



GRAND CHAPTER OF COLO.  
ORDER OF THE EASTERN STAR  
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*Sprigs  
of  
Green*

*Compiled by Marjorie M. Morgan  
from The Serenity Collection*



*Just as any bouquet may be made more beautiful by adding a few sprigs of green, so every day of our lives may be enriched by adding beautiful thoughts.*

*"Sprigs of Green" is a collection of many favourite gems gleaned over the years. Though the contributors are, in many cases, unknown to me, I gratefully acknowledge them as a source of inspiration and strength. May they give calmness and serenity to all of you who share them.*

*Marjorie M. Morgan*

## THE LITTLE EVERGREEN

*The thing was, how could it possibly survive, clinging to the barren rock like the one last hope of the world? The little tree -- it was a spruce -- grew out of a crack in the rock so slight one could hardly see it. There was no soil apparent and, given the angle of the crack, rain water must have run off as soon as it fell. Summer and winter, savage north east winds tore at the tree and sometimes when the tide was high, great waves crashed against it.*

*And still the tree survived. There was no other living thing -- no blade of grass, or root of hemlock, or laurel or alder or pine -- only the little tree, alone, surviving not so much by a miracle as by something else.*

*One does not speak of courage, fortitude and will where a tree is concerned. But one can see a tree as a symbol of such virtues. And if one can learn much about courage, fortitude and will from the heroes and supermen of our race, he can also learn more than a little from a lonely evergreen, wind-torn and storm-tossed, growing God only knows how, and surviving by a force stronger than the rock beneath it.*

*- Waldemar Argow.*

1  
Most of us live too near the surface of our abilities, dreading to call upon our deeper resources. It is as if a strong man were to do his work with only one finger.

- John Charles Wynn.



A hundred times a day I remind myself that my inner and outer life depend on the labours of other men, living and dead, and that I must exert myself in order to give in the same measure as I have received and am receiving.

- Albert Einstein.



Use what talents you possess: the woods would be very silent if no birds sang there except those that sang best.

- Henry Van Dyke.

## MY FAITH

I know not what the year will bring,  
But this I know my heart will sing  
For He who gives the gift of years,  
Has power to still my doubts and fears.  
And though the way be dark or fair  
I have no fear for God answers prayer.  
This year I leave with God alone,  
For He is ever mindful of His own.

## EVENING BENEDICTION

We close this evening with this humble prayer  
That God will keep us in His loving care,  
And that we may our many blessings share  
Dear Lord, we pray.

The time has come for us to say goodnight.  
May God be near and help us walk aright,  
And as we wake each morning with the light,  
Teach us to pray.



Be alert, stand firm in the faith, be courageous and strong. Let everything you do be done in love.

1 Corinthians 16: 13-14.

1  
A man is as great as the dreams he dreams,  
As great as the love he bears,  
As great as the values he redeems,  
As the happiness he shares.

A man is as great as the thoughts he thinks,  
As the worth he has attained,  
As the fountains at which his spirit drinks,  
As the insight he has gained.

A man is as great as the truth he speaks,  
As great as the help he gives,  
As great as the destiny he seeks,  
As great as the life he lives.



Give and it shall be given unto you;  
good measure, pressed down and shaken  
together, and running over.

- Luke 6: 38



Reach up as far as you can.  
God will reach down all the rest of the way.

Whatever things are true,  
Whatever things are honest,  
Whatever things are just,  
Whatever things are pure,  
Whatever things are lovely,  
Whatever things are of good  
report; if there be any virtue,  
and if there be any praise,  
think on these things.

- Philippians 4: 8.

God never misses an opportunity . . .

If the door is open He will come in.



In quietness and confidence  
shall be your strength.

Isaiah 32: 17.

## SLOW ME DOWN, LORD

Slow me down, Lord,  
Ease the pounding of my heart by the quieting  
of my mind.

Steady my hurried pace with a vision of the  
eternal reach of time.

Give me, amid the confusion of the day, the  
calmness of the everlasting hills.

Break the tensions of my nerves and muscles  
with the soothing music of the singing  
streams that live in my memory.

Help me to know the magical, restoring  
power of sleep.

Teach me the art of taking minute vacations  
-- of slowing down to look at a flower,  
to chat with a friend, to pat a dog, to  
read a few lines from a good book.

Slow me down, Lord, and inspire me to send  
my roots deep into the soil of life's  
enduring values, that I may grow toward  
the Stars of my greater destiny.

