried that he will be found out.
- g. If you always tell the truth, you will have some hard moments, but you will have an inner freedom and peace. You will have your own self-respect.

Some Random ideas

- Nature of a lie
- Preserving your reputation
- Winning people's trust
- Part of manhood: living in the truth; accept reality and don't try to live in a fake world (that is for kids); kids live in play worlds; weak people try to escape from reality; the truth will set you free;
- Lies will almost always come out; they start requiring more lies (gets very complicated);
- Lying does not make problems go away; it makes them worse
- If you lie, and succeed, you do not have any real feeling of accomplishment
- Telling the truth earns you respect; especially when it may be hard
- Not speaking the truth is not the same as lying
- Charity and speaking the truth

- Lies and friendship; you tell your friend the truth (even if he might get mad at first)
- Cannot recall a lie once it is out
- Lying can be addictive
- People need you to tell them the truth (about themselves)
- Worrying about how people will think about you
- Need to admit your mistakes
- Not make promises you do not intend to keep (a kind of lie)
- Sin in the eyes of God
 - Lie about homework
 - Lie of Joseph's brothers to Jacob

Proverbs 6:16-19 - God hates a lying tongue and a false witness who speaks lies.

Exodus 20:16 - You shall not bear false witness against your neighbor.

Ephesians 4:25 - Putting away lying, let each one of you speak truth with his neighbor.

1 Timothy 1:10 - Liars are listed among other sins that are contrary to sound doctrine.

Examples

Bob Marley (great music but not a very exemplary person on the whole). He loved playing soccer; played almost every day. When he found a sore on his big toe, the doctors told him he had cancer (melanoma). They said he needed to have the toe amputated or the cancer would spread to the rest of his body. He did not want this, because it would mean he could not play soccer any more. So he kept looking for a doctor that would not advise him to amputate the toe. He found one, but he was not a good doctor. Eventually the cancer spread and he died at age of 36.

Lance Armstrong (liar)

Betsy Andreu (told truth)

Marion Jones

John and Ann Darwin

Richard Nixon

Betsy Andreu, wife of Frankie Andreu, a former teammate of Lance Armstrong

Strickland: We've talked a little bit over the past years about how, of all the principal characters in this drama, you seem to be the one who not only most steadfastly stuck to what you believe, but expressed what you believe while others who were involved had an easier time of it by selectively keeping quiet or dropping out of the scene. Depending on who was offering the characterization, you've been called everything from a righteous champion for truth to a jealous obsessive. Who are you, really, and why did you never just walk away?

Betsy Andreu: Where do I start? A little background here—my mom's parents were from Slovakia. I remember my grandparents being so docile, truly wonderful people. My dad is from Serbia, his father being Croatian and his mom being Serbian. My dad's dad died when my dad was a boy, but from what my dad says his father was a very agreeable and loving man. My dad's mom, however, was neither docile nor agreeable but rather opinionated and feisty. She didn't let anything slide. I remember relatives being annoyed with her because of

this. Hence, I think the Serb blood dominates my veins.

I don't agree that I'm a righteous champion nor a jealous obsessive. I'm a mom who tries to instill morals, ethics, and values in our children's lives. I believe in stating the difference between right and wrong, not whitewashing it for fear of being labeled judgmental. Does this mean I'm morally superior? Absolutely not. When I received a court-ordered subpoena to appear for a deposition (or have a warrant out for my arrest), there was no option but to tell the truth. For some to suggest that I had a choice of showing up for the deposition or that I should've lied about the hospital incident because personal information was shared among friends to a doctor by the patient says a heck of a lot more of those people's lack of ethics than their lack of basic understanding of the law. I've always felt the truth was important. I never felt the freedom to just walk away and let the truth be hidden nor did I want it to be hidden. Telling the truth was always easy but, man alive, the repercussions of doing so were and are hard. Tom Goldman of NPR and Alan Abrahamson, then with the Los Angeles Times, did pieces on our depositions back in 2006. As a result, Frankie really paid the price, even today, for not lying about the hospital room and/or for not putting duct tape over my mouth. Speaking of Frankie, no one else had the courage to come forth publicly the way he did. He outed himself voluntarily by answering a question put forth to him by Juliet Macur of the New York Times: "Did you ever dope?" Talk about courage! That was a life-changing moment. He could've lied and denied it, but he was man enough not to. Frankie's been in the unique position of having been on both sides: Dope and do very well, or refuse and have your career come to a sudden halt. It hasn't been easy for us. As much as Frankie would've liked for me to keep quiet at times, he respected me enough to let me be me. I do feel terrible that it's affected his work in cycling, so I have curbed the volume and intensity somewhat. But I'm grateful that Frankie never expected me to not be who I am throughout this journey.

What's the upside been going up against Lance? To be publicly and privately portrayed as an ugly, obese, jealous, obsessed, hateful, crazed bitch? (And really, so what if I were fat and ugly—would that preclude me from speaking honestly?) We've dealt firsthand with very real threats to our economic well-being because we refused to be on the lie-for-Lance train. I've never allowed that to deter me from focusing on the truth being told or established. My motivation was pure. What would you do if a powerful celebrity said you lied, and that lie affected your family? Would you be a doormat or would you fight? I shouldn't have to justify why I told the truth. Someone else's guilt shouldn't be a reason for me to shut up. Until the truth is told, you're not even dealing with reality. A lot of people have a lot invested in not having the truth revealed. The scope of the people dependent on the myth and making money off the myth has made it harder to expose the myth.

This is arguably the biggest fraud in the history of sport. Bernie Madoff would be proud. Maybe even jealous.

7. You should be a man who prays.

Take Away Ideas

1. Prayer is talking to God. God wants us to talk to him; he wants to be our friend.
2. We can talk to God at anytime and anywhere; we should have the habit of talking to God personally every day.
3. We should develop the habit of talking to God in the Blessed Sacrament, both in Holy Communion and making visits to Him in the tabernacle.

Some Ideas

- I. Prayer is something that men do.
 - a. Only men can pray; dogs/frogs/beavers/chipmunks can't pray; only men can pray.
 - b. Frogs go through their life (eggtadpolefrog) swimming, hopping, catching food with their sticky tongue (see below), but never praying; they go through life without ever thinking about God.
 - c. We want to be men and not frogs; to go along without praying is to live as if you were a frog; to pray is to live like a man.
 - d. Not to pray is not to be what you can be; God created us that way.
- II. Prayer is talking to God.
 - a. God is a person; you can talk to him (out loud or silently).
 - b. Sometimes we treat God like the president; we all know what the president looks like; we see him on TV. We hear him and know what he sounds like; but actually we just know about him; we don't actually know him. To know a person you have meet him and have a conversation with him.
 - c. We should talk to God (and he is more important than the president or even our parents). As soon as we talk to him we are in a conversation with him. He is always listening (does not fall asleep). We can pray out loud or silently in our hearts; either way he hears us.
 - d. God wants us to talk to him; that is why he gave the ability to do so. He is a father who wants to talk to his son. Even if we have not acted the way we should (committed sins) we should still talk to him; that is what he wants.
- III. What to talk to God about
 - a. In general: everything, just as you would with a friend or your own father. Think of how you would tell your mother about what happened at school when you get home in the afternoon.

- b. Thank God for everything we have (from life, to food, to a good family, to a house, etc.).
- c. Ask God for all the things you need: pass a test, sick grandmother gets better, for the Christians who are being persecuted in the Middle East and Africa, for your parents, for your brothers and sisters, for your teachers (even if they are a pain).
- d. Talk about how you can act better, in a way that is more pleasing to God (e.g. make your bed, not yell at your brother or sister; volunteer to help your mom, etc.).
- e. You can use a book like *The Way* to help to have things to talk about.

IV. You should pray everyday

- a. The main thing is that every day you talk to God. He is your friend.
- b. In the morning when you get up you greet Our Lord and offer up your day (the morning offering).
- c. At night, before going to bed, you pray to God. Thank him for the day. Tell him you are sorry for whatever things you have done badly—sins—that day (we all have them).
- d. Find another time of the day, 2-5 minutes where you just go to a church or just into your room and talk to God about whatever you want.
- e. You can talk to God anywhere and at any time; in any position; God is everywhere and will hear us anytime.
- f. The main thing is to pray every day, whether you feel like it or not.

V. You can pray to God present in the Blessed Sacrament

- a. A special way God is present is in the Blessed Sacrament (the consecrated host).
- b. When we receive Holy Communion, we have Jesus Christ, who is God (and man) within us. You cannot get any closer to God than that. So, when you receive, you should not be looking around at all the people or thinking about yesterday's basketball game or whatever. You should focus your attention on Our Lord and talk to him (especially to thank him for coming to you).
- c. You can also talk to Jesus Christ in the tabernacle in the church or chapel. It is good to make a visit at a church just to "say hello" and talk to him there.
- d. That is what we do here in Sherpa when we make the visit to the chapel. We go there to talk to our Lord in the tabernacle.
- e. You can always go to your local church to make a visit (just ride your bike).

Some other ideas...

- Most important relationship in your life is with God.
- As creatures we need to acknowledge God as the source of our life; praise and adoration.
- God is our best and most faithful friend.
- God loves us and wants what is good for us.
- Go to mass and say the Rosary.
- Pray the way God wants us to pray.
- Pray to the saints and angels.

An example: As a young priest, St. Josemaria used to hear confessions every morning in a church in Madrid. Every day he would hear a noise, like cans clanking. They would just be there for a short time and then fade away. Finally one day he was so curious about it that he came out of the confessional to see what was going on. It was a milkman who delivered cans of milk to the houses in the neighborhood. He would come into the Church, kneel down for just some seconds and then leave. St. Josemaria asked him what he said to our Lord while he was there. He replied, "I just say to our Lord, 'Lord, here is John the Milkman.'" St. Josemaria thought that simple prayer was a wonderful example of how we can talk to God in a very simple and direct way.

How Does A Frog Catch Its Food?

The frog catches insects and other small food animals on the sticky tip of its long tongue.

All summer long, the little frog squats, motionless, on the bank of a quiet pond or brook and watches for passing insects. If a fly or cricket passes within reach, the frog's long tongue will snap out like a flickering whip, so fast that you can scarcely follow the action. The insect is caught on the sticky tip. Just as quickly the frog flips its tongue back into its mouth.

The frog's tongue is fastened at the front of its mouth, not the back, so that it can be flipped out a long way. The frog's mouth is equipped with feeble, practically useless teeth, which are present only in the upper jaw. So it must live mostly on small creatures that it can swallow in one gulp.

Frogs also eat earthworms, spiders and minnows that they catch in the water. Toads capture their food in much of same way frogs do. Frogs and toads help man by eating many harmful insects to be found in gardens and on farms. – Dick Rogers

Frog Life-cycle

Spawn (egg-mass)

While in the amplexus position, the male frog fertilizes the eggs as they get are laid. Frogs tend to lay eggs single eggs in masses, whereas toads usually lay eggs in long chains.

