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“Gems” to Highlight The Heart H
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"GEMS"
TO HIGHLIGHT
- The Heart H -

DECISIONS

Life's Mirrors

There are loyal hearts, there
are spirits brave
There are souls that are pure and
true.
Then give to the world the best
that you know
And the best will come back to you.

Give love, and love to your life
will flow
A strength in your utmost need.
Have faith, and a score of hearts
will show.
Then **faith** in your word and deed.

Give truth and your gift will be
paid in kind
And honor will honor meet.
And a smile that is sweet
will surely find
A smile that is just as sweet.

For life is the mirror of king
and slave
'Tis just what we are and do.
Then give to the world the best
you have,
And the best will come back to you.

Do you fear the force of the wind?
The slash of the rain?
Go face them and fight them,
Be savage again.
Go hungry and cold like the wolf,
Go wade like the crane:
The palms of your hands will thicken,
The skin of your cheek will tan
You'll grow ragged and **weary** and swarthy,
But you'll walk like a man!

--Hamlin Garland

The Ways

To every man there openeth
A Way, a Ways, and a Way,
And the High Soul climbs the High Way,
And the Low Soul gropes the Low,
And in between on the misty flats,
The rest drift to and fro.
But to every man there openeth
A High Way and a Low
And every man decideth
The Way his soul shall go.

--John Oxenham

Diamonds

Diamonds are only chunks of coal,
That stuck to their jobs, you see.
If they'd petered out like most of us do,
Where would the diamonds be?
It isn't the fact of making a start;
It's the sticking that counts, I'll say.
It's the fellow who knows not the
meaning of fail,
But hammers and hammers away.
Whenever you think you have come to
the end,
And you're beaten as bad as can be;
Remember that diamonds are chunks of coal
That stuck to their jobs, you see.

--Minnie Richard Smith

* * * * *

No speckled young apple ever had a
ripe old age.

* * * * *

A good reputation, a clear conscience,
appreciation of nature, a peaceful
heart, the knowledge of having given
happiness to others, a trained and
well-filled mind, satisfaction from
duty well done, faith in the outcome
of right, contentment, well adjusted
social relationships, these make for
true happiness.

--Dorothea Kopplin

FREEDOM, THE NATION, AND PEACE

A Nation's Life

I know three things must always be
To keep a nation strong and free;
One is a hearthstone bright and dear,
With busy, happy loved ones near.
One is a ready, cordial hand,
To love and serve and keep the land.
One is a worn and beaten way,
To where the people go to play.
So long as these are kept alive,
Nation and people will survive;
God keep them always, everywhere,
The Hearth, the Flag, the Place of Prayer.
--Clarence Flynn

Poem From the Ship of State

Thou, too, sail on, O ship of State!
Sail on, O Union, strong and great!
Humanity with all its fears,
With all its hopes of future years,
Is hanging breathless on thy fate!
We know what Master laid thy keel,
What workmen wrought thy ribs of steel,
Who made each mast, and sail, and rope;
What anvils rang, what hammers beat,
In what a forge and what a heat
Were shaped the anchors of thy hope!
Fear not each sudden sound and shock;
'Tis of the wave and not the rock,
'Tis but the flappings of the sail,
And not a rent made by the gale!
In spite of rock and tempest's roar,
In spite of false lights on the shore,
Sail on, nor fear to breast the sea!
Our hearts, our hopes, are all with thee,
Our hearts, our hopes, our prayers,
our tears;
Our faith, triumphant o'er our fears,
Are all with thee,--are all with thee!
--Henry Wadsworth Longfellow

A Song for Flag Day

Your flag and my flag,
And how it flies today
In your land and my land
And half a world away!
Rose-red and blood-red,
The stripes forever gleam;
Snow-white and soul-white
The good forefathers' dream;
Sky-blue and true blue,
With stars to gleam aright
The gloried guidon of the day;
A shelter through the night.

Your flag and my flag!
And, oh, how much it holds
Your land and my land
Secure within its folds!
Your heart and my heart
Beat quicker at the sight;
Sun-kissed and wind-tossed
Red and blue and white.

The one flag--the great flag--
The flag for me and you
Glorified all else beside--
The red and white and blue!

Your flag and my flag!
To every star and stripe
The drums beat as hearts beat
And fifers shrilly pipe!
Your flag and my flag
A blessing in the sky;
Your hope and my hope
It never hid a lie!

Home land and far land
And half the world around,
Old Glory hears our glad salute
And ripples to the sound!

--Wilbur D. Nesbit

Water Wonderland*
Sing to tune - "Winter Wonderland"

Here's to her - scenic beauty
Loud we'll sing - it's our duty
A glorious sight - we're happy and
right
In Michigan - our WATER WONDERLAND

Lakes of blue - farm lands plenty
Minerals too - work for many
Too good to be true - with faults
which are few
Michigan's our WATER WONDERLAND

In the summer we can go a-fishing
In the winter we have sports to spare
In the springtime blossoms glow with
beauty
And fall brings forth her crown of
color rare.

Motorcars for our people
Churches great - with their
steeples
Schools that are grand - May God
help her stand
Michigan - our WATER WONDERLAND
-Words by Mrs. Clifford J. Alexander
Battle Creek Branch

America

God built him a continent of glory
and filled it with treasures
untold;
He carpeted it with soft rolling
prairies and columned it with
thundering mountains;
He studded it with sweet flowing
fountains
And traced it with long winding
streams;
He planted it with deep shadowed
forests, and filled them with
song.

Then he called unto a thousand
peoples and summoned the
bravest among them.
They came from the ends of the
earth,
Each bearing a gift and a hope.
The glow of adventure was in their
eyes, and in their hearts the
glory of hope.

