Dear Lexie,

Act on It!

I was introduced to American literature in college back in the early 1970's. My American literature tome is one of the few college textbooks that still have a place in my personal library. While I enjoyed reading the works of Poe, Longfellow, Hawthorne and a few others, I 'fell in love' with the essays of Ralph Waldo Emerson. The combination of his majestic writing style and practical folksy wisdom makes his work compelling reading. It was he who said, "Build a better mousetrap and the world will beat a path to your door." This statement has become a metaphor for the power of innovation.

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Hope and Health
Eight weeks could make a big difference. Do our New Year’s resolutions need a boost? Are we looking for a new way to live life? Are we tired of trying yet another diet, another fast-fix for old problems?

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One statement by Emerson that has been something of a mantra for me over the years is, “In every work of genius we recognize our own rejected thoughts; they come back to us with a certain alienated majesty.” Hardly anyone can fail to see the haunting truth in this statement. We all, at least, most of us, look back over our lives at the opportunities we had but did not seize, the ideas that came to mind to establish a business, develop a product, write a book, enter a profession, share our faith, but did not do so.

People who are successful are those who have acted on their ideas, those who have seized the opportunities presented to them. They are the Steve Jobs, the Wright Brothers, the Martin Luther King Jr.s, the Michelangelos, the Beethovens, the Rosa Parks. The fabric of our society has been woven on the loom of the work and legacy of people like these. Emerson’s ‘work of genius’ statement tells us that there could be many more Steve Jobs, Michelangelos, Martin Luther King Jr.s, Beethovens, Rosa Parks, if we all followed through with our dreams and ideas. In last week’s eWeekend lead article, Erwin Mack reminded us to ‘seize the moment,’ another way of expressing Emerson’s sentiments.

A very good friend of mine enjoys eating coconut, not the green one that provides the refreshing coconut water drink, but the mature coconut that is hard and used to make coconut cream, cooking oil, desiccated coconut, etc. He often buys a coconut at the supermarket, takes it home, breaks it with a hammer to get at the kernel and has a feast of it. Several years ago he thought of having the fresh coconut kernel cut up in bite-size pieces and sold in supermarkets as a snack but did not act on it, only to discover subsequently that someone else had the very same idea, acted on it and made a good living from it. My friend’s rejected thoughts came back to him with a certain alienated majesty.

Emerson’s statement can also be applied to our spiritual lives. God provides us with opportunities from time to time to share our faith and extend His kingdom. Do we embrace these opportunities? Often we are prompted by the Spirit to speak a word for our Lord but we remain silent, only to hear someone later share his her testimony about how they shared their faith with a colleague, a neighbor or a stranger, who accepted Jesus as Lord. At such times we remember that we also had the opportunity to share our faith but we didn’t seize it.

Next time you have a good idea, whether it relates to temporal or spiritual matters, act on it. It might just prove to be the beginning of something great for you and for others.

Don W McFarlane
Eight weeks could make a big difference

Do our New Year’s resolutions need a boost? Are we looking for a new way to live life? Are we tired of trying yet another diet, another fast-fix for old problems?

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What’s different here? The program is

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- Not doctor’s appointments, but we’ll get prescriptions for our health.
- Not a health clinic, but we will be advised to see our doctor.
- Medicine will be continued, but we may discover that it’s not needed.
- There are no sponsors; we’ll make decisions for ourselves.
- Yes, there is a pattern to follow — but it’s not a “one size fits all” plan.
- No guilt if we don’t work the program — but better health if we do.

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We’ll think more clearly, be happier, have more energy, sleep better, look better, and be sick a lot less. Further documentation that we have improved will come if our doctor says we are better.

A home environment can be a safe place to grow, even a place to start over— a home where there is Hope and where
we can share ideas and learn new ones.

The cost? No cost — except our time — for eight weeks.

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