Some frogs leave after this point, but others stick around to watch over the little ones. Some have very unusual ways of caring for their young. You'll learn about some of those later in this tour!

Egg

Usually, about 6-21 days (average!) after being fertilized, the egg will hatch. Most eggs are found in calm or static waters, to prevent getting too rumbled about in infancy!

Tadpole.

Shortly after hatching, the tadpole still feeds on the remaining yolk, which is actually in its gut! The tadpole at this point consists of poorly developed gills, a mouth, and a tail. It's really fragile at this point. They usually will stick themselves to floating weeds or grasses in the water using little sticky organs between its mouth and belly area. Then, 7 to 10 days after the tadpole has hatched, it will begin to swim around and feed on algae.

After about 4 weeks, the gills start getting grown over by skin, until they eventually disappear. The tadpoles get teeny tiny teeth which help them grate food turning it into soupy oxygenated particles. They have long coiled guts that help them digest as much nutrients from their meager diets as possible.

By the fourth week, tadpoles can actually be fairly social creatures. Some even interact and school like fish!

Tadpole with legs. After about 6 to 9 weeks, little tiny legs start to sprout. The head becomes more distinct and the body elongates. By now the diet may grow to include larger items like dead insects and even plants. The arms will begin to bulge where they will eventually pop out, elbow first. After about 9 weeks, the tadpole looks more like a teeny frog with a really long tail. It is now well on it's way to being almost full grown!

Young Frog, or Froglet. By 12 weeks, the tadpole has only a teeny tail stub and looks like a miniature version of the adult frog. Soon, it will leave the water, only to return again to lay more eggs and start the process all over again!

Frog. By between 12 to 16 weeks, depending on water and food supply, the frog has completed the full growth cycle. Some frogs that live in higher altitudes or in colder places might take a whole winter to go through the tadpole stage...others may have unique development stages that vary from your "traditional" tadpole-in-the-water type life cycle: some of these are described later in this tour.

Now these frogs will start the whole process again...finding mates and creating new froggies.

Prayer: Talking With God

Prayer is simply being with God and having a conversation. Children need to know early in their lives that they can talk to God just like they talk to Mommy, Daddy, or a best friend. They need to understand that God is there and attentive to what they have to say. Instead of putting them on hold or playing a recorded message, God is always willing to listen - whether they are on the playground, at a friend's house, in the car, or at church.

Give children the freedom to talk to God in different postures: sitting, standing, kneeling, marching, or bowing. When you have family prayer time, allow each person to choose a different posture in which to pray.

9. You should be a man who respects girls.

Take Away Ideas

1. Boys (men) and girls (women) are different; God made them that way.
2. You should treat girls with more refinement than how you treat other guys.
3. You should protect girls.

Some Ideas

- I. Men should respect and protect women; boys should respect and protect girls.
 - a. Give an example from movies, life, literature of men who protect women.
 - b. See story below as possible story.
- II. Girls are not the same as boys.
 - a. God created them that way; you need to respect this difference.
 - b. Girl are girls: they do not always like the same things as boys (e.g., they like dolls; they play house, they play jump rope, they do not get as excited about competition as boys); these points could be brought out by asking the boys a number of questions about what they do and what girls do (e.g. how many of you play jump rope with your friends?).
 - c. Girls are more sensitive
 - i. Little things can make them get upset; they can start to cry; e.g., if you call your brother an idiot what happens? He gets mad and punches you. You call your sister an idiot and what happens? She might start crying. And you cannot figure out why).
 - ii. They worry more about how they look.
 - iii. They worry more about what people say about them and whether people like them or not.
 - d. Boys normally do more things with other boys, because they like the same things. This is normal.
- III. Do not make fun of girls because they are different
 - a. Do not make fun of them because they are not as athletic as boys (a few are, but most are not) or because they are not as good at the things boys do (or as interested in them).
 - b. Example of things: climbing trees, fixing mechanical things; building things, competitive sports,

- c. Do not make fun of them because they are interested in “girl” things
 - c. Dressing up; perfume and makeup, dolls, etc. Cooking or baking or sewing; generally homemaking.
- IV. Protect girls
- a. Do not let others treat them badly (speech or physical harm)
 - b. Stand up for them if others talk about them badly.
 - c. Help them: life heavy things for them; give them your seat on the subway, hold the door for them.
- V. Respect girls as you get older
- a. At some point young men go out with girls (dating).
 - b. This is done to find out which girl will become your wife; it is not just for fun or just for entertainment. Dating is for finding your wife.
 - c. When you go out, you always treat the girl as if she might be your wife one day; you show her respect.
 - i. Let her go ahead through doors.
 - ii. Do not ignore her at a party.
 - iii. Listen to her.
 - iv. Do not talk about crude things; do not use crude language.

Some other Ideas

- a. If your mother or a girl is carrying something heavy, offer to carry it
- b. Open doors for women
- c. Let women go first – through doors, to sit down, etc
- d. No swearing or off color jokes or stories in front of women
- e. Wait for your mother to sit at the table to start eating

Joplin man gave his life to save wife in tornado By Emily Younker news@joplinglobe.com |
Posted: Friday, May 27, 2011 9:02 pm

Don Lansaw will be remembered by his wife, Bethany, as the epitome of goodness. "He had such a pure heart of gold," she said Friday in a telephone interview. "He was just amazing to me." Don Lansaw, 31, was one of at least 132 people who did not survive the EF-5 tornado that bore through Joplin on Sunday. He died shielding his wife from the storm that raged around them and tore their house apart. Bethany Lansaw had returned from a play at the Stone's Throw Dinner Theatre in Carthage to their house at 20th Street and Mississippi Avenue moments before the storm struck. She stuck a frozen yogurt she had picked up from Orange Leaf into the refrigerator to save for later and checked on her husband. He was asleep on the couch.

Then the sirens went off. She looked outside to find that the previously sunny skies had turned cloudy. "Then just all of a sudden, the sky just turns this greenish-gray color, and rain just starts pouring down," she said. "That's when I just kind of went, 'OK, this is serious.' I woke Don up and said, 'We've got to do something.'" The couple didn't have time to get into the crawl space below their house, so they grabbed some nearby pillows and dashed for the bathtub, with Bethany Lansaw leading the way and pressing a pillow to her face for protection. Her husband protected the rest of her.

"Don jumped on top of me literally as the house was being ripped apart," she said. "When you go through something like that, it seems like it lasts forever. I have no idea. It could have been 30 seconds; it could have been five minutes." Once the tornado finally passed, she sat up amid the rain and debris and looked around at her ruined house. Her husband groaned and muttered something incoherent, and at that point she suspected he had hit his head. She headed for the crawl space, but the door was jammed, so she returned to the bathtub to get her husband's help.

"He's a strong man, so for him to not be able to get out of the bathtub to help me, I knew something was wrong," she said. Leaving her husband in the bathtub with the dog that they had been dog-sitting, Bethany Lansaw ran into 20th Street and flagged down a passing vehicle, which took her to where the police had set up on Range Line Road. But she knew there wouldn't be enough time. She caught another ride back to her house. Her husband, she discovered as she tried to lift him, had not hit his head. He instead had a puncture wound and was turning blue.

'NOTHING I COULD DO'

"At that point, there was probably nothing I could do, but you don't want to believe it," she said. She made one more trip on the kindness of a passing stranger to Freeman Hospital West and told the staff that her husband was injured, but it was too late to save him. Don

Lansaw died a hero in his wife's eyes, having given his life to save hers. The couple, who had known each other for about nine years, would have celebrated their sixth wedding anniversary on July 2. "If you needed anything, he was just there for you," Bethany Lansaw said. "If you were a complete stranger and you needed the shirt off of his back, he would have do

10. You should be a man who works hard.

Key points (takeaway points)

1. Don't be afraid of work; face it, get it done and good things will happen.
2. Through hard work you learn your talents (you're more talented than you think).
3. Hard work gains you respect.

Some ideas

- I. Do not run away from work (Some examples: homework, housework, chores, jobs for money).
- II. Work is easier when you face it and just get at it; very painful when you put it off: get nagged by mother; it's always on your mind (Get it done and then have fun).
- III. Work well; work intensely; do a good job and do it as fast as you can (without all the nagging ideas); Important for later when you have a job.
- IV. Even people with talents have to work hard.
- V. Important for doing well in school and later in life (you may be smarter than you realize); when you work hard at something you find out that you are good at it; you find out where you can excel.
 - Examples
 - Abraham Lincoln/Thomas Edison
 - Michael Jordan (did not make high-school basketball team; worked harder)
 - Ben Carson who discovered his own talents by working hard (autobiography: *Gifted Hands*)

"Benjamin and his brother fell farther and farther behind in school. In fifth grade, Carson was at the bottom of his class. His classmates called him "dummy" and he developed a violent, uncontrollable temper.

When Mrs. Carson saw Benjamin's failing grades, she determined to turn her sons' lives around. She sharply limited the boys'

television watching and refused to let them outside to play until they had finished their homework each day. She required them to read two library books a week and to give her written reports on their reading even though, with her own poor education, she could barely read what they had written.

Within a few weeks, Carson astonished his classmates by identifying rock samples his teacher had brought to class. He recognized them from one of the books he had read. "It was at that moment that I realized I wasn't stupid," he recalled later. Carson continued to amaze his classmates with his newfound knowledge and within a year he was at the top of his class.

The hunger for knowledge had taken hold of him, and he began to read voraciously on all subjects. He determined to become a physician, and he learned to control the violent temper that still threatened his future. After graduating with honors from his high school, he attended Yale University, where he earned a degree in Psychology.

From Ben Carson on how to succeed:

Talent: Our Creator has endowed all of us not just with the ability to sing, dance or throw a ball, but with intellectual talent. Start getting in touch with that part of you that is intellectual and develop that, and think of careers that will allow you to use that.

Honesty: If you lead a clean and honest life, you don't put skeletons in the closet. If you put skeletons in the closet, they definitely will come back just when you don't want to see them and ruin your life.

Insight: It comes from people who have already gone where you're trying to go. Learn from their triumphs and their mistakes.

Nice: If you're nice to people, then once they get over the suspicion of why you're being nice, they will be nice to you.

Knowledge: It makes you into a more valuable person. The more knowledge you have, the more people need you. It's an interesting phenomenon, but when people need you, they pay you, so you'll be okay in life.

Books: They are the mechanism for obtaining knowledge, as opposed to television.

In-Depth Learning: Learn for the sake of knowledge and understanding, rather than for the sake of impressing people or taking a test.

God: Never get too big for Him.

Derek Jeter: "There may be people who have more talent than you, but there's no excuse for anyone to work harder than you do - and I believe that." Read more at

Michael Jordan: "I do now what others won't so I can have later what others can't."

More ideas on Work...