And out of the bounty of earth and
labor of men,
Out of the longing of hearts and
the prayers of souls,
Out of the memory of ages and hopes
of the world,
God fashioned a nation in love,
blessed it with a purpose
sublime--
And called it America!
--Abba-Hillel Silver

* Contributed by the Woman's National
Farm and Garden Association, Michigan
Division

FRIENDSHIP

Let's Be Friends

Life is sweet just because of
the friends we have made,
And the things which in common
we share;
So we ought to live on--
not because of ourselves--
But because of the people who care.

It's the living and doing for
somebody else,
On that, all life's splendor depends;
And the joy of this world
when you've summed it all up,
May be found in making friends.

If I knew you and you knew me,
If both of us could clearly see,
And with an inner sight divine,
The meaning of your heart and mine;
I'm sure that we would differ less
And clasp our hands in friendliness;
Our thoughts would pleasantly agree,
If I knew you and you knew me.

The Touch of The Hand

It's the human touch in this world
that counts,
The touch of your hand on mine,
That means far more to the fainting
heart
Than shelter, or bread, or wine,
For shelter is gone when the night
is o'er
And bread lasts only a day;
But the touch of the hand and a
sound of a voice
Sing on in the soul always.

Friends

It is my joy in life to find
At every turning of the road
The strong arm of a comrade kind
To help me onward with my load;
But since I have no gold to give
And love alone must make amends,
My only prayer is while I live
God make me worthy of my friends.
--Frank D. Sherman

The Gift of Friendship

I think that God will never send
A gift so precious as a friend--
A friend who always understands,
And fills each need as its demands;
Whose loyalty will stand the test
When skies are bright or overcast,
Who sees the faults that merit blame
But keeps on loving just the same;
Who does far more than creeds could do
To make us good, to make us true.
--Rosalie Carter

It's a funny thing, but true,
That folks you don't like, don't like
you.

I don't know why this should be so,
But just the same I all'us know
If I am "sour," friends are few;
If I am friendly, folks are too.
Sometimes I get up in the morn
Awishin' I was never born.
I make of cross remarks a few,
And then my family wishes, too,
That I had gone some other place
Instead of showin' them my face.
--Lucille Crites

What sunshine is to the flowers,
smiles are to humanity. They are
but trifles, to be sure; but scattered
along life's pathway, the good they
do is inconceivable.

* * * * *

It takes 34 muscles to frown, and
only 13 to smile. Why make the
extra effort?

* * * * *

HOME

God, bless the four corners of this
house, and be the lintel blest;
And bless the hearth and bless the board,
and bless each place of rest;
And bless the door that opens wide to
stranger as a kin;
And bless each crystal window-pane
that lets the sunlight in;
And bless the roof-tree overhead and
every sturdy wall.
The peace of man, the peace of God
The peace of love on all.

--Arthur Guiterman

Doorbells are like a magic game
Or a grab bag at a fair;
You never know when you hear one ring,
Who may be waiting there!
But whether strangers from afar
Or the very closest kin,
We'll open wide the door of our house
And bid them enter in.

Lord Christ, the bird his nest has
found,
The fox is sheltered in his ground,
But dost thou still this dark earth
tread
And have no place to lay Thy head?
Shepherd of mortals, here behold
A little flock, a wayside fold
That wait Thy presence to be blest--
O Man of Nazareth, be our guest!
--Daniel Henderson

The Home

A house is built of bricks and stones,
Of sills, and posts, and piles;
But a home is built of loving deeds
That stand a thousand years.
--Victor Hugo

Daddys Tracks*

Yeah! Last night it snow a heap;
On the level, two feet deep.
Daylight time--or just before--
I start in to do dem chore.

My boy Gus yell, "Me go too."
I say, "Snow too deep for you."
But he answer, quick, right back,
"Me can step in Daddy's track."

Mama pat him on the head.
"Good boy, Gus," was all she said;
But I know she think much more
When we start to do dem chore.

Little boy walk every day
Where the old man lead the way.
Better walk straight, like a crack,
When boy walk in Daddy's track.

--Author unknown

* * * * *

If the worst happens and you get the
best of it, it isn't so bad after all.

* * * * *

Love at first sight is often cured
by a second look.

* * * * *

* Dedicated to former State Leader
A. G. Kettunen by Michigan Extension
Agents 4-H.

LEADERSHIP

Bridge Builders

An old man going on a lone highway
Came at the evening cold and grey
To a chasm vast and wide
Through which was flowing a sullen
 tide.
The old man crossed in the twilight
 dim;
The sullen stream had no fears for
 him;
But he turned when safe on the other
 side,
And built a bridge to span the tide.

"Old man," said a fellow pilgrim near,
"You are wasting your strength with
 building here
Your journey will end with the
 ending day;
You never again will pass this way;
You've crossed the chasm deep and
 wide, --
Why build you this bridge at evening
 tide?"

The builder lifted his old grey head,
"Good friend, the path I have come,"
 he said,
"There followeth after me today,
A youth whose feet must pass this
 way
This chasm that has been as naught
 to me
To that fair-haired youth may a
 pitfall be.
He, too, must cross in the twilight
 dim,
Good friend, I'm building this
 bridge for him."
 --Will Allen Dromgoole

Immortal Minds

If we work marble it will perish;
If we work upon brass, time will efface
it; if we rear temples they will
crumble into dust; but if we work
upon immortal minds and instill into
them just principles, we are then
engraving upon tablets which in
time will brighten, and brighten to
all eternity.
 --Daniel Webster

The Torch

The God of the Great Endeavor gave me
 a torch to bear.
I lifted it high above me in the dark
 and murky air
And straightway with loud hosannas
 the crowd acclaimed its light
And followed me as I carried my torch
 through the starless night;
'Til mad with the people's praises and
 drunken with vanity,
I forgot 'twas the torch that drew
 them and fancied they followed me.

