

**To see a world in a grain of sand,
and a heaven in a wild flower,
hold infinity in the palm of your
hand and eternity in an hour**

William Blake



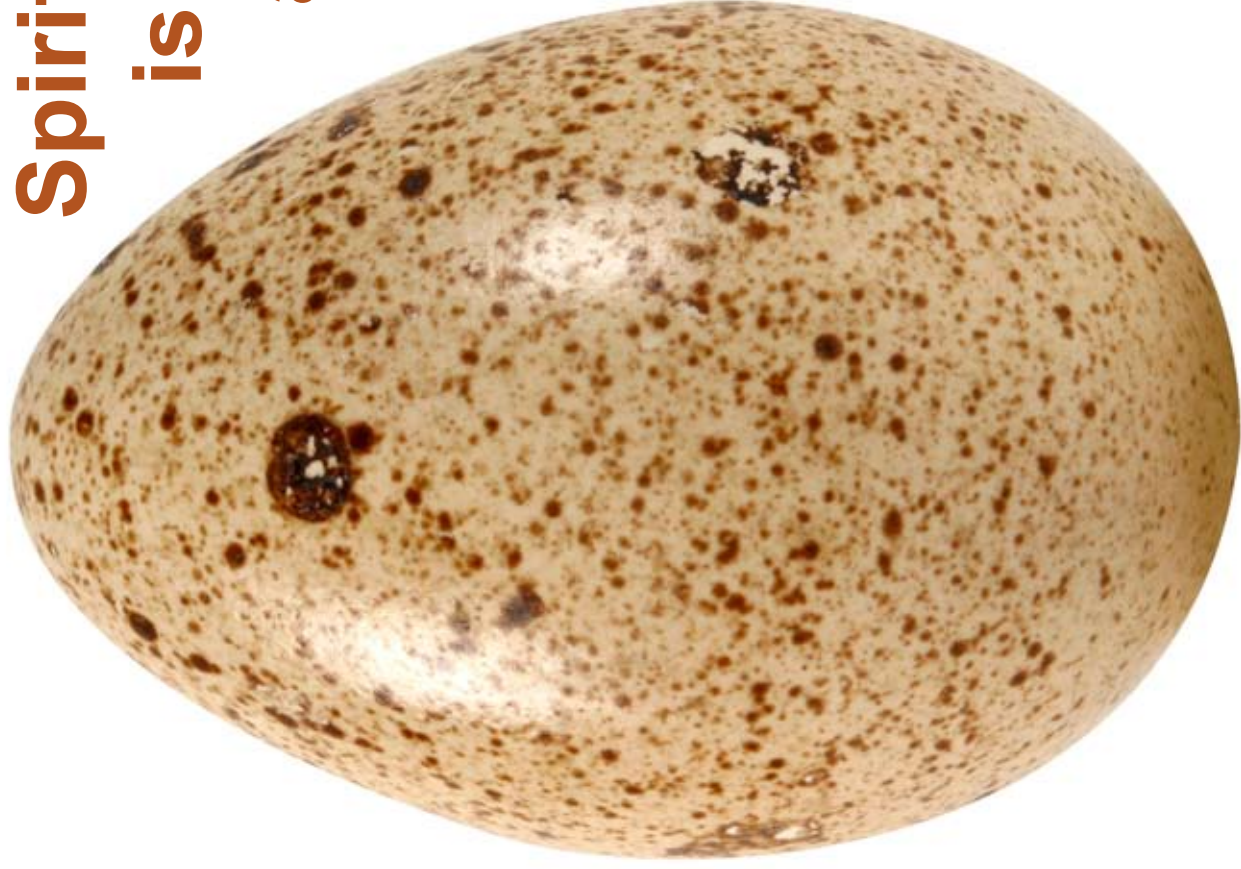
Spirituality is like a bird: If you it hold too closely it chokes, and if you hold it too loosely, it escapes.