- a. Something that puts fear in the hearts of middle school boys - work
- b. Everyone groans when your mom asks you to do the dishes or get your homework done; But work is actually a great way to develop your virtues, get closer to God, and become the man you want to be (Who do people want to emulate? Successful people, not bums).
- c. Example of working hard: Frodo from *Lord of the Rings*. Frodo shows the first important thing about work: Don't run away from it (Frodo doesn't, even though he is totally not suited for the task).
- d. Work is easier when you face it and just get at it; very painful when you put it off; get nagged by mother; on your mind (you should get it done and then go do the things you want to do)
- e. You don't want to just show up to work, you gotta work hard; Not just "Practice makes perfect" – GOOD practice makes perfect.
 - f. Example: kid who did not like practicing the piano. He practiced the piano every day for half hour because his mother made him. But he would just make enough noise on the piano so that she would think he was practicing. He was not really trying to learn anything. He succeeded in fooling his mother, but in the end he did not learn to play very much. Later he realized (and regretted) how much time he had wasted; if he had just worked hard/seriously for that 30 minute he could have really learned to play the piano.
- g. Working well; working intensely (do a good job as fast as you can); (without all the nagging ideas)
- h. The Internet – A gift (so helpful) and a curse (HUGE distraction); learn to work without peeking at the internet (phone, video game, etc.).
- i. Hard work is important for doing well in school and later in life (you may be smarter and better at things than you realize).
- j. Abraham Lincoln – Taught himself to read.
- k. Thomas Edison – Three months of official schooling (Inventor of the phonograph, motion picture camera, light bulb).
- l. Use your gifts and talents through work; Example of working hard: Michael Jordan
 - m. As a sophomore he did not make the varsity team (even though his friend who was also a sophomore did). He went home to his room and cried. But he decided to work harder and the next year he made the team (and the rest is history).
 - n. Phil Jackson (Chicago Bulls coach) said that when Jordan first got into the NBA, his outside shooting was not up to pro-standards. Jordan spent his off-season going to the gym, shooting hundreds of shots each day. Many people

today have a preconceived notion that things should come easy, that everything should be handed to them (they think MJ had so much natural talent; that it was easy for him)

- o. "I do now what others won't so I can have later what others can't." (Michael Jordan)
- p. "There may be people who have more talent than you, but there's no excuse for anyone to work harder than you do - and I believe that." – Derek Jeter
- q. Summary: Don't be afraid of work; Work HARD; Hard work is the first step of achieving any goals; God gave you gifts; hard work helps you use it.

11. You should be a man who is master of himself (temperance).

Take away ideas:

1. A man who cannot control his urges becomes a slave to them.
2. A man who can follow his head (thinking) in his actions is a free man and is able to do the things that really matter.
3. Although your urges are often good, you need to learn to resist them when you know it is not good to follow them; this is the virtue of temperance.
4. Just because you have an urge, does not mean you should follow it. You gotta think about it.

Ideas for developing the talk

- You can be a slave to your urges and not really be a free man (master of yourself)
 - What it means to be a slave
 - Basically do what someone else tells you to do; you do not decide what you will do
 - You do what he wants, what is good for him, and not what is good for you
 - No one wants to be a slave
 - You can be a slave to your own urges: do what they tell you to do and not what you actually want to do or what you know would be best for you
- Examples of urges and how they make you do what you really don't want to do
 - Get into a fight with your brother (or sister) over a toy. The urge to play with the toy leads you to say and do (even hit at times) to your own brothers and sisters that you regret later on (and maybe need to apologize for).
 - Get mad at your mother because she put the wrong kind of jelly on your PB&J sandwich; you know it is not good to get mad at your mother; you feel bad about it afterwards; but you got mad because you wanted (had an urge) for some particular kind of jelly. That urge pulled you around and controlled you.
 - Hog all the root beer or the candy or some other food at Christmas or at a picnic; you end up not being a good friend; basically telling your friend (or sibling), "I will take the best for me and you can have whatever is left." But as a good friend, you really want to do just the opposite: try to do what is good for him and give him the best.
 - Pippin with the Palantir: he could not control his curiosity (an urge) and looked at the Palantir; this alerted Sauron that Saruman had fallen and probably precipitated events. In short, Pippin endangered thousands of

people in Middle Earth by his lack of self-control.

- Edmund and his urge to enjoy Turkish delight; it leads him to fall into the power of the White Witch in The Lion the Witch and the Wardrobe. He lacked self-control and it had serious consequences.
- Gollum is an extreme example of a person who is the slave of an urge; a pitiable state.
- Jackie Robinson (first black major league ball-player, as in movie “42”): Had to control his anger; scene where the manager of the other team is taunting him and he wants to go over knock the daylights out of him; instead he goes into the clubhouse takes a bat and slams it against the wall (he resisted an urge that, had he followed it, would have caused a lot of harm to him and his fellow African-American ball players who followed his footsteps). He was a self-controlled man (in fact, that is why they chose him to be the first one).☐
- How man is made:
 - Head that thinks
 - Urges. These are often good (sometimes bad); e.g. urge to eat, drink, play, listen to music, watch movies, show you are better than others, have things like toys, boats, etc. (pornography?), anger (desire to get back at somebody who has hurt you).
 - The head (thinking) should control the urges and not the other way around; all the urges become bad if they are not followed according to how the head says they should be followed (e.g., eating too much and being buried in a piano case like the 900 lb. guy in the Guinness Book of World Records).
- Temperance: when you control your urges instead of them controlling you.
 - When you are pulled by some urge (desire for foods or drinks, anger, curiosity, desire to play games, etc.) to do something that is really worse for you, then you are intemperate.
 - Your head tells you to follow better goods like, friendship, learning, making a contribution to society, loving God.
- To become temperate (gain self-mastery):
 - You first need to think (with your head) about an urge, and then decide if it would be good to follow it. Many times it will be; other times it will not be.
 - If yes, you should do it, but in a moderate way (e.g., don’t overeat).
 - If no, don’t do it and then stop thinking about and the urge will go away; if you keep thinking about it, it will not go away.
 1. E.g., when you are doing your homework, you get the urge to get up and eat or drink something; or to go watch the game. You think, should I do this now or not? You realize you should not do it now, but should just keep concentrating on your work. So you stop thinking

about the game and focus on your work.

2. E.g., when you see some food you like, you want to grab it right away. You ask yourself, Should I eat it or not? Should I wait to eat it or not?

3. When someone gives you a gift like a new baseball mitt, you want to go use it right away; should you or should you wait?

- How does man with self-control act? He has an urge. He stops and asks if he should follow it. Then, after thinking about it, he does what his thinking (head) says is best. The more you do this, the more self-control you will have.
- You need to exercise self-control every day to build up the virtue (that is how people like Jackie Robinson gain the self-mastery that they had).

12. You should be a man who is a good friend of his friends (friendship).

Take away ideas:

- i. Everyone needs friends. You can't be happy without friends.
- ii. It is easy to be someone's buddy, better to be his friend. A friend really cares about how his friend is doing; he will make sacrifices to help his friend.
- iii. If someone is only thinking about himself and what he wants/likes, he will not be a good friend. Selfish people do not have friends.

Ideas for developing the talk

- You need to have friends
 - Without friends, none of the other good things will make you happy.
 - No one wants to have others' good things without friends.
- A buddy vs. a friend
 - A buddy is just someone you hang around with because it is fun; he likes to do the things you like to do; you are not really interested in him; if he stops doing the things you like, you will go find a new buddy.
 - A friend is someone you really care about; you know what he needs; you do what is good for him, not just what is fun; he can count on you to help him if he needs it. You will make sacrifices in order to help him.
 - Usually you start out as buddies. You are attracted to someone that you can do things with; things you like. The trick is to become friends. You have to work at that.
- You know what is going on with your friends (because you are interested in them).
 - Their concerns are your concerns.
 - You should know about his family and how they are doing.
 - You know what activities and music and games, etc. he likes and dislikes.
- Try to help your friends
- b. You lend a friend your stuff: cleats, glove, bike, balls, etc.; you would trust him with it; you would risk something breaking.

- c. You pray for your friends.
 - d. You do not talk badly about your friend behind his back; you stick up for him.
 - e. You tell him what is wrong; you tell your friend the truth, even that what he is doing is bad; Don't lead friends to do bad things (e.g., let's go shoplift some candy bars).
 - f. You would not always take what is best for yourself; you would let him take the better stuff.
-
- Need to learn how to be a good friend
 - Try to meet new people when you go places (camp, school, Sherpa, etc.).
 - Learn to share with a friend
 - Learn to see how you can help your friend; learn what he likes and what he needs.
 - Be willing to do what he wants, even if it is not exactly what you want (e.g., guy asking other people to play basketball); dash to get the hot shower (e.g., at camp a guy ahead in line took a cold shower because he knew they were running out of hot water and he left the hot water for his friend).
 - Being popular is not the same as having friends.
 - Example: Sam goes with Frodo because he knows Frodo needs him (not because it is fun).

More on Friendship...

- I. The importance of having friends
 - a. Example of the perfect island (all the stuff you want); you get to go to an island which has all the stuff you could want:
 - i. Big house with air conditioning, pool, a little theater for watching movies & TV;
 - ii. Jet skis, motor boats, waterskiing, sailboats, mountain bikes, dirt bikes, ATV, skiing, snowboarding (has a high mountain with snow on it);
 - iii. Video games, iphones, idpods, ipads;
 - iv. Food: whatever you want: Big macs, Papa John Pizza, Bowls of candy (whatever kinds you like), coke, root beer, lemonade, whatever you like.
 - v. Get up when you want, go to bed when you want, eat whenever you want, etc.
 - b. Ask: who would want to live there for one year (they all say *yes*)
 - c. Then, add one condition: you have to be there alone (they will say *no*)
 - d. Would get bored after a few weeks (maybe days) and would ask if you could go back home:
 - i. Back to crummy bicycle, to the dumpy park down the street to play football or whiffle ball; Back to the crummy little TV, only eat what your mother gives you when she give it to you, have go to bed, get up, even go to school.
 - ii. Why? Because you want to be with your friends.
 - e. Friends are more important for you to be happy (what we all want) than all the other stuff
 - i. With friends you can be happy with whatever stuff
 - ii. Most important thing is to be a good friend, a friend of your friends, (also your family and most important, God)

iii. You won't have friends unless you are a real friend to them.

II. Buddies vs. Friends

a. Important distinction to understand

b. Buddy: someone you just hang around with to do fun things together.

i. You like him because you can have fun with him.

ii. All you do with him are the things that are fun.

iii. If it stops being fun, you don't do anything with him.

iv. E.g.: like playing football with someone; then he breaks his arm and can't play; you don't see him (or even think about him) until his arm is better and he can play again. This is not a real friend

c. Friend: someone you like to be with, but, more importantly, someone you are really interested in and want to do what is good for them (not just about having fun)

i. Real friend would be interested in his friend even when he breaks his arm (especially when he needs help); would go and see his friend; would try to help him do the stuff that was hard; would do other things with him that he could do with just one hand (Play checkers or monopoly).

ii. Example of Sam with Frodo

1. Was loyal to Frodo; wanted to help him even though it was not fun

2. Not fun to have Black Riders chasing you, to have a Balrog chasing you, to go into Mordor, to have a giant spider try to squash you, to have Orcs all around who want to kill you, etc.