But slowly my arm grew weary upholding
 the shining load
And my tired feet went stumbling over
 the hilly road
And I fell with the torch beneath me.
In a moment the flame was out!
Then lo, from the throng a stripling
 sprang forth with a mighty shout,
Caught up the torch as it smouldered
 and lifted it high again
'Til fanned by the winds of heaven it
 fired the souls of men!
And as I lay in darkness, the feet of
 the trampling crowd
Passed over and far beyond me, its
 paeans proclaimed aloud,
While I learned, in the deepening
 shadows, this glorious verity;
'Tis the torch that the people follow,
 whoever the bearer be!
 --Elizabeth R. Finley

Guideposts to Leadership

Four things a man must learn to do
If he would make his record true;
To think without confusion, clearly,
To love his fellowmen sincerely,
To act from honest motives purely,
To trust in God and Heaven securely.
 --Henry Van Dyke

* * * * *

No matter what your lot in life may be,
build something on it.

* * * * *

The Man in the Glass

When you get what you want in your
struggle for self
And the world makes you king for a
day,
Just go to the mirror and look at
yourself,
And see what that man has to say.

For it isn't your father or mother
or wife
Whose judgment upon you must pass,
The fellow whose verdict counts most
in your life
Is the one staring back from the glass.

You may be like Jack Horner and chisel
a plum
And think you're a wonderful guy,
But the man in the glass says you're
only a bum
If you can't look him straight in
the eye.

He's the fellow to please - never
mind all the rest
For he's with you clear to the end,
And you've passed your most dangerous,
difficult test
If the man in the glass is your friend,

You may fool the whole world down
the pathway of years
And get pats on the back as you pass,
But your final reward will be heart-
aches and tears
If you've cheated the man in the glass.

Credo

I believe
That there are greater things in life
than life itself;
I believe
In climbing upward
Even when the spent and broken thing
I call my body
cries "Halt!"
I believe
To the last breath
In the truths
Which God permits me to see.
I believe
In my country and her destiny,
(cont'd in next column)

In the great dream of her founders,
In her place among the nations,
In her ideals;
I believe that her democracy must be
protected,
Her freedom defended.
I believe
In loyalty to my country--
Utter, irrevocable, inviolate.
Thou, in whose sight
A thousand years are but as yesterday
And as a watch in the night,
Help me
In my frailty
To make real
What I believe.

--Elias Lieberman

Hard Tasks

Give me hard tasks, with strength that
shall not fail;
Conflict, with courage that shall never
die!
Better the hill-path, climbing toward
the sky,
Than languid air and smooth sword of
the vale!

Better to dare the wild wrath of the
gale
Than with furled sails in port forever
lie!
Give me hard tasks, with strength that
shall not fail:
Conflict, with courage that shall never
die!

Not for a light load fitting shoulders
frail,
Not for an unearned victory I sigh;
Strong is the struggle that wins triumph
high,
Not without loss the hero shall prevail;
Give me hard tasks, with strength that
shall not fail!

* * * * *

After all is said and done, more is said
than done.

* * * * *

Beatitudes of a Leader

Blessed is the leader who has not sought the high places but who has been drafted because of ability and willingness to serve.

Blessed is the leader who knows where he is going, why he is going, and how to get there.

Blessed is the leader who knows no discouragement, who presents no alibi.

Blessed is the leader who seeks for the best for those he serves.

Blessed is the leader who leads for the good of the most concerned, and not for the personal gratification of his own ideas.

Blessed is the leader who develops leaders while leading.

Blessed is the leader who marches with the group, interprets correctly the signs on the pathway that lead to success.

Blessed is the leader who has his head in the clouds but his feet on the ground.

Blessed is the leader who considers leadership an opportunity to serve.

* * * * *

To get nowhere--follow the crowd.

* * * * *

My Task

To love someone more dearly every day,
To help a wandering child to find his way,
To ponder o'er a noble thought, and pray,
And smile when evening falls,
And smile when evening falls,
This is my task.

To follow truth as blind men long for light,
To do my best from dawn of day 'til night,
To keep my heart fit for His holy sight,
And answer when He calls,
And answer when He calls,
This is my task.

And then my Savior by and by to meet
When faith hath made my task on earth complete
And lay my homage at the Master's feet
Within the jasper walls
Within the jasper walls
This crowns my task.

Leaders Preferred

1. The boss drives his men; the leader coaches them.
2. The boss depends upon authority; the leader on good will.
3. The boss inspires fear; the leader inspires enthusiasm.
4. The boss says "I"; the leader says "WE."
5. The boss assigns the task; the leader sets the pace.
6. The boss says "Get here on time;" the leader gets there ahead of time.
7. The boss fixes the blame for the breakdown; the leader fixes the breakdown.
8. The boss knows how it is done; the leader shows how.
9. The boss makes work a drudgery; the leader makes it a game.
10. The boss says "Go;" the leader says "Let's go."

What is a 4-H Leader?*

Somewhere between the sternness of a parent, and the comradeship of a pal is that mysterious creature we call a 4-H leader. These leaders come in all shapes and sizes and may be male or female. But they all have one thing in common--a glorious twinkle in their eyes!

Four-H leaders are found everywhere-- at judging contests, junior fairs, square dances, and talent shows--and are always preparing for, sitting through, participating in, or recuperating from a meeting of some kind. They are tireless consumers of muffins, expert at taking knots out of thread, peerless basketball coaches, and spend hours on the telephone.

A 4-H leader is many things--an artist making a float for the Fourth of July, a doctor prescribing for an underfed calf, a counselor at camp, a lawyer filling out reports, and a shoulder to cry on when that dress just won't fit!

Nobody else is so early to rise and so late home at night. Nobody else has so much fun with such a large family of boys and girls.

We sometimes forget them, but we can't do without them. They receive no salary, but we can never repay them.

They are Angels in Aprons, Saints in Straw Hats. Their only reward is the love of the kids and the respect of the community. But when they look around them at the skills they've taught, and the youth they've built, there's an inner voice from somewhere that says, "Well done."