Israel Salanter Lipkin



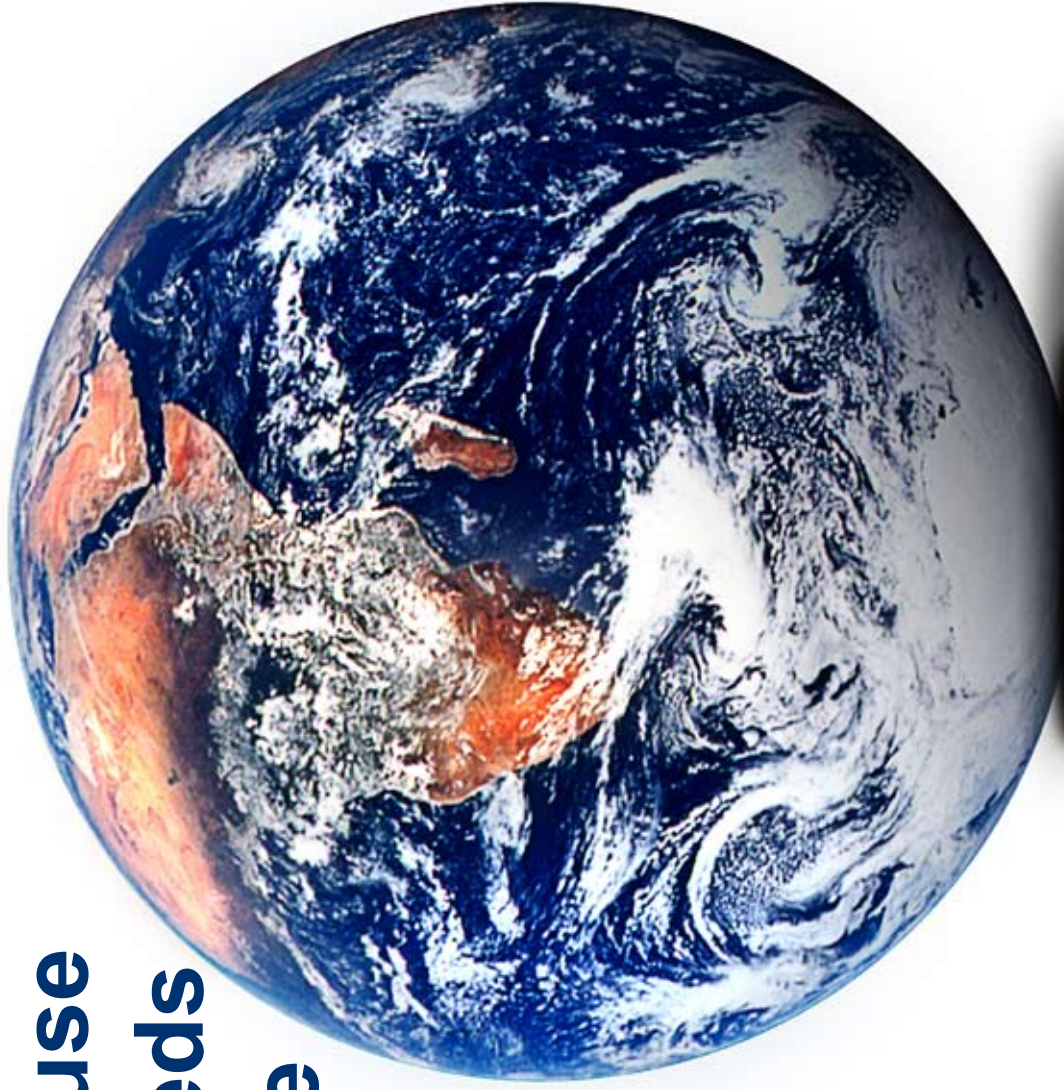
**Spiritual development
is about each person
as a unique human
being with life
long potential
for growth &
development.**