Join the great company of those who  
make the barren places of life fruitful  
with kindness. Your success and happiness  
lie in you. The great and enduring  
realities are love and service.

Resolve to keep happy and your joy and  
you shall form an invincible host against  
all difficulties.

-- Helen Keller

The Road from yesterday to today is a very  
short road. However, the length of time is  
not measured in years or months, nor days, or  
even hours, but by the deeds we have done.



God be in my head, and in my  
understanding  
God be in my 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.

Amen.



The flowers of all the tomorrows  
are in the seeds of to-day.

- Chinese Proverb.

**1**  
We ask the leaf, "Are you complete in yourself?" And the leaf answers, "No, my life is in the branches." We ask the branch, and the branch answers, "No my life is in the roots." We ask the root, and it answers, "No, my life is in the trunk and the branches and the leaves. Keep the branches stripped of leaves, and I shall die." So it is with the great tree of being. Nothing is completely and merely individual.

-- Harry Emerson Fosdick.



You must give some time to your fellow men. Even if it's a little thing, do something for others -- something for which you get no pay but the privilege of doing it.

- Albert Schweitzer.



Life is not a cup to be drained,  
but a measure to be filled.

Our Faith helps us --

to keep a sky in our lives and to look up,  
to keep our hand in God's and to hold on  
to Him,  
to see the eternal values above the  
material,  
to lift life above self in serving Thee,  
to see good in others and to praise it,  
to be kind and to keep busy for Him,  
to have a seeing eye, a feeling heart, a  
helping hand,  
to test the motive of life and to choose  
the best,  
to do justly, love mercy, and to walk  
humbly.

#### PRAYER FOR STRENGTH

Grant me, O Lord, strength for each day  
For every task that comes my way.  
Cover my eyes and make me blind  
To petty faults I should not find.  
Open my eyes and let me see  
The friend my neighbour tries to be.  
Teach me, when duty seems severe  
To see my purpose, shining clear.  
Let me at noon-time rest content  
The half-day bravely lived and spent  
And when the night slips down on me  
Remember to pray fervently.  
Grant me to live this whole year through  
And do the best that I can do.

## I AM YOUR BIBLE

I am the Bible, I am the Word of Almighty  
God  
I am always -- and above all -- the Truth.  
To the weary pilgrim I am a strong staff,  
To one who sits in gloom I am a glorious  
light,  
To those who stoop beneath heavy burdens,  
I am rest.  
To him who has lost his way I am a sure  
guide,  
To those hurt by sin I am a healing balm.  
To those discouraged I whisper glad messages  
of assurance,  
To those who suffer in lonely solitude,  
I am a cool hand on a fevered brow,  
To those who mourn I am comfort and hope,  
Oh, child of man to best know me, to best  
defend me --  
just use me.



Goethe said, "A man should hear a little  
music, read a little of God's Holy Word,  
and cultivate good thoughts every day of  
his life, in order that worldly cares may  
not obliterate the sense of the beautiful  
which God has planted in the human soul."

## WHY?

Why do we wait till a person's gone  
Before we tell his worth?  
Why do we wait, why not tell him now  
He's the finest man on earth?  
Why do we wait till a person's gone  
to send him flowers galore,  
When a single rose would have meant so much  
If we'd taken it to his door?  
Why do we wait till he cannot hear  
The good things that we might say?  
Why put it off, why not tell him now  
And share in his joy today?  
Of course we're busy, that's our excuse,  
But why, oh why do we wait  
To tell a person our love for him  
Until it becomes too late?



## YOU ARE NOT OLD

Age is a quality of mind.  
If you have left your dreams behind,  
If hope is cold, if you no longer plan ahead,  
If your ambitions are all dead,  
Then you are old.  
But if you make of life the best  
And in your life you still have zest,  
If love you hold no matter how the years go by  
No matter how the birthdays fly,  
You are not old.

**I** If a friend of mine . . . gave a feast, and did not invite me to it, I should not mind a bit . . . But if . . . a friend of mine had a sorrow and refused to allow me to share it, I should feel it most bitterly. If he shut the doors of the house of mourning against me, I would move back again and again and beg to be admitted, so that I might share in what I was entitled to share. If he thought me unworthy, unfit to weep with him, I should feel it as the most poignant humiliation, as the most terrible mode for which disgrace could be inflicted on me . . . he who can look on the loveliness of the world and share its sorrow, and realize something of the wonder of both, is in immediate contact with divine things, and has got as near to God's secret as any one can get.