* This article was written by Mrs. Dave Hill whose husband was formerly the Weld County, Colorado 4-H agent. Mr. and Mrs. Hill are now serving as volunteer leaders in the Weld County 4-H organization.

OUTDOORS

A Day in the Mountains

I've spent a day in the mountains,
The first great temples of God;
The mountains, high and majestic,
Today my feet have trod.
There is rest and inspiration
In the glorious mountain air,
And I feel just a little closer
To the Infinite Spirit somewhere,
For I've spent a day in the mountains,
Away from all trouble and care.

Around the Campfire Bright

Oh! set the campfire burning; let's sit
around the blaze.
We'll store some lovely memories bright
To use in coming days.
A picture of good comrades with faces
all alight,
Who sat beneath the stars and sang,
Around the campfire site.

What Do We See?

What do we see as we till the soil?
Is it sweat and dirt and grime,
Or do we see there a picture more fair
A vision of bud and fruitage time?

Do we see there fields of ripening grain?
Catch the breath of the clover's bloom,
Or is it just the soil and unending toil
As we follow the plow at noon?

Do we see there bread for a hundred
homes
As we crumble the furrows sod?
See the teeming life with which earth
is rife,
Or do we see there only a clod?

It is what we see as we till the soil,
The thing beyond the clod,
That lightens our task and brings us
at last
Into closer communion with God.

A Garden Reminds Us of Life

Life is like a garden. It can be beautiful, fragrant, and fruitful when proper care is given to it. A good gardener carefully nurtures the seeds which he plants. How much more painstaking we should be with care of the garden of life. We should allow only choice thoughts, desires, and attitudes to grow in our garden. We should nurture carefully every high ideal, noble thought, and radiant vision, for they are flowers of exquisite fragrance and hue. At the same time we should remove all jealousy, bitterness, hatred, self-pity, and impurity, for these are weeds that will choke out the plants which are fair and beautiful. Weeds can spoil a life.

Many of us love a garden, yet most gardens are seasonal. Here is a garden each of us can plant and reap our harvest at all times:

1. Plant five rows of P's--presence, promptness, preparations, perseverance, purity.
2. Plant three rows of squash--squash gossip, squash criticism, squash indifference.
3. Then sow five rows of lettuce--let us be faithful to duty, let us be unselfish and loyal, let us be true to our obligations, let us obey rules and regulations, let us love one another.

A garden is dependent upon God; it requires light and sun and refreshing rains. We, too, for the nourishment of the garden of life, should draw freely upon the sunshine of God's love. If our garden is to be divinely fair, we must also drink of the water of life, which Christ has provided for us. Jesus said, "Whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life."

The Eleventh Commandment

Thou shalt inherit the holy earth as a faithful steward, conserving its resources and productivity from generation to generation. Thou shalt safeguard thy fields from soil erosion, thy living waters from drying up, thy forests from desolation, and protect thy hills from overgrazing by the herds, that thy descendants may have abundance forever. If any shall fail in this stewardship of the land, thy fruitful fields shall become sterile, stony ground and wasting gullies; and thy descendants shall decrease and live in poverty or perish from off the face of the earth.

--Walter Lowdermilk

Evening Star

Evening star up yonder,
Teach me like you to wander
Willing and obediently
The path that God ordained for me!
Evening star up yonder!

Teach me, gentle flowers,
To wait for spring-time showers;
In this winter world to grow--
Green and strong beneath the snow!
Teach me, gentle flowers!

Teach me, lonely heather,
Where songbirds nest together,
Tho my life should seem unblest,
To keep a song within my breast!
Teach me, lonely heather!

Mighty ocean, teach me
To do the task that needs me
And reflect, as days depart,
Heaven's peace within my heart!
Might ocean, teach me!

Shady lanes, refreshing,
Teach me to be a blessing
To some weary soul each day,
Friends or foes who pass my way!
Shady lanes, refreshing!

Evening sun, descending,
Teach me when life is ending,
Night shall pass and I, like you,
Shall rise again, where life is new;
Teach me, sun descending!

--Christian Richardt

The Sacrament of Fire

Kneel always when you light a fire.
Kneel reverently and thankful be
For God's unfailing charity,
And on the ascending flame inspire
A little prayer, that shall upbear
The incense of your thankfulness
For this sweet grace
Of warmth and light.
For here again is sacrifice
For your delight.

Within the wood,
That lived a joyous life
Through sunny days and rainy days
And winter storms and strife;-
Within the peat,
That drank the moorland sweet
Of bracken, whin, and sweet bell-
 heather,
And all the joy of gold gorse
 feather
Flaming like love in wintriest
 weather,
While snug below, in sun and snow,
Peat heard the beat of the padding
 feet
Of foal and dam, and ewe and lamb,
And the stamp of old bel-wether;-
 (Cont'd in next column)

Within the coal,
Where forests lie entombed
Oak, elm, chestnut, beech, and
 red pine bole,
God shrined his sunshine and
 enwombed
For you these stores of light
 and heat,
Your life-joys to complete.

Kneel always when you light a fire,
Kneel reverently and thankful be
For God's unfailing charity.

The Things I Prize

These are the things I prize
And hold of dearest worth;
Light of the sapphire skies,
Peace of the silent hills,
Shelter of forests, comfort of the
 grass,
Music of birds, murmur of little rills,
Shadows of clouds that swiftly pass,
And, after showers,
The smell of flowers
And of the good, brown earth--
And best of all, along the way,
Friendship and mirth.

--Henry Van Dyke

PRAYERS AND REFLECTIONS

Give us strength to accept with serenity the things that cannot be changed. Give us courage to change the things that can and should be changed, and give us wisdom to distinguish one from the other.

