

How to: Apologize

Sorry, my mistake. It won't happen again. Please forgive me. If such words come easily to you, you're lucky. Most of us have to steel ourselves to apologize, sometimes because it feels as if we were fully justified in our offending behavior, other times because it is so humiliating to admit that we weren't.

It turns out that the words you utter when apologizing are less important than the act of apologizing itself. Social psychologist Steven Scher of Eastern Illinois University has identified five main elements of apologies: 1) a simple expression of regret ("I'm sorry," "I apologize," or "Excuse me"); 2) an explanation or account of the cause that brought about the violation ("I forgot to call you the other day with the information"); 3) an expression of the speaker's responsibility for the offense ("What I did was wrong"); 4) a promise of

forbearance ("I promise nothing like this will happen again"); and 5) an offer of repair ("What can I do to make it up to you?"). Employing any of these strategies is better than using none, Scher has found, and the effects can be additive—the more components you include in the apology, the better.



♥

Never buy a coffee table you can't put your feet on.
Believe in miracles, but don't depend on them.
Don't forget that we are ultimately judged by what we give, not by what we get.
When you hear a kind word spoken about a friend, tell her so.
Don't work for recognition, but do work worthy of recognition.
Start the standing ovation at the end of school plays.
When someone lets you down, don't give up on him.

Ask yourself if what you're doing today is getting you closer to where you want to be tomorrow.

Remember that nothing important was ever achieved without someone's taking a chance.

When a friend is in need, help him without his having to ask.

When someone gives you something, never say, "You shouldn't have."

Remember that cruel words deeply hurt.

Remember that loving words quickly heal.



Frame anything your child brings home on his first day of school.

Seek respect rather than popularity.
Seek quality rather than luxury.
Seek refinement rather than fashion.

Never be too busy to meet someone new.

Remember that when your mom says, "You'll regret it," you probably will.

Never let the odds keep you from pursuing what you know in your heart you were meant to do.



BY: LEON IRBY

DATED: DECEMBER 17, 2014



Hatred
Must
Die

If you are a child of God



MR. HATRED



You
must fight
Hatred

With God's help

5 Steps to fight Hatred

- #1. A new commandment I give unto you, That you love one another; as I have loved you, that you also love one another. By this shall all men know that You are my disciples, if you love one another. (*John 13:34,35*)
- #2. Let love be without dissimulation. Abhor that which is evil; cleave to That which is good. Be kindly affectioned one to another With brotherly love; in preferring One another; (*Romans 12:9,10*)
- #3. But as touching brotherly love you need not that I write unto you: for you yourselves are taught of God to love one another. (*I Thessalonians 4:9*)
- #4. He that loveth his brother abideth in the light, and there is none occasion of stumbling in him. (*I John 2:10*)
- #5. Beloved, let us love one another: for love is of God; and every one that loveth is born of God, and knoweth God. He that loveth not knoweth not God: for God is love. (*I John 4:7,8*)

DO YOU FLY YOURS?

Submitted by Nellie M. Gurrath

YOU'RE A GRAND OLD FLAG,
You're a high flying flag,
And forever in peace may you wave.
You're the emblem of
The land I love,
The home of the free and the brave.
Ev'ry heart beats true
'Neath the Red, White, and Blue,
Where there's never a boast or brag.
But should auld acquaintance be forgot,
Keep your eye on the grand old flag.

From Yankee Doodle Dandy, by George M. Cohan

*Happy Fathers Day
Sunday, June 15, 2014*



SHOUT OUT

TO PRESIDENT BARACK H. OBAMA

Wednesday, December 17, 2014, 11: A.M.
CST ABC NEWS.COM SPECIAL REPORT:
PRESIDENTIAL SPEECH:

CONGRATULATIONS TO PRESIDENT OBAMA
BOLD MOVE TOWARDS NORMALIZING RE-
LATIONSHIPS WITH CUBA [A "A" PRESID-
ENT RICHARD M. NIXON TO THEN " MAO
-MOA RED CHINA.] ... IT WILL DO YOUR
LEGACY WELL! HISTORIC!!!