3. Did it because Frodo was his friend and he was not going to run away when Frodo needed him; he was willing to make sacrifices for his friend.

4. Sam was not Frodo's buddy, he was his friend.

5. That is how friends are; they do not leave their friends

when it stops being fun.

d. Friends know about their friends. Do you know your friend: his family, his brothers and sisters? If his grandmother is sick he tells you and you are concerned about her (you can pray for her to get better)?

III. You think about your friend instead of yourself

a. Usually we think about what we want for ourselves (that's how babies are and even little kids at 3 years old); to be a good friend, you need to get over that and think about the other person, your friend..

b. What sort of things are we talking about?

i. Let him take what is better (if there are only a Snicker bar and a Peppermint Patty, do you take the Snickers or do you leave it for your friend?)

ii. Example: 10 guys taking showers after skiing all day. They were in house where there was enough hot water for only 4 showers. And no. 4 took a cold shower so his friend, no. 5, would be able to take a hot shower).

iii. Lend him your stuff (without worrying if he is going to break it)

iv. Take him along for things he likes (to go skiing or hiking or whatever)

v. Know what he likes (and let him have it); e.g., watch the movie he likes and not the one you like (even suggest the one he likes)

vi. Do not blab around what he tells you (no one will be your friend if you do that)

c. Selfish people do not have friends (the best they can do is buddies). They end up being alone.

13. You should be a man who puts God first in his life.

Take away ideas:

- Your most important friend is God (Jesus Christ).
- You will never be happy without God; apart from God, nothing and no one will make you happy.
- You need to work at developing friendship with God; be ready to give up anything for the sake of that friendship.

Ideas for developing the talk

- Your most important friend is God (Jesus Christ)
 - o As we saw last time, friends are more important than anything else in our life (remember the perfect island).
 - o The most important friend you can have is God.
 - o God seems far away because he is invisible (a spirit) and seems so powerful.
 - o But, he sent his Son to become a man so that we could be closer to him (could see him, talk to him, learn from him etc.); so that we could be a friend.
 - o Need to get to know God, especially through his Son, Jesus.
 - o God is the best friend: he only wants what is good for us; never falls asleep, or gets lazy, nor is he selfish.
- You will never be happy without God; apart from God, nothing and no one will make you happy
 - o With God we get everything; he is the creator and so he gives us everything that is good (even those who don't know about God are getting all the good things from God).
 - o God is a Father: he only wants what is good for us; even the things that seem like they are bad bring us good (like a little kid who doesn't want to stop playing with his toys when his father is going to take him to the zoo which is much more fun).
 - o God is all powerful and all knowing: he knows what we need, what is really good for us and he can do it (it's not like he would like to do it but then can't do it).

- o We are made for God (he made us that way). So anything else leaves us unhappy. We can be fooled that something will make us happy, but when we get it, we find out it does not. Like rich people: they find out money does not make you happy; like famous people: they find out being famous does not make you happy (they can be very lonely).
 - o You want to spend eternity with God; best thing that you can experience.
 - o More important than
 - ♣ Being rich (even being richer than Bill Gates, Warren Buffet and Mark Zuckerberg all together)
 - ♣ Being famous
 - ♣ Winning the Super Bowl
 - o Examples of martyrs: Machabees; Daniel in the lion's den. They thought God was the most important thing in their life, even more important than staying alive (bodily).
- a. You need to work at developing friendship with God; be ready to give up anything for the sake of that friendship.
- o Learn about him: read the Bible;
 - o Be in conversation with your friend: prayer, Go to Mass;
 - o Visit him in the blessed Sacrament;
 - o Not do what would hurt your friend (out of selfishness); obey his commandments (how he lets us know what he wants us to do); avoid sin (disobeying the commandments);
 - o Say you are sorry to him if you do what hurts him: Confession.

14. You should be a man who uses his failures to be successful (not a quitter).

Take away ideas

- a. 11. Failure is a normal part of life. You should not be surprised if you fail at something.
- b. 12. Failure should not make you get discouraged or make you quit: rather you should use it to learn how to do the thing better and then try again.
- c. 13. You should not let fear of failure stop you from learning and doing worthwhile things.

Outline

I. Introduction

- a. It would be nice if you always succeeded: received 100 on every test; won every game; made every shot in basketball or soccer; got a hit every at bat in baseball; played an instrument and never make a mistake; etc.
- b. You would never have to do anything over because you always did it right. But this is a dream world and not the real world.

II. Failing is a normal part of life; the main thing is how you react to it.

- a. We all fail a lot (by 5th grade you know that)
 - i. Learning to ride a bicycle: if you did not fail (fall down) a lot, you would still be riding your tricycle.
 - ii. Going fishing: most time you put in the line you don't catch anything.
 - iii. Learning to play an instrument: at first it is mostly mistakes.
 - iv. Learning math or science.
- b. Don't be surprised that you fail: *it's normal*.
- c. Thomas Edison:
 - i. Inventing the light bulb: needed to find the right material for the filament (that glowed when an electric current was passed through it; think of your toaster that turns red and gets hot). Needed something that would glow but not burn out in a couple of hours.

ii. He had to try several thousands of materials (each one in a glass vacuum bulb); many of his colleagues got discouraged and were ready to quit, but not Edison. He finally succeeded and now we have electric light.

iii. Thomas Edison: "Before I got through," he recalled, "I tested no fewer than 6,000 vegetable growths, and ransacked the world for the most suitable filament material. . . The electric light has caused me the greatest amount of study and has required the most elaborate experiments. I was never myself discouraged, or inclined to be hopeless of success. I cannot say the same for all my associates."

iv. Edison: "Genius is one percent inspiration and ninety-nine percent perspiration."

d. Michael Jordan

i. Most people wouldn't believe that a man often lauded as the best basketball player of all time was actually cut from his varsity high school basketball team in his junior year (his friend made it) He went home into his bedroom and cried. He then spent that year practicing even harder. He made the team his senior year and the rest is history.

ii. Jordan: "I have missed more than 9,000 shots in my career. I have lost almost 300 games. On 26 occasions I have been entrusted to take the game winning shot, and I missed. I have failed over and over and over again in my life. And that is why I succeed."

III. How to respond to failure

a. Don't get discouraged or quit

i. Don't get discouraged (no one gets it the first time).

ii. Don't quit: be ready to try again.

b. How to respond to failure: learn from your mistakes.

i. It's OK to make mistakes and fail, but to keep making the same mistake is just plain dumb.

ii. You have to look at what you did and learn from it so you do not repeat the mistakes. That is how you eventually succeed.

iii. It may be (usually is) painful to look at your mistakes, but you need to do it; just as a quarterback has to look at the tape of his

interception so that he does not repeat the mistake in the next game.

iv. Don't let that pain stop you from seeing what you did wrong.

c. Wright brothers: 1903 at Kitty Hawk they had their first powered flight (not just a glider).

i. Went there every summer for several years and were not successful.

ii. Each year they went back to their bicycle shop in Dayton, Ohio and work on improving their plane, based on what they had learned by their failed attempts (and those of others).

iii. Finally got it figured out (especially how to control the airplane).

IV. No fear of failure

a. Biggest problem: when you don't try to do something because you are afraid that you will fail.

i. I would like to learn to skate, but I will probably be lousy, so I just won't even try.

ii. I would like to learn electronics, but it is probably too hard for me, so I will not even try.

iii. I would like to get to know that nice fellow in my class and be his friend, but he probably won't like me, so I won't even try.

iv. I would like to act in the school play, but

b. Example: public speaking

i. You will say to yourself: I will probably fail and then they will laugh at me; I will be ridiculous.

ii. Of course you will be ridiculous, after all, why would you think you are going to do it well the first time?

iii. Just do it, look ridiculous, laugh at yourself along with the others, and then learn from it: what did I do wrong and what could I do better?

iv. Then do it again. And again. Soon you will be good at it. You

will be better than all the guys who were afraid of doing it because they would fail (and be laughed at).

c. One of the worst things you can do is not try something that would be good just because you are afraid that you will not do it well at first.

V. Conclusion: people who are successful (Michael Jordan, Thomas Edison, George Washington) are not people who never failed; they are people who failed, learned from their failures, and persisted until they were successful.

Some other examples

Theodor Seuss Giesel. Today nearly every child has read *The Cat in the Hat* or *Green Eggs and Ham*, yet 27 different publishers rejected Dr. Seuss's first book *To Think That I Saw It on Mulberry Street* (explain why and how a writer submits a book to a publisher).

Harland David Sanders. Perhaps better known as Colonel Sanders of Kentucky Fried Chicken fame, Sanders had a hard time selling his chicken at first. In fact, his famous secret chicken recipe was rejected 1,009 times before a restaurant accepted it.

George Washington: He lost most of the battles he fought in the Revolutionary War. But he did not give up. Eventually the Americans defeated the British and won the war.

15. You should be a man who forwards and asks pardon.

Take away ideas

1. When someone has hurt you, as a Christian you have to forgive him and be ready to accept his apology.
2. When you forgive someone, you give up trying to “get even.” You stop thinking and talking about the bad thing he did. You are ready to be his friend again.
3. When you have done something bad to another person, you need to (be a man and) apologize to him and ask his pardon. This is normal.

Some Ideas

I. Forgiving

- a. Examples
 - i. Pope JP2 with the fellow who tried to assassinate him (went to visit him in jail to forgive him);
 - ii. Christ himself who suffered unjustly and had the power to get back but did not; he gave us that example;
 - iii. Iñigo Montoya from *The Princess Bride*: you killed my father, prepare to die (example of not forgiving; his whole life is built on revenge and is wasted);
 - iv. Corrie TenBoom (see below).
- b. Teaching of Jesus Christ
 - i. Our Father: Forgive us our trespasses as we forgive those who trespass against us;
 - ii. Forgive 70x7 times;
 - iii. Parable of the servant who was forgiven a big debt by his master but would not forgive his fellow servant;
- c. When you are hurt/insulted you naturally want to get back or get even with the person (revenge). Some examples of what you feel like doing:
 - i. Call him a name back;
 - ii. Hitting him back;

- iii. Ripping up his homework;
 - iv. Kick the spokes out of his bike;
 - v. Drown his dog;
 - vi. Tell lies about him to get him in trouble (e.g., to the teacher);
- d. Forgiveness means not trying to get even when someone does wrong to you and you feel like getting even.
- i. The person has actually done you wrong. You get mad/angry and naturally feel like getting even (doing something that would hurt him).
 - ii. But you reject that feeling and let it go. You tell the person (at least internally) that you do not hold it against him; you will forget about it.
- e. What to do when you forgive:
- i. Not holding grudges (don't keep thinking about it).
 - ii. Do good for him; want good for him; don't rejoice over the bad things that happen to him.
 - iii. Be ready to treat him well and be friends with him.
 - iv. Don't bring up the bad thing he did to you in the future; you have to bury it and forget it.
 - v. Not telling others about the bad thing he did to you (gossip).
 - vi. Accept his apologies.
 - vii. Let God punish those who are to be punished (that's his job not yours).