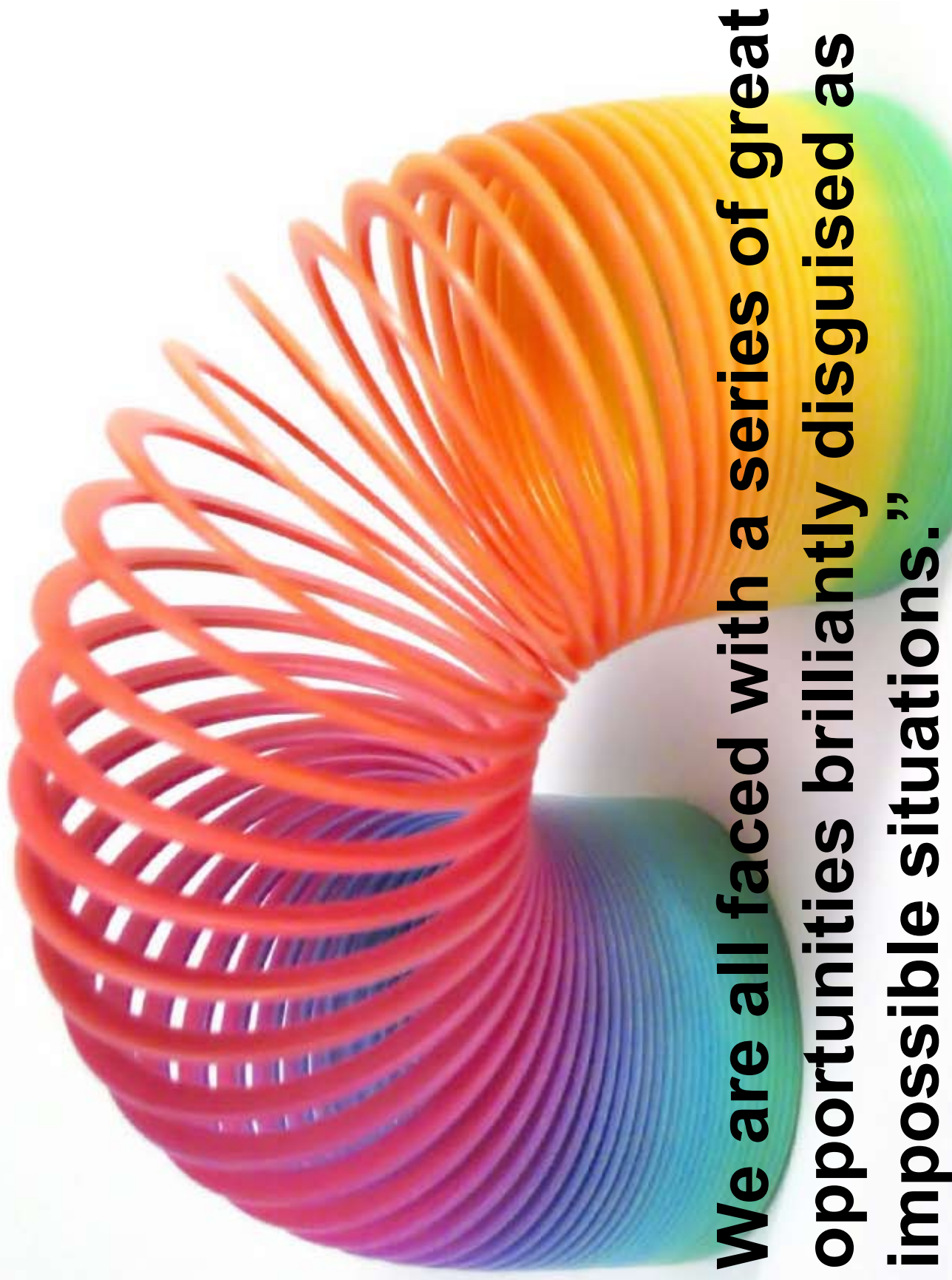
John Lee



**Don't ask what the world needs.
Ask what makes you come alive,
and go do it. Because
what the world needs
is people who have
come alive.**

Howard Thurman





We are all faced with a series of great opportunities brilliantly disguised as impossible situations.”

