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INNER PEACE

THERE ARE NO MISTAKES, ONLY LESSONS



Do you (or somebody you know) feel that you are a failure, or feel frustrated for your blunders and defeats? If so, then perhaps you have not learned an age-old lesson that there is really no such thing as failure, only temporary setbacks. These setbacks are valuable for the growth of the soul.

In a recent book, *If Life is a Game, These are the Rules*, author Cherie Carter-Scott restates this insight as one of the “ten rules of being human.”

Growth comes from trial and error. Sometimes we win, sometimes we become disillusioned. But these so-called failures are in fact valuable for our growth. We learn more from them than our perceived “successes.”

View “failures” then as opportunities to learn. Emerson wrote: “Every calamity is a spur and a valuable hint.” Here are further thoughts by Dr. Carter-Scott:

Every situation in which you do not live up to your own expectations is an opportunity to learn something important about your own thoughts and behaviors.

Every situation in which you feel “wronged” by another person is a chance to learn something about your reactions.

Whether it is your own wrongdoing or someone else’s, a mistake is simply an opportunity to evolve further along your spiritual path.

When you consider your hardships in life and shift your perception to see them as opportunities for learning and growth, you become empowered. You can take charge of your life and rise to its challenges, instead of feeling defeated, victimized, or cast adrift.

**Source: *peace ideas*
No. 27**



Overcoming Inferiority Complex

Perhaps nothing so plagues and harasses human beings, says Norman Vincent Peale, as the crippling, misery-producing feeling of personal inadequacy. Here are some of his suggestions to cure yourself of this malady:

Stamp on your mind a mental picture of yourself succeeding. Your mind will seek to develop this picture. Never think of yourself as failing. This is most dangerous, for the mind always tries to complete what it pictures.

Whenever a negative thought about yourself comes, voice a positive thought to cancel it out.

Do not build up obstacles in your imagination. Difficulties must be studied to be eliminated, but they must be seen for only what they are and must not be inflated by fear.

Do not be awestruck by other people and do not try to copy them.

Make a true estimate of your own ability then raise it 10%. Do not become egotistical, but develop a wholesome self-respect.

See a competent counselor to help you understand yourself. Learn the origin of your inferiority feelings. Self knowledge leads to cure.

Source: Peace Ideas

First Mission... *continued*

Some days before Christmas, Baye Isyat gave me a *balulang*, a basket used for almost anything that a Mangyan can think of. That was one of the most precious gifts I have ever received on Christmas. I cannot forget the profound joy I felt at that time. It must have been the feelings of Elizabeth when Mary visited her.

Two years in Mindoro were not just part of my exposure as a young religious but it is life lived to the fullest with the Mangyans who taught me how to risk, how to love and how to forgive. Mindoro will always be my home because it taught me more deeply what means to be a Christian and a Religious.

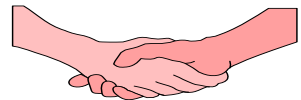
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Touch God

Join



Young Professionals Retreat

- Module 1 - The Meaning of Life
March 17-18, 2007
- Module II - Building Personal
Relationship with God
June 16,17, 2007
- Module III - Knowing and
Encountering Jesus
September 15-16, 2007
- Module IV - Discipleship and Mission
December 15-16, 2007

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God in my First Mission

by Sr. Daryl Lou de Guzman, fmm

A sister once said that you will always fall in love with your first mission. This is true perhaps to some but may not be to all. Fortunately, I am one of those who hold the first mission experience very precious.

I arrived in San Jose, Occidental Mindoro two weeks after my first profession (Temporary Vows). That was November 23, 2004, a few days after Typhoon Uning hit the place leaving San Jose in a sad state. Yet, surprisingly, my enthusiasm was not dampened. In fact, at the first sight of the island I was struck by its admirable beauty. I remember telling myself, "Two years will make a lot of difference in our journey. Surely, we'll never be the same person again when we leave this place."

The sisters couldn't make it to be present in San Jose to welcome me as the river was too high for them to cross. I was welcomed by the parish priest who happened to be Fr. Gerry Causapin, a friend of many FMM's. He asked me to stay in the parish's convent until someone would come to fetch me. I was so moved by Sr. Armi's gesture of concern when she stated, "Padre, susunduin ko na ang anking kapatid."

I can vividly recall the times when Sr. Armi taught me the art of mountain climbing. As we climbed from one mountain to another, I saw my God in her who was very patient with me all these years. The paths we trod and the rivers we crossed, together with Sr. Nelly, all spoke to me about my beautiful vocation journey. Those climbs especially the one in Lagnas were sacred to me for I remembered all the missionaries who came before me and would have had the similar experience of God's manifold love in nature and in people.

Having no experience in community organizing and the Mangyan culture was to me a great advantage, never a hindrance. I always believe that *when God chooses someone for a particular mission, it is because her being*



Sr. Daryl with Mangyan couple

who she is, the way she is created, regardless of her limitations, is what He needs at a given time to journey with a certain group of people.

For the first six months I was privileged to get to know the Mangyan as a people and as persons. I had the difficulty at first but my love for the interior mission and my interest to listen to people's stories allowed me to encounter them deeply. Home visitations and being present to the ordinary and special events in the *pamayanan* are to me venues that create long lasting bond of friendship and trust.

How can I forget my early days in Lagnas and those funny experience of first times. Bapa Umay and Baye Isyat were planting rice near the sisters' house. I was observing them, fascinated by how they worked together as an old couple. I asked if I can join them and when they said yes, I was so happy that even if I had to set on the mud bare footed, I didn't mind. Baye Isyat became my first teacher. The experience was comic since they cannot imagine how ignorant I am in the rice field. Unexpectedly, I made them share stories of their first meeting, their marriage and their struggle as a people. But what made the encounter more meaningful was the closeness I developed with them because of those sharing. I went home that day feeling the warmth of God's embrace. He seems so near and so much alive in that special moment. I affirm what Kenneth Cragg said that our first task in approaching another people, another culture, another religion is to TAKE OFF OUR SHOES for the ground we are approaching is holy. Else we may find ourselves treading on people's dreams. More seriously still, we may forget that GOD was there before our arrival.

ANYWAY

People are often unreasonable, illogical
and self centered
Forgive them **ANYWAY**

If you are kind, people may accuse you of
selfish with ulterior motives
Be kind **ANYWAY**



If you are successful, you will win some false
friends and some true enemies
Succeed **ANYWAY**



If you are honest and frank,
people may cheat you
Be honest and frank **ANYWAY**

What you spend years building,
someone could destroy overnight
Build **ANYWAY**

If you find serenity and happiness,
they may be jealous
Be happy **ANYWAY**



The good you do today,
people will often forget tomorrow
Do good **ANYWAY**

Give the world the best you have and it may
never be enough
Give the world the best you've got
ANYWAY



You see in the final analysis,
IT IS BETWEEN YOU AND GOD
It was never between you and them
ANYWAY



fall in love

Nothing is more practical
than finding God,
that is, than falling in love
in a quite absolute, final way.

What you are in love with,
What seizes your imagination,
will affect everything.

It will decide what will get you out of bed
In the morning,
what you do with your evenings,
how you spend your weekends,
what you read, who you know,
what breaks your heart,
and what amazes you with joy
and gratitude.
Fall in love, stay in love
and it will decide everything.

Fr. Pedro Arrupe, SJ
28th Superior General of the Society of Jesus

*Do you feel called to love God
as a missionary?*



*... consider the
franciscan missionaries of mary*

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