* * * * *

A Prayer for Every Day

Lord, let me learn the joy of simple
deeds,
The kind that fit into a comrade's
 needs;
A handclasp that will lend encourage-
 ment,
A smile--upon a cheering mission
 sent.
Let me not be too busy, nor too blind,
To see when others need me to be kind.
 --Romona Ross Keller

A Prayer for 4-H Club Leaders

Let me live a life, dear Lord,
Of love, rich, full, and free.
Let me live a simple life
For other folks and Thee.
Should I live my life, dear Lord,
For sinful, selfish I,
The happiness I vainly sought
Would silently pass by.
So let me live as Thou hast died
With other folks in mind,
With special tho'ts for boys and girls.
Then, true happiness I'll find.

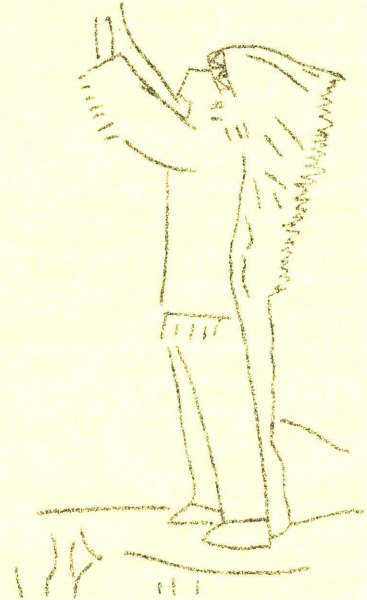
Indian Benediction
(in sign language)

Action

1. With the right hand make spiral movement upward.
2. Look up thru small circle (representing the sun) made by thumb and index finger of right hand.
3. Place hand in same position over heart.
4. Hold both hands out and down toward ground--palms up.
5. Hand out straight in front--palms up.
6. Hands raised twice toward sky in same position.

Narration

May the great spirit
Put sunshine
Into your heart
Now
Forever more
Heap-much.



The Sioux Indian has a prayer--
"Great Spirit, help me not to judge
another until I have walked two
weeks in his moccasins."

A Prayer for the Out-of-Doors

Loving Father, who didst make the
earth so fair, open our eyes to see its
wonders, and our hearts to feel its
beauty. In our days of refreshment
and recreation, draw us nearer to Thee
through the things Thou hast made. May
the joy of Thy sunshine, the quiet of
Thy forests, the murmur of Thy streams,
and the steadfast strength of Thine
everlasting hills teach us the deep
secret of Thy peace.

Calm our fretful spirits. Deepen the
current of our shallow lives. Renew
in us faith and courage, physical
strength, and spiritual vision, that
we may know ourselves to be safely
held in Thy strong hands, and may
joyfully conform our lives to Thy
great purposes.

(con't in next column)

From this life, so dear to Nature's
heart, may we drink in new strength
to help us reach the restless hearts
of men. Give us Thy secret and the
power to share it with our fellows,
that we may go back to the world and
its duties, stronger, simpler, sweeter;
and may we become worthy messengers of
Him who saw His Father's goodness in
the sparrow's flight, and His Father's
love in the beauty that clothes the
lilies of the field. We ask it for
His dear sake. Amen.

A Prayer for Today

Let me a little kinder,
Let me be a little blinder
To the faults of those about me.
Let me praise a little more,
Let me be, when I am weary,
Just a little bit more cheery.
Let me serve a little better.
Let me be a little braver
When temptation bids me waver.
Let me strive a little harder.
To be all that I should be.
Let me be a little meeker
With the brother who is weaker
Let me think more of my neighbor
And a little less of me.

Lights Out, 4-H

Lights out, 4-H,
One more perfect day is through.
Lights out, 4-H,
One more perfect dream come true.
We've reached the hour of parting,
So here's a fond adieu,
Lights out, 4-H,
Always we will think of you.
--George Farley

A Prayer

Teach me, Father, how to go
Softly as the grasses grow;
Hush my soul to meet the shock
Of the wild world as a rock;
But my spirit, propt with power,
Make as simple as a flower.
Let the dry heart fill its cup
Like a poppy looking up;
Let life lightly wear her crown,
Like a poppy looking down.

Teach me, Father, how to be
Kind and patient as a tree.
Joyfully the crickets croon
Under shady oak at noon;
Beetle, on his mission bent,
Tarries on that cooling tent.
Let me, also, cheer a spot,
Hidden field or garden grot --
Place where passing souls can rest
On the way and be their best.
--Edwin Markham.

Give Us, O Father

Give us, O Father,
Hearts that are new,
Faith that is daring,
Love that is true,
Farseeing vision,
Big as the race;
Teach us to serve thee,
Each in his place.

Give us, O Father,
Thoughts that are pure
Hope that is noble,
Truth that is sure,
Motives unselfish,
Minds that are free;
Lead us and teach us
More about thee.

Give us, O Father,
Dreams that are fair,
High aspirations,
Ideals to share,
Strength for achievement,
Courage to be--
Live in our living
Make us like thee.
--Chauncey R. Piety

Sportsman's Prayer

Dear Lord, in the battle that goes
on through life
I ask but a field that is fair,
A chance that is equal with all in
the strife,
A courage to strive and to dare.
And if I should win, let it be by
the code,
With my faith and my honor held high;
And if I should lose, let me stand by
the road
And cheer as the winners go by.

* * * * *

Worship God together
To ask him to bless the seed,
The fruits of the soil,
The cultivators of the earth,
And, in a larger sense,
All people why try to make the world
A bit more beautiful and better
Because they have been in it.

Prayer for the New Year

Lord, make me an instrument of Thy Peace. Where there is hatred, let me sow love. Where there is injury, pardon. Where there is doubt, faith. Where there is despair, hope. Where there is darkness, light. Where there is sadness, joy.

O Divine Master, grant that I may not so much seek to be consoled as to console; to be understood, as to understand; to be loved, as to love; for it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to Eternal Life.

--St. Francis of Assisi

God be in my head and in my understanding.
God be in mine eyes and in my looking.
God be in my mouth and in my speaking.
God be in my heart and in my thinking.
God be at mine end and at my departing.