Charles R Swindoll

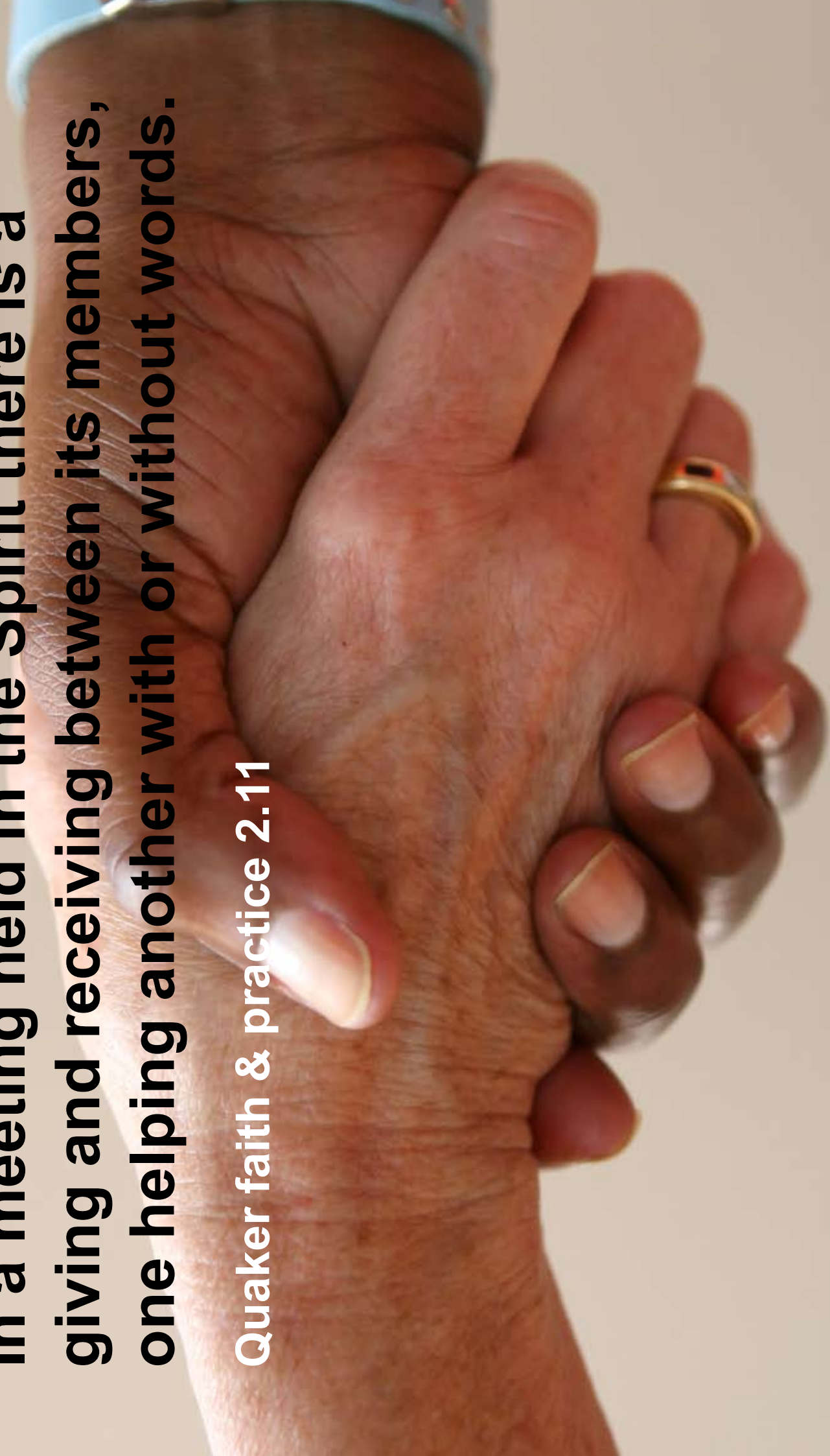
Be the change you want to see in the world

Mahatma Gandhi



**In a meeting held in the Spirit there is a
giving and receiving between its members,
one helping another with or without words.**

Quaker faith & practice 2.11





**Concentrate on silence. When it comes, dwell
on what it sounds like, then strive to carry that
quiet with you wherever you go**