IT FURTHER JUST GOES TO SHOW WHAT
PRESIDENT OBAMA "WHAT'S HE WANTS"
[E.G. OBAMACARE] HE'LL TAKE BOLD
- AND " I AM THE DECIDER" ACTION TO
MAKE IT HAPPEN!

AHA !! BUT WHAT DOES HE REALLY

WANT!!!!!!

BY: LEON IRBY DECEMBER 17, 2014

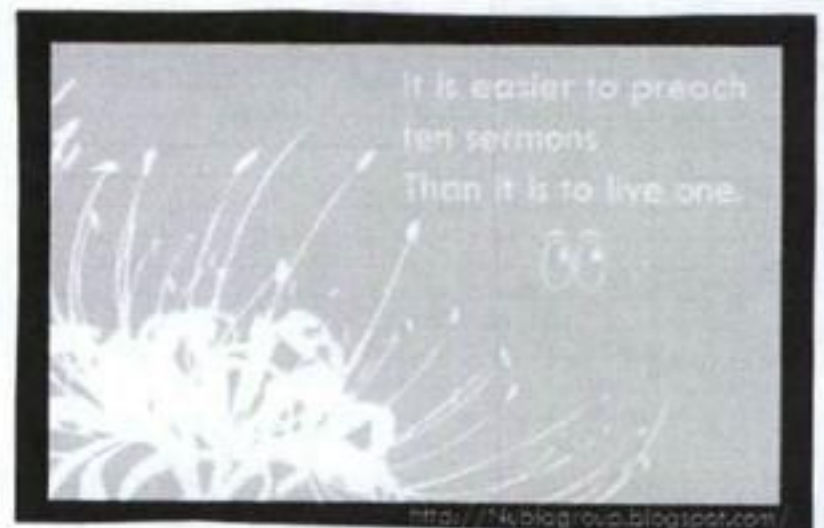
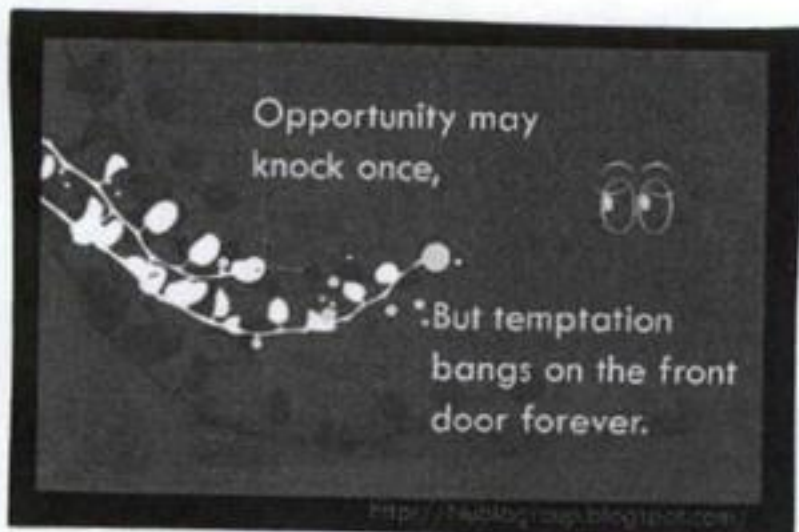
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Forgiveness

Genuine forgiveness is crucial if any of us will find peace. Whether or not it restores a broken relationship, it sets our own hearts free. Those who will be bound by the promise to sincerely forgive, will be freed from the bonds of the past. We're all bound to forgive, and those who are bound to forgive are bound to be happy.

Look at the madness that goes on in the world today. We lug our hates and our bigotry and prejudices from generation to generation and we pass them on. If we stop and look at each other and say, "I am so sorry for the hurt I caused you. I ask your forgiveness," and then extend forgiveness and... receive forgiveness, we'll see amazing results.

For when we covenant with life to earnestly forgive whatever hurts come our way, we find inner peace and, often, improved physical health as well. One of the most lasting pleasures you can experience is the feeling that comes over you when you genuinely forgive an enemy -- whether he knows it or not.



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