II. We can (and should at times) stand up for our rights; forgiving does not mean letting people walk all over you or all over your friends.

- a. Sometimes you need to stop a person who is going to do you harm (or is repeatedly doing you harm), like a bully. You may need to use force to do so.
- b. But, you are doing it to prevent harm; you are not doing it just to get

even. If the person is no longer threatening you, then you should forgive them and not want to harm them or want them to suffer evil.

III. Asking Pardon

- a. When we have hurt someone, we need to apologize and ask pardon
- b. What sorts of things do we need to ask pardon for?
 - i. Done something we would not want him to do to us (easy rule to follow);
 - ii. Hurt someone physically (punched him, kicked him, pushed him down;
 - iii. Called someone a nasty name;
 - iv. Told other people bad things about him;
 - v. Made fun of him in public and got others to join in;
 - vi. Didn't keep our word to him;
- c. How do we do it
 - i. Go to him alone.
 - ii. Tell him directly you apologize (are sorry for) what you did.
 - iii. Ask him to forgive you.
 - iv. Thank him for that.

Corrie Ten Boom

During the Second World War, Corrie Ten Boom and her family showed great courage in helping to rescue Jewish people from the Nazis. Corrie's involvement with the Dutch underground began with her acts of kindness in giving temporary shelter to her Jewish neighbors who were being driven out of their homes. Soon the word spread, and more and more people came to her home for shelter. As quickly as she would find places for them, more would arrive. She had a false wall constructed in her bedroom behind which people could hide.

After a year and a half, her home developed into the center of an underground ring that reached throughout Holland. Daily, dozens of reports, appeals, and people came in and out of their watch shop. She wondered how long this much activity and the seven Jews that

they were hiding would remain a secret.

On February 28, 1944, while Corrie was 48 years old, a man came into the shop and asked Corrie to help him. He stated that he and his wife had been hiding Jews and that she had been arrested. He needed six hundred guilders to bribe a policeman for her freedom. Corrie promised to help. She found out later that he was an informant that had worked with the Nazis from the first day of the occupation. He turned their family in to the Gestapo. Later that day, her home was raided, and Corrie and her family were arrested (their Jewish visitors made it to the secret room in time and later were able to escape to new quarters). Her father died 10 days later from a sickness.

They were arrested and imprisoned by the Germans. Corrie and her sister were sent to Ravensbruck concentration camp, where her sister died just before the end of the war in 1945. The rest of her family was never seen again. She spent the rest of her long life spreading the news of God's forgiveness.

Here is a story of forgiveness, that she once shared. I still think it would have been almost impossible for me to ever have done...

"It was in a church in Munich that I saw him, a balding heavy-set man in a gray overcoat, a brown felt hat clutched between his hands. People were filing out of the basement room where I had just spoken. It was 1947 and I had come from Holland to defeated Germany with the message that God forgives. ...

And that's when I saw him, working his way forward against the others. One moment I saw the overcoat and the brown hat; the next, a blue uniform and a visored cap with its skull and crossbones. It came back with a rush: the huge room with its harsh overhead lights, the pathetic pile of dresses and shoes in the center of the floor, the shame of walking naked past this man. I could see my sister's frail form ahead of me, ribs sharp beneath the parchment skin. Betsie, how thin you were!

Betsie and I had been arrested for concealing Jews in our home during the Nazi occupation of Holland; this man had been a guard at Ravensbruck concentration camp where we were sent. ...

"You mentioned Ravensbruck in your talk," he was saying. "I was a guard in there." No, he did not remember me.

"I had to do it — I knew that. The message that God forgives has a prior condition: that we forgive those who have injured us." "But since that time," he went on, "I have become a Christian. I know that God has forgiven me for the cruel things I did there, but I would like to hear it from your lips as well. Fraulein, ..." his hand came out, ... "will you forgive me?" And I stood there — I whose sins had every day to be forgiven — and could not. Betsie had died in that place — could he erase her slow terrible death simply for the asking?

It could not have been many seconds that he stood there, hand held out, but to me it seemed hours as I wrestled with the most difficult thing I had ever had to do.

For I had to do it — I knew that. The message that God forgives has a prior condition: that we forgive those who have injured us. "If you do not forgive men their trespasses," Jesus says, "neither will your Father in heaven forgive your trespasses." ...

And still I stood there with the coldness clutching my heart. But forgiveness is not an

emotion — I knew that too. Forgiveness is an act of the will, and the will can function regardless of the temperature of the heart. “Jesus, help me!” I prayed silently. “I can lift my hand, I can do that much. You supply the feeling.”

And so, woodenly, mechanically, I thrust my hand into the one stretched out to me. And as I did, an incredible thing took place. The current started in my shoulder, raced down my arm, sprang into our joined hands. And then this healing warmth seemed to flood my whole being, bringing tears to my eyes.

“I forgive you, brother!” I cried. “With all my heart!”

For a long moment we grasped each other’s hand, the former guard and the former prisoner. I had never known God’s love so intensely as I did then.”

A *Guidepost* article from 1972: “***I’m Still Learning to Forgive***” (by Corrie TenBoom)

16. You should be a man who lives the virtue of fortitude.

Take away ideas

1. Fortitude means doing difficult things to achieve/preserve some good thing.
2. Without fortitude you will miss out on most of the best things in life.
3. When you face something difficult/painful that you know you should do, just do it without hesitating and whining and thinking about how hard/painful it is.

Some Ideas

- I. What is fortitude?
 - a. A virtue: a steady habit of acting in a good way; as a habit, it is formed by repeatedly doing some good type of action.
 - b. In the case of fortitude, the good type of action is facing difficulties or pain; doing good acts that are hard. Practicing an instrument is hard and sometimes painful: a person with fortitude will do it; so too doing homework; so too fighting in battle when you might get killed.
 - c. The opposite of being courageous (having fortitude) is to be a coward. Other terms are wimp; scaredy-cat, chicken, etc. A coward is someone who is too afraid and let his fears get the better of him. Like hiding in the closet when there is thunder storm or screaming when you see mouse or a spider.
 - d. It is OK to be afraid of things, especially things that you should be afraid of. But a brave or courageous person does not let fear keep him from doing the good things he should do.
 - e. What are some difficult/painful things you do in order to achieve some good?
 - i. Studying when it is hard (tired) in order to do well on the exam.
 - ii. Taking out the garbage from the kitchen to the trash can (need to get all that smelly trash out of the house).
 - iii. Going to work every day to support the family (what your father does every day).
 - iv. Standing in battle to keep your country free.
 - f. We tend to ask ourselves what would be fun to do. But a brave person

asks himself what it would be good to do. Many times what is good to do is hard and not fun.

II. An example: Mustafa (Somalia immigrant), 17, living near Buffalo, NY [see article below]

a. June 2013 with his sisters at a park along the Niagara River; his 7-year-old sister falls into the river. Water is cold and a strong current; she starts getting pulled downstream; Mustafa runs over and jumps in; he gets ahold of her and is able to throw her to his other sisters who are standing on the river bank. But he can't get out (too cold and getting tired); his 13 year-old sister jumps in to help him and they both start getting pulled downstream; a nearby fisherman jumps in and is able to grab the sister, but not Mustafa. He disappears under the water. Forty-five minutes later, they send in a diver and find him at the bottom, dead.

b. He did a brave act; he faced danger for a good: to save his sister.

i. Probably he was used to doing hard things; he was prepared for this act of bravery.

ii. He didn't just stand there thinking what would happen to him (I'll get cold; I'll get wet; I'll drown). He thought about the good thing that he needed to do and he did it. That was fortitude.

III. Why is fortitude important

a. If you do not have fortitude, you will not be able to accomplish anything very big. *Doing anything worthwhile is always hard.*

i. Doing well in school: you need to study.

ii. Doing well in sports: you need to practice.

iii. Doing well in business: you need to work long hours, make cold calls; [think of an example here]; someone doing something hard because he needs to support his family and put his kids through school.

b. You will not have friends: because when being loyal to your friend is hard, you will not help him; then he will see that you are not really a loyal friend; he cannot count on you with things get difficult.

i. Car breaks down and you need a friend to come get you.

ii. Think of a good example of a friend doing something brave to

help his friend.

IV. How to develop this virtue

- a. You have to do things that are good but hard and do them many times; you develop the virtue just the same way you exercise your muscles to make them stronger.
- b. What things; homework, chores, confession, going to the dentist, getting a sliver pulled out of your finger; making your bed, cleaning up your room.

V. Face the difficult things and just do them.

- a. Temptation: when faced with something hard we a) put it off, b) whine and moan about how hard it is (it's so hot; it's so cold; I hate making my bed; I hate doing homework, I hate doing the dishes). We can waste a lot of time and energy complaining and moaning (even just internally).
- b. When you see that you have to do something hard and that it would be good to do it, then you should just do it.
- c. Real men don't moan; they get it done. Like Nike: Just do it.
- d. If you do this all the time, it will get easier (like exercising a muscle; you get in shape; you get stronger). You can do harder things like defending your friends when people make fun of them; or later holding a job and making money to support your family.

Some other examples:

- a. Saints like Edmund Campion or Isaac Jogues
- b. Riders of the Pony Express
- c. Jesus Christ
- d. Nathan Hale
- e. Frodo and Sam

Some good books about courageous figures

Edmund Campion: Hero of God's Underground, by H. C. Gardiner, Ignatius Press.

We Die Alone, by David Howarth

Riders of the Pony Express by Ralph Moody

Heroism and tragedy converge at river as boy, 17, drowns after saving sister Fisherman valiantly prevents dual fatality

By Lou Michel | News Staff Reporter, The Buffalo News
on June 3, 2013 - 8:18 PM, updated June 3, 2013 at 9:35 PM

It all started when a 7-year-old girl slipped into the Niagara River off Squaw Island on Monday afternoon. Her 17-year-old brother, identified today as Mustafa Ismail, jumped in after her and threw her to shore, into the waiting arms of two older sisters, witnesses said.

One of the sisters onshore – a 13-year-old – noticed her brother struggling in the water and jumped in after him. Like her brother, she soon was overcome by the cold water and current.

At that moment, fisherman Leonard W. Stevens knew he needed to act as he saw the two siblings floating face down about 20 feet from shore. “I realized I had to save a life,” Stevens said.

Stevens managed to pull the 13-year-old sister from the water as he clung to a piece of driftwood, fearing that the river’s current might take his life. He tried for the brother, too, but the teenager, Stevens said, had disappeared into the brown water.