- Oscar Wilde.



God does not take away trials or carry us over them, but strengthens us through them.

The Carpenter of Galilee  
Comes down the street again.  
In every land, in every age  
He still is building men.

On Christmas Eve we hear him knock;  
He goes from door to door -  
"Are any workmen out of work?  
The Carpenter needs more."



Though we travel the wide world  
over to find the beautiful, we must  
carry it with us or we find it not.

- Emerson.



Down quiet ways may you be led,  
Where sunlight falls and peace descends,  
Towards the place where dreams come true,  
Where joy begins, and sorrow ends.

Where time bestows its fairest gifts  
And nothing mars the golden days,  
God lead you to your heart's desire,  
Along Life's green and quiet ways.

- Patience Strong



It is not easy  
 to apologize,  
 to begin over,  
 to be unselfish,  
 to take advice,  
 to admit error,  
 to face a sneer,  
 to be charitable,  
 to keep trying,  
 to be considerate,  
 to avoid mistakes,  
 to endure success,  
 to profit by mistakes,  
 to forgive and forget,  
 to think and then act,  
 to keep out of a rut,  
 to make the best of little,  
 to subdue an unruly temper,  
 to shoulder a deserved blame,  
 to recognize the silver lining -  
 BUT IT IS ALWAYS WORTHWHILE!

## BEATITUDES FOR THE AGED

Blessed are they who understand  
 My faltering step and palsied hand.  
 Blessed are they who seem to know  
 That my eyes are dim, my wits are slow.  
 Blessed are they who looked away  
 When coffee spilled at the table today.  
 Blessed are they with a cheery smile  
 Who stop to chat for a little while.  
 Blessed are they who never say  
 "You've told that story twice today."  
 Blessed are they who know the way  
 To bring back memories of yesterday.  
 Blessed are they who make it known  
 That I'm loved, respected and not alone.  
 Blessed are they who know I'm at a loss  
 To find the strength to carry the cross.  
 Blessed are they who ease the days  
 On my journey Home in loving ways.



## THE CLOCK OF LIFE

The clock of life is wound but once,  
 And no one has the power  
 To tell just when the hands will stop  
 At late or early hour.

Now is the only time you own,  
 Live, love, toil with a will.  
 Place no faith in tomorrow, for  
 The clock may then be still.

## THE LORD IS MY FRIEND

The Lord is my friend, what more could I want?  
 He sits with me in the quiet times of my days.  
 He explores with me the meanings of life,  
 He calls me forth as a whole person.  
 Even though I walk along paths of pain,  
 prejudice, hatred and depression, my fears  
 are quieted, because He is with me;  
 His words and His thoughts they challenge me.  
 He causes me to be sensitive to the needs of  
 mankind,  
 He also lifts up opportunities for serving.  
 His confidence stretches me.  
 Surely love shall be mine to share throughout  
 my life,  
 And I shall be sustained by His concern  
 forever.



"Lord make me an instrument of Thy peace;  
 Where there is hatred let me sow my love;  
 Where there is doubt, faith  
 Where there is pain, hope  
 Where there is darkness, light  
 And where there is sadness, joy."

- St. Francis of Assisi.

Tomorrow is not promised us  
 So let us take to-day,  
 And make the very most of it  
 The once we pass this way.  
 Just speak aloud the kindly thought  
 And do the kindly deed  
 And try to see and understand  
 Some fellow creature's need.  
 Tomorrow is not promised us  
 Nor any other day  
 So let us make the most of it  
 The once we pass this way.



## HOLD THOU MY HAND

Lord give me the strength that I may see  
 The task that's now reposed in me.  
 Be thou my guide through all the year  
 And give me courage o'er all my fear.  
 Let not one selfish thought or deed  
 Deter me from my course, I plead.  
 Enrich my heart with ways Thine own  
 And be my guide in paths unknown.  
 Be with me Lord. Hold Thou my hand.

### PRAYER ANSWERED

I asked for strength that I might achieve;  
He made me weak that I might obey.  
I asked for health that I might do greater things;  
I was given grace that I might do better things.  
I asked for riches that I might be happy;  
I was given poverty that I might be wise.  
I asked for power that I might have the praise of men;  
I was given weakness that I might feel the need of God.  
I asked for all things that I might enjoy life;  
I was given life that I might enjoy all things.  
I received nothing that I asked for, all that I hoped for,  
My prayer was answered.