* * * * *

Your eyes are the mirror of your soul.
Be sure they reflect kindness and love.

* * * * *

Fellowship together builds character
and personality.

* * * * *

We thank Thee, O Lord, for the expression of Thyself in the world of nature. For the fresh air and the open sky and the growing grass and the tiny flowers and the setting sun and the wooded hill and the brown earth beneath our feet.

They are all good and they all speak the truth, and we rest ourselves, and get new strength to go back to the world of restless men. Keep us ever like Thy good world, rugged, wholesome, and true. Amen.

--"Prayers and High Resolves"
New Hymnal for American Youth

Benediction

May the silence of the hills,
The joy of the winds,
The peace of the fields,
The music of the birds,
The fire of the sun,
The strength of the trees,
And the faith of a little child,
In all of which is God,
Be in your hearts. Amen.

* * * * *

True contentment lies not in doing
what one likes to do, but in liking
what one has to do.

* * * * *

Your eyes are the mirror of your soul.
Be sure they reflect kindness and love.

RESPONSIVE READINGS

I

Reader: When the sun shines brightly on all the earth
Group: GOD IS NEAR.

Reader: When the wind blows and the trees bow their heads,
Group: GOD IS NEAR.

Reader: When rain falls softly on the lake and flowers,
Group: GOD IS NEAR.

Reader: When we close our eyes in peaceful slumber,
Group: GOD IS NEAR.

II

Reader: For the beauty of all the world around us,
Group: WE THANK THEE, HEAVENLY FATHER.

Reader: For the earth, the sky, and the lake,
Group: WE THANK THEE, HEAVENLY FATHER.

Reader: For food and friends and the joy of outdoors,
Group: WE THANK THEE, HEAVENLY FATHER.

Reader: For night-time, and rest, and the coming of a new day,
Group: WE THANK THEE, HEAVENLY FATHER.

III

Reader: For the beauty of the earth,
For the glory of the skies,
For the joy which from our birth,
Over and around us lies,
Group: FATHER, WE THANK THEE.

Reader: For the wonder of each hour
Of the day and of the night;
Lakes, and clouds, and tree and flower,
Sun and Moon and Stars of night,
Group: FATHER, WE THANK THEE

Reader: For the joy of human love,
Brother, sister, parent, child,
Friends at camp, and friends at home,
For all gentle thoughts and mild,
Group: FATHER, WE THANK THEE.

SCRIPTURE REFERENCES

Selected Scriptures

<u>HEAD</u>		<u>HEART</u> - Cont'd		<u>HEALTH</u>	
Genesis	1:27	Psalms	139:23-24	Exodus	16:11-15
Nehemiah	4:6	Proverbs	3:1-6	I Kings	17:1-6
I Kings	3:5-14	Proverbs	4:23	Psalms	27:1
Psalms	1	Jeremiah	17:9	Psalms	73:25-26
Psalms	19:14	Matthew	5:8	Isaiah	26:4
Psalms	23:5	Matthew	15:8	Isaiah	40:31
Proverbs	10:6	Luke	10:27	Isaiah	41:10
Isaiah	26:3	Romans	10:9-10	Luke	2:52
John	13:3	Ephesians	3:17	Daniel	1:8, 14-20
Romans	8:7	Ephesians	6:6-7	Luke	4:4
I Cor.	2:14	Phil.	4:6-7	John	6:1-14
I Cor.	2:16	Matthew	12:35	John	6:35-50
I Cor.	3:19			Romans	8:5-13
Ephesians	4:15			Romans	12:1
Phil.	2:5-11	<u>HAND</u>		I Cor.	6:19-20
Phil.	4:8	Exodus	4:2-5	I Cor.	10:31
Colossians	2:10	Deut.	15:7-8	Ephesians	6:10
II Timothy	1:7	Nehemiah	2:18		
James	1:5	Psalms	24	<u>HOME</u>	
I Cor.	12:18	Psalms	90:17	Genesis	18:19
		Psalms	134:2	Psalms	127:1
<u>HEART</u>		Psalms	141:1	Proverbs	31:25-31
I Samuel	16:7	Proverbs	3:27	Matthew	7:24-29
Ezra	7:10	Proverbs	31:19-20	Acts	16:14-31
Psalms	9:1	Eccl.	9:10	Ephesians	4:31
Psalms	14:1	Isaiah	41:13-20	Ephesians	6:1-9
Psalms	15:1-2	Matthew	8:14-15	II Timothy	1:5
Psalms	51:10	Mark	3:1-5	II Timothy	3:15
Psalms	66:18	Galatians	6:11		
Psalms	119:11	Mark	10:16		

Psalm 23 - An American Indian translation

The Great Father above is a Shepherd Chief; I am His, and with Him I want not. He throws out to me a rope, and the name of the rope is Love, and He draws me, and draws me, and draws me to where the grass is green and the water is not dangerous, and I eat and lie down satisfied. Sometimes my heart grows very weak and falls down, but He lifts it up again and draws me into a good road. His name is Wonderful.

Sometime, it may be soon, it may be longer, it may be a long, long, time; He will draw me into a place between mountains. It is dark there, but I will draw back not; I will be afraid not, for it is in there between these mountains that the Shepherd Chief will meet me, and the hunger that I have felt in my heart all through this life will be satisfied. Sometimes He makes the love rope into a whip, but afterward he gives me a staff to lean upon.

He sets a table with all kinds of food. He puts His hands upon my head and all the tired is gone. He fills my cup until it runs over.

What I tell you is true. I lie not. These roads that are away ahead will stay with me all through this life, and afterward I shall go to live in the Big Tepee and sit down with the Shepherd Chief forever.

THOUGHTS FOR THE DAY

To talk with God
No breath is lost -
Talk on!

To walk with God
No strength is lost -
Walk on!

To wait on God
No time is lost -
Wait on!