About 45 minutes later, a Buffalo police diver found the young man on the river’s bottom not far from where he had submerged. A short time after that, the teen was pronounced dead at Erie County Medical Center.

Stevens was described by police as a hero, but the dramatic rescue was tempered by the death of the 17-year-old, who gave his life while saving his little sister. Weeping, Stevens said, “He’s a hero in my book.”

“I consider Stevens and the brother both heroes for their actions. It’s unfortunate the brother lost his life, but he saved his sister,” Police Commissioner Daniel Derenda said late Monday.

Police said the family members are African immigrants, possibly from Somalia.

Stevens was at the river fishing Monday afternoon. He recalled seeing the sisters and brother kicking a ball around. “There were three sisters and two brothers. Then I happened to see the little 7-year-old slip into the water and her older brothers go in after her,” Stevens said, recounting the tragedy he had watched unfold.

Mustafa Ismail jumped into the river and was standing in water 3 feet deep when he snatched up his little sister. “He grabbed the little girl and threw her to two other sisters on the shore,” said Stevens, a resident of nearby Hertel Avenue in the city’s Black Rock section, who had driven his bicycle to the park for an afternoon of fishing.

Stevens, 45, said the siblings still on the shore were screaming, "Save my brother! Save my brother!"

With his clothes on, Stevens leaped into the river and, hanging onto a log, made his way to the brother and sister still in the water, several hundred feet south of the International Railway Bridge. "I was holding onto a piece of driftwood, and I was able to get the sister and grab her and get her to shore," said Stevens, who served eight years in the Navy.

Burmese native Halima Be said her husband, Solamal, waded into the water's edge and grabbed the 13-year-old from Stevens. The sister was placed on her side on nearby grass, and Stevens performed first aid. "She was gurgling, and I smacked her twice on the back, and she coughed up water and started breathing," Stevens said.

According to police, the 7-year-old sister was standing "and screaming because she was cold and wet."

Northwest District police arrived after Be called 911 at 3:01 p.m. with her cellphone, witnesses said.

Moments passed painfully slowly as two divers for the Buffalo police Underwater Recovery Team methodically searched the river's bottom, just south of a concrete lookout protruding into the river. Then, at about 3:55 p.m., approximately 45 minutes after the teenager had disappeared below the water, authorities said, a diver emerged. The 17-year-old was found wedged between a rock and sticks on the riverbed, in a section where the bottom sloped from 8 feet deep to 20 feet, Stevens said police told him.

Stevens helped police and other first responders pulled the unconscious victim up the rocky shoreline.

Frantic efforts to revive the young man began immediately, with only a brief pause to shift the teenager onto a stretcher from a Rural/Metro Medical Services ambulance. For a moment, when the young man was hauled out of the water, there was a sense of hope. Stevens, who had been waiting anxiously on the shore, threw his hands up in jubilation as efforts to revive the teen were made.

"I began praying, 'Lord, you gave him breath at birth, give him breath now.' His siblings started praying with me," Stevens said. "I was hoping they could save him," added Stevens, the father of three children ranging in age from 16 to 26. "When I went into the water, I was thinking of my own children and how I would want someone to rescue them."

But it soon became clear that the young man would not regain consciousness, as somber-faced police officers and other rescue personnel walked silently past spectators, moments after the teenager was taken away. He was pronounced dead shortly after arriving at ECMC.

The teen who saved his South Dakota school from a Columbine-like tragedy Before Sandy Hook, Virginia Tech, and Columbine, there almost could have been Rapid City, had it not been for the swift acts of senior **Chris Ericks**. On Sept. 11, 1991, 17-year-old Ryan

Harris entered Stevens High School in Rapid City, S.D., walked into a math class, demanded that the teacher leave, and held 22 of his fellow students, including Ericks, hostage with a 12-gauge sawed-off shotgun. For four hours, the students cowered, while the young man blared demands for pizza, cigarettes, \$1 million, and a helicopter getaway over the public address system, accenting each order by firing his weapon into the classroom. He shot at the chalkboard, the ceiling, and the window, making it clear that he had plenty of ammo and that he would leave no survivors. But then, for one moment, Harris put his gun down and Ericks lunged for it. Harris, realizing his mistake, jumped at the shotgun too, and the pair struggled for control. Ericks, however, won the tug-of-war, and the gunman was overpowered. "To this day, I'm so proud of Chris Ericks for having the courage to do what he did to bring the situation to a close," police Capt. Christopher Grant told the *Rapid City Journal* in 2011.

17. You should be a man who knows the value of money.

Take away ideas

- a. 1. Be willing to work hard and well to earn money.
- b. 2. Use money for worthwhile things and don't waste it on silly whims.
- c. 3. Generosity: be ready to give away money to others; riches will not make you happy, but friends will.

Some Ideas

- a. I. Money is good because it lets us do good things.
 - a. Money is not a goal; it is something useful for other things.
 - b. Those who seek money just to be rich are not very happy.
 - c. Those who use money to help others usually are happy.
- b. II. You need to work hard to earn money.
 - a. Money comes from work; This is what your father does (even if you don't see him doing it); Even if it is given to you (gifts, allowance, etc.) someone worked for it.
 - b. If you want money to pay for something (and your parents don't just give it to you), you ask them how you can earn it.
 - c. Do not be surprised if earning money is hard; mowing lawns, shoveling sidewalks, caddying at the golf course, etc.
- c. III. When you spend money, spend it on worthwhile things.
 - a. We are tempted to blow it on satisfying our immediate urges (candy, Coke, Doritos, etc.). In this way it disappears.
 - b. If you save and then buy things that are worthwhile, you are happier in the end. E.g., if you buy a baseball mitt, you will have it for many years.
 - c. Whenever you earn money, it is a good idea to put some of it in the bank and save up for bigger things.
 - i. This is temperance: resist the immediate urge for the sake of a long-term good.
 - ii. Better to put the money where you cannot get at so that you do

not blow it in a moment of weakness.

IV. Be generous with your money

- a. Do not just think about yourself and what you want (that is selfish)
- b. Give away some of your money; e.g., tithing (10%) to the Church; give some money to the poor.
- c. Be generous in buying gifts for friends and family.
 - i. You might buy a Coke for your friend (and not just you)
 - ii. Gifts for family at Christmas and birthdays.
 - iii. Be ready to give money for the needs of your family if that is necessary.
 - iv. It's nice to be able to buy others gifts with money that you earned yourself.

Random Ideas

- i. Budget: a plan of how you will spend your money (vs. urge satisfaction)
- ii. Don't measure your worth as a human being by how much money you have
- iii. Save money: never know when you will need it; don't just spend it as soon as you get it
- iv. Don't borrow money (unless you really have to)
- v. If you can't control yourself, don't walk around with money
- vi. Buy what you really need
- vii. Think ahead. A good area for temperance: not just caving in to every urge that comes along.
- viii. A penny saved is a penny earned.

Examples

- i. Several years ago, a Crotona Program kid from the Bronx was on an excursion to lower Manhattan (Wall Street, etc.). He got separated from his group and was lost. First thing he did was go to a nearby McDonalds and spend all the money he had. So then he could not call anyone or even pay for a subway to take him back to the Bronx. This is satisfaction of an immediate urge without thinking about what the money is needed for farther down the road (a lack of temperance).

Andrew Carnegie Dictum

In his final days, Carnegie suffered from bronchial pneumonia. Before his death on August 11, 1919, Carnegie had donated \$350,695,654 for various causes. The "Andrew Carnegie Dictum" was:

- To spend the first third of one's life getting all the education one can.
- To spend the next third making all the money one can.
- To spend the last third giving it all away for worthwhile causes.

As early as 1868, at age 33, he drafted a memo to himself. He wrote: "...The amassing of wealth is one of the worse species of idolatry. No idol more debasing than the worship of money."^[40] In order to avoid degrading himself, he wrote in the same memo he would retire at age 35 to pursue the practice of philanthropic giving for "...the man who dies thus rich dies disgraced." However, he did not begin his philanthropic work in all earnest until 1881, with the gift of a library to his hometown of Dunfermline, Scotland.^[41]

Carnegie wrote "The Gospel of Wealth",^[42] an article in which he stated his belief that the rich should use their wealth to help enrich society.

The following is taken from one of Carnegie's memos to himself:

Man does not live by bread alone. I have known millionaires starving for lack of the nutriment which alone can sustain all that is human in man, and I know workmen, and many so-called poor men, who revel in luxuries beyond the power of those millionaires to reach. It is the mind that makes the body rich. There is no class so pitifully wretched as that which possesses money and nothing else. Money can only be the useful drudge of things immeasurably higher than itself. Exalted beyond this, as it sometimes is, it remains Caliban still and still plays the beast. My aspirations take a higher flight. Mine be it to have contributed to the enlightenment and the joys of the mind, to the things of the spirit, to all that tends to bring into the lives of the toilers of Pittsburgh sweetness and light. I hold this the noblest possible use of wealth.^[43]

Lottery Winner Is Giving Her Millions Away

By ANDY NEWMAN  NYT Published: November 10, 1997

Eleanor Boyer missed 7:30 Mass this morning. Some of her old friends at the Church of the Immaculate Conception were worried about her.

"She wasn't here yesterday, either," said Nino Cavallero, 77. "She's all caught up in that lottery stuff. For her to miss Mass yesterday and today, you know darn well she's upset."

But just before 9 o'clock Mass started, Ms. Boyer, an indomitable 72-year-old woman in a mustard velour cap with a gray raincoat, strode into the Roman Catholic church, stole a quick hug from the pastor, Msgr. J. Nevin Kennedy, and turned to face the wall of flashbulbs and television cameras to explain her absence.

"My car's in the shop," said the woman who -- for the time being -- is a millionaire eight times over. "I had to get a ride with somebody. Now that's enough, all right? I want to pray a little bit."

Some people win the lottery and lose their perspective on life. They develop expensive appetites or struggle desperately to conform to someone's skewed vision of how a millionaire should behave, often ending up less happy than before.

But Ms. Boyer, a retired buyer of chemicals and office supplies for American Cyanamid who last week won a lump sum of \$11.8 million (before taxes) in the New Jersey lottery, never had a moment's doubt about what to do with her money.

She is giving it away, about half of it to the church she has worshiped in all her life, and the rest to the town rescue squad, the volunteer fire department and some of the other groups that serve the town she grew up in.

"No new car, no vacation," she said. "My life is no different. I've given it up to God. I live in His presence and do His will, and I did that from the start."

And though, at her insistence, the associate pastor who gave the homily, the Rev. Brian J. Nolan, made only the briefest mention of her gift -- "I think this past week our church has been the recipient of an awesome act of kindness," he told the congregation -- Ms. Boyer's selflessness was the lesson of the day.