Paul Wilson

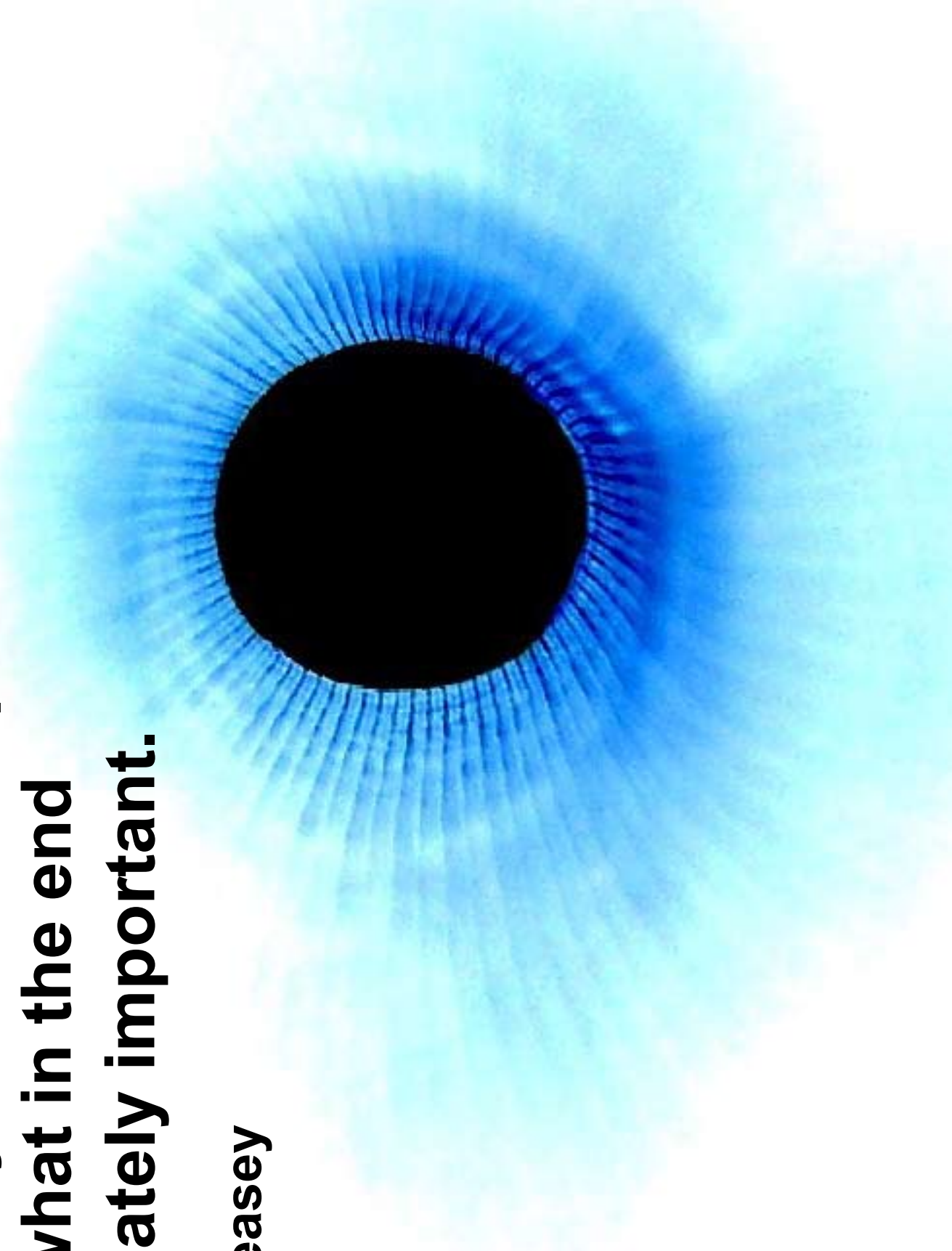
Spirituality is an awareness of that which is deepest within us, that which responds to other people and the world around us, that which gives us direction in life.