The man with vision and no work is a
dreamer;
The man with work and no vision is a
drudge;
The man with both vision and work, and
who
Has as his inspiration the spirit of
service,
Is a man worthwhile and leaves an
influence
Behind him that time will not erase.

My Creed

I would be true for there are those
who trust me;
I would be pure for there are those
who care;
I would be strong for there is much
to suffer;
I would be brave for there is much
to dare.
I would be friend of all, the foe,
the friendless;
I would be giving and forget the
gift;
I would be humble for I know my
weakness;
I would look up and laugh, and love,
and lift.

--Howard Arnold Walter

The Four Looks for 4-H'ers

The forward look ahead
The frequent look eithin
The compassionate look around
The constant look on high.

I Am One

I am only one,
But I am one.
I cannot do everything,
But I can do something.
What I can do,
I ought to do;
And what I ought to do,
By the grace of God, I will do.

--Canon Farrar

My Influence

My life shall touch a dozen lives
Before the day is done,
Leave countless marks of good or ill
Ere sets the evening sun.
So, this the wish I always wish,
The prayer I ever pray,
"Lord, may my life help other lives
It touches on the way."

The Day

The day will bring some lovely thing,
I say it over each new day,
Some gay, adventurous thing to hold
Against my heart when it is gone;
And so I rise, and go to meet
The day with wings upon my feet.

I come upon it unaware,
Some sudden beauty without name;
A snatch of song, a breath of pine,
A poem lit with golden flame,
High-tangled bird notes, keenly thinned,
Like flying color on the wind.

No day has ever failed me quite;
Before the grayest day is done
I find some misty purple bloom,
Or a late line of crimson sun.
Each night I pause, remembering
Some gay, adventurous, lovely thing.

A Creed

There is a destiny that makes us brothers;
None goes his way alone;
All that we send into the lives of others
Comes back into our own.

--George MacDonald

Am I A Builder

I watched them tearing a building down,
A gang of men in a busy town--
With a high heave-ho and a lusty yell,
They swung the beam, and the side walls
fell--
I asked the foreman, "Are these men
skilled, and the men
You'd hire if you had to build?"
He gave me a laugh and said,
"No, indeed, just common labor is all
I need.
I can easily wreck in a day or two
What builders have taken years to do."
And I thought to myself, as I want my
way,
Which of these roles have I tried
to play--
Am I snapping my deeds to a well made plan,
Patiently doing the best I can?
Or am I a wrecker who walks the town--
Content with the labor of tearing down!

Which

Isn't it strange that Princes and Kings
And clowns that caper on sawdust rings--
And common people like you and me--
All are children of destiny?
Each is given a bag of tools,
A shapeless mass, a book of rules;
And each must make, ere life has flown,
A stumbling block or a stepping stone.
--Cole Young Rice

* * * * *

I believe in today. It is all
I possess. The past is of value
Only as it can make the life of today
Fuller and freer. Tomorrow depends
On the present. I must make good today.

* * * * *

For want of a nail, a shoe was lost;
For want of a shoe, a horse was lost;
For want of a horse, a message was lost;
For want of a message, a battle was lost;
For want of a battle, a Kingdom was lost.

* * * * *

Not what we give, but what we share.
For the gift without the giver is bare.

Take Time

Take time to work, it is the price of
success.
Take time to think, it is the source of
power.
Take time to play, it is the secret of
youth.
Take time to read, it is the foundation
of wisdom.
Take time to pray; it is the way to
heaven.
Take time to dream, it is the highway
to the stars.
Take time to be friendly, it is the
road to happiness.
Take time to laugh, it is the music of
the soul.
Take time to look around, it is the
short cut to unselfishness.

The Upward Road

I will follow the upward road each day.
I will keep my face to the light.
I will think high thoughts as I go my
way.
I will do what I know is right.

* * * * *

Be strong!

We are not here to play, to dream, to
drift;
We have hard work to do, and loads
to lift;
Shun not the struggle--face it--'tis
God's gift.
Be strong!

Say not, "The days are evil. Who's to
blame?"
And fold the hands and acquiesce-oh,
shame!
Stand up, speak out, and bravely, in
God's name.
Be strong!

It matters not how deep intrenched the
wrong,
How hard the battle goes, the day how
long;
Faint not--fight on! Tomorrow comes
the song.

--Mattie Davenport Babcock

Thought For The Day

This day is mine to mar or make,
God keep us strong and true;
Let me no erring by-path take,
No doubtful action do.

Grant me when the setting sun
This fleeting day shall end,
I may rejoice o'er something done,
Be richer by a friend.

Let all I meet along the way
Speak well of me tonight;
I would not have the humblest say
I'd hurt him by a slight.

Let me be patient and serene,
Gentle, and kind, and fair;
Help me to keep my record clean
Thru all that I must bear.

Grant that because I live today
And to my thoughts give voice
O'er something he shall hear me say,
Another shall rejoice.

Let there be something true and fine
When night slips down to tell
That I have lived this day of mine
Not selfishly, but well.
--Edgar A. Guest

The Winds of Fate

One ship drives east, another west,
By the selfsame winds that blow.
'Tis the set of the sail, and not the gale,
That determines the way they go.
Like the winds of the sea are the
ways of Fate
As we voyage along through life;
'Tis the set of the sail, and not
the gale,
And not the calm or the strife.
--Ella Wheeler Wilcox

* * * * *

Everybody makes mistakes; that's why
they put erasers on pencils.

* * * * *

Inspiration For Living

Life is a leaf of paper white
Whereon each one of us may write
His word or two, and then comes night;

Greatly begin! Thou who hast time
But for a line, be that sublime!
Not failure, but low aim is crime.
--James Russell Lowell

He that is faithful in that which is
least, is faithful also in much; and
he that is unjust in the least, is
unjust also in much.