"In an age when people are so driven by material forces," said Ron Czajkowski, a 49-year-old parishioner who is a vice president of the New Jersey Hospital Association, "the idea of somebody turning over all of that sum of money to the community and to the church is inspiring. It kind of makes you step back and think what our priorities are."

Monsignor Kennedy, who has known Ms. Boyer for 39 years, said the church had not yet decided what to do with the windfall. With a congregation of nearly 3,000 families, the spacious red-brick church is one of the biggest in the Diocese of Metuchen, but \$4 million is still the equivalent of about five years' worth of Sunday collections.

Some money, he said, will allow the home for unwed mothers behind the church to move to bigger quarters, and some will go to the church's high school and elementary school, which were already being expanded.

"The first thing will be to invest it prudently," he said. "What happens from there, we'll see."

Ms. Boyer's winning Pick-6 ticket (2, 14, 17, 25, 31 and 45), which was bought last Monday at a deli near her house, yielded the biggest payout since the state introduced its lump-sum option in May. Ms. Boyer said she was an occasional player, and that she sometimes did not

even bother to check the numbers. She checked them this time, she said, because of the size of the jackpot.

When asked why she played the lottery if she was not hoping to get rich, she said: "Doesn't it help the elderly and education? It helps the people in the state of New Jersey."

Notwithstanding the minor media circus, today's Mass -- for Ms. Boyer if not for the rest of the church -- was like any other. She laid a baby-blue envelope in the collection basket as it passed. After going through the Communion line, she returned to her pew and bowed her head for a good 30 seconds while most of the rest of the congregation watched their neighbors parade by. When the collection basket came around again, she dropped another envelope in.

Later, Ms. Boyer, who has never married and whose closest living relatives are three nephews, said the church was her true home. She taught catechism classes, worked at the rectory for 10 years, helped count the collection money. To this day, she wakes up every morning at 5:30, says her prayers and, if her 1968 Chevrolet Malibu is willing, drives to church by 7 for an hour of quiet meditation and stays for 8 o'clock Mass. Often, she returns to church at 10:30 A.M. to pray some more.

On days when she cannot make it to church, she worships at a shrine she has set up in the modest gray house where she was born. "I have a picture of the altar," she said. "I pasted it up on cardboard so I can say my Mass prayers at home."

Ronnie Janoff-Bulman, a University of Massachusetts social psychologist who has studied lottery winners, said many find that everyday activities that used to give them pleasure are no longer fulfilling. "People are far less happy afterward than they expect to be," she said. "It's almost like they recalibrate their satisfaction or happiness scale."

Ms. Boyer, she said, seems to have found a way around the whole problem by immediately relieving herself of the burdens of new-found wealth.

"Someone who did something like that should be doing very well," she said. "Not only does she have a positive experience of giving but also she's not expecting her own life to change in major ways. She's not using it as a means to change the way she lives."

Corny as it might sound to some, Ms. Boyer, who once wanted to be a nun, has made a life out of serving others -- she took early retirement at 62 to take care of her ailing mother -- and her neighbors in this town of 12,000, about 45 miles from midtown Manhattan, were not surprised by her generosity.

"She always took an active concern in how the rescue squad was doing," Paul Allena, a past squad president and childhood neighbor of Ms. Boyer's, said. "She would see me run out on a call, and she'd ask me how it went when I got back, if the person was all right. I always knew that one day, if she came into any type of money, she'd remember us."

Not that that diminishes the importance of what she has done.

"It's extraordinary," said Peg Wright, director of the Great Expectations Maternity Home, which gives shelter to 16 pregnant girls and women a year, many of them addicted to drugs, in an old colonnaded house behind the church. Ms. Wright said she had the staff to run a two-year program of psychological, career and drug counseling, but because space was so

limited, she had to discharge the women as soon as they gave birth. "I could service twice as many clients with this staff if I had more space," she said.

"There's a building in Manville," she said of a neighboring town, "waiting for us. It's huge, it's beautiful, but it's going to cost me \$200,000 minimum to fix it up. But I think God wants this thing to happen."

After church, Ms. Boyer walked through the rain to a mailbox near her house to mail some letters. "People sent me cards, people I haven't seen in a long time," she said.

And what, she was asked, was in the other envelopes, the ones she put in the collection plate this morning?

"Those envelopes?" she said, "Oh, I made them up weeks ago, a dollar for first collection, another dollar for second. They were already sealed. But now I have some new envelopes, so I think I'll put a little more in."

Photos: At her church in Somerville, N.J., yesterday, Eleanor Boyer, 72, a lottery winner, shook hands with friends. (Dith Pran/The New York Times)(pg. A1); Eleanor Boyer's church in Somerville, N.J., is to receive about half the \$11.8 million she won in the lottery. (Dith Pran/The New York Times)(pg. B4)

forbes.com

Why Lottery Winners Crash After A Big Win

by Robert Pagliarini Sept. 27, 2013

What happens when your "dreams" come true? We're always told to be careful what we wish for, and for Powerball lottery winner "Wild" Willie Seeley and his wife Nancy, this advice couldn't be more appropriate. The Seeleys are calling their \$3.8 million win a "curse." Their complaints? They have been bombarded by the media for interviews, and family members – many they've never heard of — have hit them up for loans and financial favors. "There are days I wish we were back to just getting paid every two weeks," Willie Seeley confessed in an [NBC News interview](#).

There is nothing unusual about their complaints. This is what commonly happens with lottery winners, and often, with other recipients of sudden wealth from lawsuits, sports contracts or even inheritances. But don't count out the Seeleys just yet. There is hope they won't face the same fate as \$315 million Powerball winner Andrew "Jack" Whittaker who said "I wish I'd torn that ticket up," after being robbed, losing his granddaughter to a drug overdose, being sued, and finding respite from the pressure by drinking, attending strip clubs and gambling.

As a [sudden wealth financial advisor](#) for over 15 years, I've had the chance to work with many clients who have received a windfall, and I've noticed there are predictable patterns – patterns of thinking and behaving that can explain how a multimillion dollar lottery winner can call her money a curse just a month after winning.

Immediately before or right after a sudden wealth event such as winning the lottery, many clients experience an almost out-of-body feeling. I refer to this as the [honeymoon stage of](#)

sudden wealth. They are exuberant. It's an exciting time and they feel like they are on top of the world. Anything and everything is possible. They celebrate with family and friends. They may buy new cars and larger houses, jet skis and motorcycles. It's Christmas morning every day, but the thing that makes Christmas so special is that it comes just once a year. The honeymoon phase is an artificial reality that is not sustainable. Their emotions are high, and they are enjoying the charge of the novelty of their new life. But this "high" cannot last forever – most often as little as a few days to over six months — and then reality hits them.

Did Willie Seeley experience the honeymoon stage? I think he did and I think it lasted about a month. Seeley and 15 of his co-workers recently won last month's \$450 million Powerball jackpot and he was all smiles as he celebrated his win by holding a large check over his head at a press conference in August. At the time, he gushed that he was "happy, happy, happy." After the win, he and his wife quit their jobs, bought new cars, fixed their house, and helped Willie's father and children — a frenzy of activity in a short period of time.

But it appears the honeymoon stage is over. Just this week, Willie said "The drama is nonstop," and his wife remarked that the money is "a curse."

After years of working with clients in the aftermath of a windfall, their reaction is not surprising. Think of a pendulum swinging from one extreme to the other – from joy, excitement, and happiness to emptiness, resentment, and sometimes even despair. But just like the high, this post-honeymoon stage can be temporary. It's a critical junction where the Seeleys and other sudden wealth recipients can either let the money control their lives, or they can begin to control their own lives and use the money as a tool rather than be used by the money.

It's a delicate process, but one that has dramatic repercussions for their lives and the lives of their children and family. The solution is to not let the win define who they are or to change what they enjoyed about their lives pre-Powerball win. It involves exploring what they want their new lives to look like and creating a strategy that uses the money to help them achieve this. The honeymoon stage can leave a big void. It's important to fill that hole with activities and purpose.

One of the best ways to feel in control of the money rather than be controlled by the money is to get very clear on how much you have, where it is, how much income it will produce, and to develop a strategy for responding to loan requests from friends and family. It sounds simple, but just taking these steps can give the client a sense of control so they don't feel they are constantly reacting. In the NBC New interview, we see a glimpse of how this win has changed their lives when Willie says, "You have to change your whole way of life, but we didn't want to change the way we lived. We liked the way we lived."

If the Seeleys can get in front of the money and start to control it – and based on my experience they can – they will start to feel good about their win and begin to use the money to improve their lives rather than see it as a burden or curse.

Why Winning Powerball Won't Make You Happy

Would winning the \$500 million Powerball jackpot tonight make you happy? Studies and anecdotal accounts of lottery winners suggest that joy is by no means assured. Though there are stories of people whose lives improved after landing a big lottery pay-out, there are seemingly as many winners whose lives got worse.

Academic research on the subject is mixed.

The most frequently-cited [study](#) was published back in 1978 in the *Journal of Personality and Social Psychology*. Researchers interviewed Illinois State Lottery winners and compared them with non-winners and with people who had suffered a terrible accident that left them paraplegic or quadriplegic. Each group answered a series of questions aimed at measuring their happiness level.

The study found that the overall happiness levels of lottery winners spiked when they won, but returned to pre-winning levels after just a few months. In terms of overall happiness, the lottery winners were not significantly happier than the non-winners. The accident victims were slightly less happy, but not by much. The study showed that most people have a set level of happiness and that even after life-changing events, people tend to return to that set point.

A March [Wall Street Journal](#) story recounts three other relevant studies that lend some support to the notion that a lottery win could make you happier:

A 2006 British study in the *Journal of Health Economics* found that U.K. lottery winners go on to demonstrate “significantly better psychological health.” That study also found that the general mental well-being of winners vastly improved.

A study in Florida showed that about 1% of lottery winners go bankrupt every year. That's roughly twice the average for the general population. But the study looked only at winners of \$150,000 or less. It doesn't really apply to the \$500 million drawing tonight. Among those in the study, people who won six-figure prizes were less likely to go bankrupt.

A British study showed that winners spent 44% of their lottery winnings after five years, but only a few spent their entire winnings in their lifetime. Again it depended on the amount people won.

One other study: a 2008 [University of California, Santa Barbara paper](#) that measured people's happiness six months after winning a modest lottery prize in [Holland](#), equivalent to eight months' worth of income. That study found that the win had no effect on happiness.

The takeaway: sudden wealth is most likely to exaggerate your current situation, but it won't fundamentally change your sense of well-being. If you're unhappy, you're not good at managing money and you're surrounded by people you don't trust, a big win will probably make your problems worse. If you feel fulfilled, you are a careful financial planner and you have strong relationships in your life, a lottery win is likely to build on those strengths.

Cautionary tales abound. Like Jack Whittaker, a West Virginia man who won a \$315 million Powerball jackpot back in 2002. At first he gave millions to charity, including \$14 million to start his own foundation. But later, a briefcase with \$545,000 in cash and cashier's checks was taken from his car while it was parked outside a strip club. His office and home were

broken into and he was arrested twice for drunk driving. His granddaughter died under suspicious circumstances and by 2007, he had spent most of his money. He told reporters, "I wish I'd torn that ticket up."