### PRAYER AT EVENING

Thank you Lord on this day  
For our many good blessings.  
Thank you Lord on this day  
For the love that you give us.  
Heavenly Father, hear our prayer,  
Guide us on forever;  
Thank you Lord on this day  
For our blessings and friendships.

Lord, we pray as we go  
Into all of life's promise,  
That each day we may know  
You are calling us onward.  
Heavenly Father, hear our prayer,  
Guide us on forever;  
So each day we may know  
You are calling us onward.

To everything there is a season and  
a time for every purpose under heaven:

a time to be born, and a time to die;  
a time to plant, and a time to pluck  
up what is planted;  
a time to kill, and a time to heal;  
a time to break down, and a time to  
build up;  
a time to weep, and a time to laugh;  
a time to mourn, and a time to dance.

- Ecclesiastes 3: 1-4.



Reflected in today  
is everything that you have become  
through living, loving,  
working, being...

And all that you are  
reaches out and touches others  
in ever-widening circles  
of love and friendship.

God never imposes a duty upon us without  
giving us time and strength to perform it.

### THIS LAND OF MINE

This land of mine has beauty  
This land of mine has pride  
This land of mine rings with joy  
Through every countryside.  
This land began in greatness  
As our forefathers knew  
And we have a heritage  
Left by those faithful few.  
Born of prayer and effort  
Too priceless to define  
This country came to me  
The blessed land of mine.



I do the very best I know how; the very best I can; and I mean to keep on doing it to the end. If the end brings me out all right, what is said against me will not amount to anything. If the end brings me out all wrong, then a legion of angels swearing I was right will make no difference.

- Abraham Lincoln.

All that it takes for evil to triumph in this world is for good men to do nothing.  
- Edmund Burke.

### OVERHEARD IN AN ORCHARD

Said the Robin to the Sparrow:  
"I should really like to know  
Why these anxious human beings  
Rush about and worry so."

Said the Sparrow to the Robin:  
"Friend, I think that it must be  
That they have no Heavenly Father  
Such as cares for You and Me."



When the sounds of the world all die out, we can hear the whisperings of God.

A man of serenity listens for guidance from above. He walks surely but quietly through life, and after he leaves you, there is a quiet lingering feeling of thankfulness.

"Be still, and know that I am God."



There's no pillow so soft as a clear conscience.

- Old French Proverb

I said to the man who stood at the gate of the year, "Give me a light that I may tread safely into the unknown." And he replied, "Go out into the darkness and put your hand into the hand of God, and that shall be to you better than a light and safer than a known way."

The music of life is played by ear  
Each heart improvising its own  
Setting the tempo and choosing the key  
In major or minor tone.

No printed score is provided  
And no two tunes the same  
And if our song is discordant  
We've only ourselves to blame.

For the keyboard of life holds beauty  
There's harmony waiting there  
For the heart that attunes its song of life  
To peace, goodwill and prayer.



Peace is something that must be on the inside of the heart before it can be projected outside. A man who is at war with himself will be at war with others.

- Dag Hammarskjöld.

When there is righteousness in the heart --  
There will be character in the soul --  
When there is character in the soul --  
There will be harmony in the home --  
When there is harmony in the home --  
There will be order in the nations --  
When there is order in the nations --  
There will be PEACE in the world.

Life itself can't give you joy  
Unless you really will it;  
Life just gives you time and space,  
It's up to you to fill it.



If you stand very still in the heart of a wood  
You will hear many wonderful things;  
The snap of a twig and the wind in the trees,  
And the whirr of invisible wings.  
If you stand very still and hold to your faith  
You will get all the help that you ask;  
You will draw from the silence the things that you need,  
Hope and courage and strength for your task.

- Patience Strong

Let nothing disturb thee,  
Nothing affright thee;  
All things are passing;  
God never changeth;  
Patient endurance  
Attaineth to all things;  
Who God possesseth  
In nothing is wanting;  
Alone God sufficeth.

- St. Theresa.



And now, O Lord, support us all the day  
long of this glorious life; until the  
shadows lengthen and the evening comes, and  
the busy world is hushed, and the fever of  
life is over and our day's work is done.

Then in Thy great mercy, grant us safe  
lodging, a holy rest, and peace at the last.

Amen.

*The Key*  
to  
*Living*  
  
is  
*Giving*