Luke 16:10

* * * * *

Go placidly amid the noise and hasten
to remember what peace there may be in
silence. As far as possible without
surrender, be on good terms with all
persons. Enjoy your achievement as
well as your plans. Keep interested in
your own career however humble: It is
a real possession in the changing for-
tunes of time. Strive for high ideals.
Everywhere life is full of heroism.
Nurture strength of spirit to shield you
in sudden misfortune. Many fears are
born of fatigue and loneliness. Beyond
a wholesome discipline be gentle with
yourself. You are a child of the
universe, no less than the trees and
the stars, you have a right to be here;
and whether or not it is clear to you,
no doubt the universe is unfolding as
it should. Therefore be at peace with
God; whatever your labors and aspira-
tions in the noisy confusion of life,
keep peace in your soul.

Martha Leighton

--Quote by Max Ehrman

* * * * *

If you must carry a chip on your
shoulder, get a job in the lumber
yard where it won't be noticed.

YOUTH

Pledge to Children

To you, our children, who hold within you our most cherished hopes, we, the members of the Midcentury White House Conference on Children and Youth, relying on your full response, make this pledge:

From your earliest infancy we give you our love, so that you may grow with trust in yourself and in others.

We will recognize your worth as a person and we will help you to strengthen your sense of belonging.

We will respect your right to be yourself and at the same time help you to understand the rights of others, so that you may experience cooperative living.

We will help you develop initiative and imagination, so that you may have the opportunity freely to create.

We will encourage your curiosity and your pride in workmanship, so that you may have the satisfaction that comes from achievement.

We will provide the conditions for wholesome play that will add to your learning, to your social experience, and to your happiness.

We will illustrate by precept and example the value of integrity and the importance of moral courage.

We will encourage you always to seek the truth.

We will provide you with all opportunities possible to develop your own faith in God.

We will open the way for you to enjoy the arts and to use them for deepening your understanding of life.

We will work to rid ourselves of prejudice and discrimination, so that together we may achieve a truly democratic society.

We will work to lift the standard of living and to improve our economic practices, so that you may have the material basis for a full life.

We will provide you with rewarding educational opportunities, so that you may develop your talents and contribute to a better world.

We will protect you against exploitation and undue hazards and help you grow in health and strength.

We will work to conserve and improve family life and, as needed, to provide foster care according to your inherent rights.

We will intensify our search for new knowledge in order to guide you more effectively as you develop your potentialities.

As you grow from child to youth to adult, establishing a family life of your own and accepting larger social responsibilities, we will work with you to improve conditions for all children and youth.

Aware that these promises to you cannot be fully met in a world at war, we ask you to join us in a firm dedication to the building of a world society based on freedom, justice, and mutual respect.

So may you grow in joy, in faith in God and in man, and in those qualities of vision and of the spirit that will sustain us all and give us new hope for the future.

---Adopted at Midcentury White House Conference.

A Place in the Sun

There's a place in the sun for
everyone
To grow ... you should know all
about it.
There's love in the hearts of
everyone
For you--if you're true, never
doubt it.
Hands that will aid in the plans
that you've made.
If you're not afraid to trust.
Lands to return all the things
that you earn,
If you're wise and you're fair
and you're just!

Give me a place in the sun!
With the clear, blue sky above,
On a day that sings of the
growing things
And the full, free life I love!
Give me a place in the sun!
With the warm, sweet earth below,
Where the fields are clean with
the living green
That my hands have made to grow!
Here's a health to the land that
my head and hand
And heart have learned to know!
--Fred Waring

It Was Ever Thus

"The children of today love luxury,
they have bad manners, contempt for
authority; they show disrespect for
elders and love to chatter in place
of exercise.

"Children now are tyrants--not servants
of their households. They no longer
rise when elders enter the room. They
contradict their parents, chatter be-
fore company, gobble up the dainties
on the table, cross their legs and
tyrannize their teachers."

One might think the above was written
by someone today who had forgotten his
childhood. It was written by Socrates
back in the days before Christ, some-
time between 469 and 399 B.C.

Don't Quit

When things go wrong, as they
sometimes will,
When the road you're trudging
seems all up hill,
When the funds are low and the
debts are high,
And you want to smile, but you
have to sigh,
When care is pressing you down
a bit,
Rest, if you must--but don't
you quit.

Life is queer with its twists and
turns,
As every one of us sometimes
learns,
And many a failure turns about
When he might have won had he
stuck it out;
Don't give up though the pace
seems slow
You might succeed with another blow.

Success is failure turned inside out,
The silver tint of the clouds of
doubt,
And you never can tell how close you
are--
It may be near when it seems afar;
So stick to the fight when you're
hardest hit,
It's when things seem worse that you
mustn't quit.

Builders

We are all blind unless we see
That in the human plan
Nothing is worth the making
If it does not make the man!
Why build these cities glorious
If man unbuilding goes?
In vain we build the work unless
The builder also grows.
--Edwin Markham

Essentials for Success

Mere money is not success, young man,
Though a checkbook might help in
your climb;
It's not family trees
Nor college degrees,
It's the slow grinding push against
time.

It's not what others may do, young
man,
That will give you success, sure and
great;
It's not the calm seas
Nor a favoring breeze,
It's the tempests that settle your
fate.

It's not how far you have come,
young man,
Nor the speed that you made on the
way;
It's not a fast pace
That determines the race;
But insistent plowing, day after day.
--Daniel M. Robins

Ten Commandments of Sportsmanship

Thou shalt finish the game thou
beginnest
Thou shalt take losses without excuses.
Thou shalt be humble in victory.
Thou shalt honor the referee or umpire.
Thou shalt share the glory of winning
with thy teammates.
Thou shalt be willing to give thine
opponent every advantage thou
askest.
Thou shalt play for the sake of the
game and the joy of playing.
Thou shalt do team work unselfishly.
Thou shalt honor the game.
Author Unknown

Duty

So nigh is grandeur to our dust
So near is God to man
When duty whispers low, "Thou Must."
The youth replies, "I Can."
--Ralph Waldo Emerson