There was Alex Toth, a Florida man who won \$13 million in 1990. By the time he died in 2008, he had split with his wife and he faced fraudulent tax return charges.

There was also Evelyn Baseshore of New Jersey, a former convenience store manager who won twice, taking away a total of \$5 million in the mid-1980s. She was confronted by people who wanted a share of her money. "Everybody had their hand out," she is quoted as saying.

In 2007, a [paper](#) published in the *Journal of Academic Psychology* asked why achieving major life goals, including winning the lottery, or the more basic goal of getting married, doesn't wind up making us as happy as we expect. As the 1978 student showed, a big positive event like a lottery win can impact happiness, but its effects diminish over time. Why? Because while a lottery win can make a difference, it won't affect the other conditions of your life, like who your siblings or parents are or your basic disposition.

That said, there are lottery winners whose lives have definitely improved. One example: Sandra Hayes, a social worker who was making \$25,000 a year when she and 12 of her coworkers won the \$224 million Powerball jackpot in 2006. After taxes and splitting the money with her colleagues, she had \$10 million. She bought a [Lexus](#), her dream car, a half million dollar house in [St. Louis](#), and she paid off her current home and gave it to her daughter and grandchildren who had been living in a downtrodden neighborhood. She quit her job, started writing and published a book. But Hayes agrees that the win didn't transform her outlook on life. "Just because you win the lottery, it does not change you as a person," she told [NBC News](#).

online.wsj.com

Tycoons Agree to Give Away Fortunes by Robert A. Guth And Geoffrey A. Fowler

Dec. 9, 2010 12:01 a.m. ET

The billionaire founder of social network Facebook Inc. has agreed to give the majority of his wealth to charity, part of a broader group of rich entrepreneurs committing to philanthropy earlier in their lives.

Mark Zuckerberg has signed onto the "Giving Pledge," which asks its signatories to commit publicly to give away the majority of their wealth.

The 26-year-old is one of 16 billionaires new to the pledge, which now totals more than 50 donors. New names include AOL co-founder Steve Case, investor Carl Icahn and former junk-bond king Michael Milken. They join existing pledges made by wealthy individuals and families including Larry Ellison, film director George Lucas and New York Mayor Michael Bloomberg.

The Giving Pledge is an effort organized by software mogul Bill Gates and investor Warren

Buffett to persuade the world's rich to boost their giving.

"I view this as a call to others who might in their thirties or forties use some of their creativity to get involved in philanthropy earlier in life," Mr. Milken, 64, said of the pledge.

Those pledging are part of a broader shift in philanthropy, in which successful business people—often entrepreneurs—are giving more of their money to charity far earlier than their predecessors. It was a trend that was helped along by Mr. Gates, who started his foundation while still leading Microsoft Corp.

Mr. Case, 52, and his wife Jean Case, 50, said they signed the pledge because they hoped it would help philanthropists learn from each other. "It is less about what size of a check that you write and more about the outcome," Mr. Case said.

Ms. Case said Internet entrepreneurs have a unique interest in philanthropy. "The folks that helped bring AOL to life were out to change the world," she said. "It seems a natural thing that as they look at the role they want to play, they are giving back in big ways."

Messrs. Icahn and Zuckerberg weren't available to comment. In a video prepared by the Giving Pledge, Mr. Zuckerberg said, "There's so much that needs to be done, it would be better to start now."

The Giving Pledge was born in part from a dislike by Mr. Buffett for dynastic wealth. Mr. Buffett over the years has schooled Mr. Gates on philanthropy, giving him a copy of "The Gospel of Wealth," in which steel tycoon Andrew Carnegie argued that fortunes were often wasted by heirs and thus should be put to charitable use.

Starting last year, Mr. Gates, his wife Melinda Gates, Mr. Buffett and other wealthy individuals hosted a series of dinners for billionaires to discuss setting up the pledge. That led to an announcement in June of the pledge and its earliest signers.

Since then, Mr. Gates, Ms. Gates and Mr. Buffett have been calling on billionaires to get their commitment. The pledge doesn't ask for specific donations, nor does it track giving; rather, it asks that a pledge maker commit to giving away the majority of their wealth.

That proposition at times has been a tough sell, the pledge founders said. "People are super nice to us, but there is a certain awkwardness because it's a big decision," Mr. Gates said in an interview this week. "Sometimes the wife and the husband have never really talked through their priorities on the charity stuff."

Mr. Zuckerberg, who founded Facebook in his Harvard University dorm before dropping out of college and working on the business full time in California, is one of the world's youngest billionaires, worth an estimated \$6.9 billion, according to Forbes. Yet since his wealth is from his ownership stake a company that has yet to list on the stock market, much of that wealth is theoretical at this point.

Dustin Moskovitz, a co-founder of Facebook and former Harvard roommate of Mr. Zuckerberg's, has also signed the pledge.

Mr. Zuckerberg emerged as a major donor this year. In September, he made his first major charitable gift, promising on "The Oprah Winfrey Show" to give up to \$100 million to public

schools in Newark.

Many of the pledge signors had already planned to disburse their wealth and most are already involved in philanthropy. It's unclear if the Giving Pledge has encouraged more giving.

Overall, philanthropic giving has been hit hard by the weak economy. Donations in the U.S. fell 3.6% to \$303.75 billion last year, down from \$315 billion in 2008, according to Giving USA. In 2008, they were down 2%, Giving USA Foundation.

Investor and new addition to the pledge, Nicolas Berggruen, 48, said he decided to give away his fortune while he was alive so he could personally take responsibility for how his money is put to use.

"Wealth is an advantage, but it also is frankly a responsibility," he said in an interview.

After the initial Giving Pledge list came out, some critics decried it as a public-relations stunt, or the product of tax-breaks that are hurting the government's ability to offer critical services.

"The state has limits in to what it can and cannot do," said Mr. Berggruen. "Private enterprise can be faster and less bureaucratic than the state."

Corrections & Amplifications

The Giving Pledge, which asks its signatories to commit publicly to give away the majority of their wealth to philanthropy, was recently signed by Michael and Lori Milken as well as Duncan and Nancy MacMillan. This article and accompanying chart Thursday omitted the names of Ms. Milken and Ms. MacMillan.

18. You should be a man who reflects before acting (prudence).

Take away ideas

1. You need to stop and think before you act.
2. You need to think about what is the right thing to do.
3. You need to ask advice when you do not know what to do.

Some Ideas

- I. Think before you act
 - a. Whenever you make a decision about what to do, you first need to think about it (a little or a lot depending on the decision).
 - b. When you are a baby you just do things automatically. A little kid just follows his impulses (Sees candy: “go for it”).
 - c. As you get older, you make more and more decisions and bigger and bigger ones (think of all the decisions the U.S. president has to make; he has a lot of advisors to help him think about the decisions before he makes them).
 - d. Thinking about your actions ahead of time is a virtue: *prudence*.
 - e. It I part of the self-mastery that a man should have (little boys act on impulses).
- II. Acting without thinking usually leads to actions that are bad (and you regret).
 - a. Getting angry and saying something that hurts others (give example)
 - b. If we don't think first, we will just follow our immediate urge and not what is really best (give example).
 - i. Especially watch anger (count to ten).
 - ii. When we speak are act in anger we almost always regret it.
 - c. Following impulses usually will lead to selfish actions (e.g., grab the food you like best and not think about the others).
- III. Need to think: what should I being doing now.
- IV. Ask for advice when you do not know what to do (parents, teachers, etc.)
 - a. Don't be so proud that you think you should know everything.

Examples

1. Kid from Bronx in the Crotona summer program. There was an excursion to lower Manhattan (Wall Street). He got separated from his group. He did not know what to do. He saw a McDonalds so he went in and spent all his money on Hamburger and fries. Afterwards he started to think about how he would get home to the Bronx. He realized that he had spent the money he needed to take the subway. He didn't think before he went into the McDonalds.
2. Kid in high-school who did not feel like studying when he was a freshman so he didn't. He got bad grades. Then he started studying harder and got very good grades. But when it came time to apply for universities, he could not make it into the best ones, even though he was smart enough. His grades from freshman year pulled down his average too much for him to be able to make it in. He did not think about the consequences of his action (not studying); if he had, he probably would have acted differently.
3. Using bathroom before a trip instead of having to stop 30 minutes after you started out.
4. Every summer after the camp in Pennsylvania there are bagful's of stuff left behind at the camp. Good stuff like sneakers, shirts, hats. Baseball mitts. The kids who left them obviously did not think about whether they were leaving things behind before they left.
5. Guys who went to the beach and saw a lot nice empty beach down near the water with no one on it. Everyone else was higher up away from the water. They went to the empty part with all their stuff (including their lunches). Later they noticed that they were surrounded by water and were now on an island. They did not realize that they had come at low tide and now the tide was coming in. When they arrived and saw that no one was down there where it looked so inviting, they should have stopped and thought and asked themselves why everyone else was higher up.
6. Homework (go out and play sports immediately upon arriving at home without thinking); wait until Sunday night to do your book report (crisis; parents get upset etc., etc.)
7. Man who quit his job suddenly when he got mad (got in a big argument with his boss). A few hours later he realized that he was out of job and did not know how he would support his family. He regretted acting so impulsively.

Some random ideas

- Avoid knee-jerk reactions; usually selfish
- Put things in the larger context
- Get advice; do not be too proud to ask for advice
- Think: what is the point of my life: does this make sense?
- Need to think long term
- Older you get, the more choices you make; need to make them well (homework)

- Don't just think of yourself; stop and think of others; what would be the good thing to do for others? What would God want me to do?
- A person who does not think before acting is rash
- Not just should I do this, but also is there something else I should be doing right now; what is more important?
- When you are angry, not a good time to decide what to do (stop and count to 10)
- When going on a trip: Do I have what I will need? (e.g., books, clothes,).

Activities

Etiquette (Making Introductions)

The boys were taught:

1. How to introduce themselves
2. How to ask the other person some questions about himself (the other person)
3. How to answer basic questions about himself
4. How to shake hands (firm grip etc.)
5. How to look the other person in the eye while talking to them.

After practicing with each other (and being coached), they then each introduced themselves to one of the father (other than their own).

Repairing Bike Flats

You need to bring some bike tires (wheels) that are flat (you may have to puncture them). You can also invite any Fathers of sons to bring any bikes that need to have a flat fixed.

There is an initial demonstration by staff of how to fix the flat. This includes patching the inner tube. You need some water to be able to find the puncture in the tube. The boys and fathers watch.

Items needed:

1. Punctured bicycle wheels
2. Wrenches to remove and re-install wheels
3. Bicycle tire levers to remove the tube from inside the wheel
4. Patching kit
5. Floor pump