Miranda Salmon



**Spirituality is one's deepest belief
about what in the end
is ultimately important.**

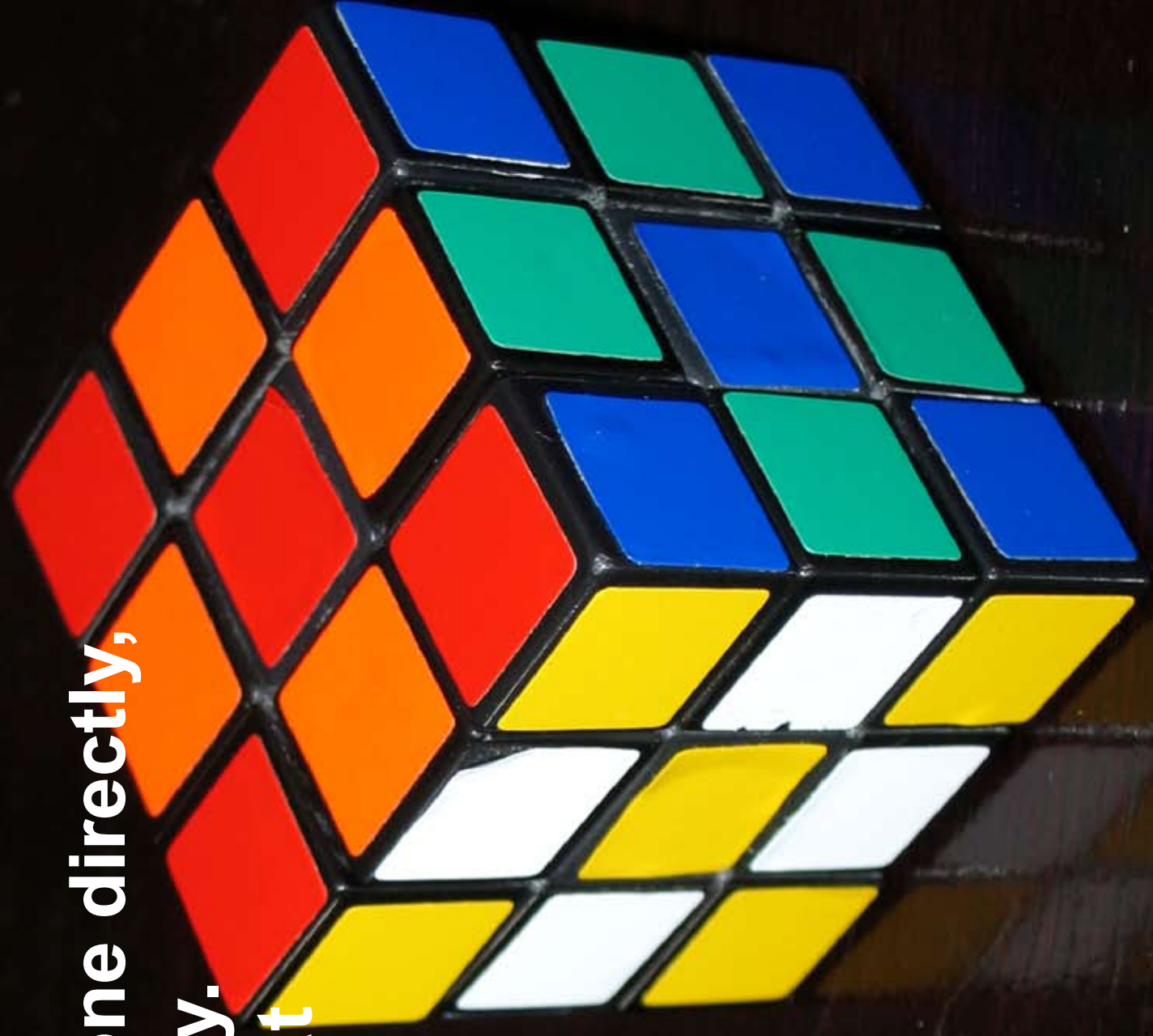
Brian Sweasey



**Whatever affects one directly,
affects all indirectly.**

**I can never be what
I ought to be until
you are what you
ought to be.**

Martin Luther King



**You are not a single "you". No, you are the sky
and the deep sea. Your mighty "thou", which is
nine hundredfold, is the ocean, the drowning
place of a hundred "thous" within you.**

Rumi