

A4

isms

4 Amos Atkinson
on your 4th birthday

collected by
Iain Atkinson

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Petitfourword

choose well your words
for what comes out
will also go in

chew well your words
it eases digestion and
brings out the aftertaste

Desserts

**Iain & Maggie
Atkinson**



You were made by love,
in love, and for love.



I love you no matter what.
No matter what, I love you.



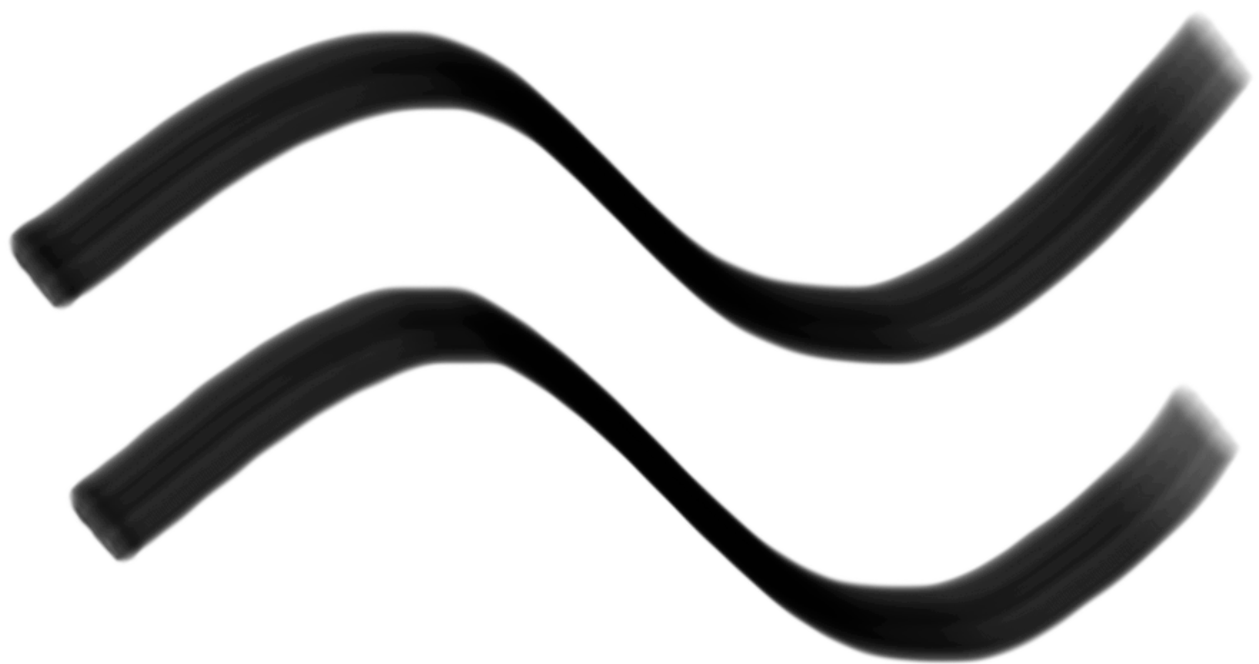
Look people in the soul.



See Christ in others.



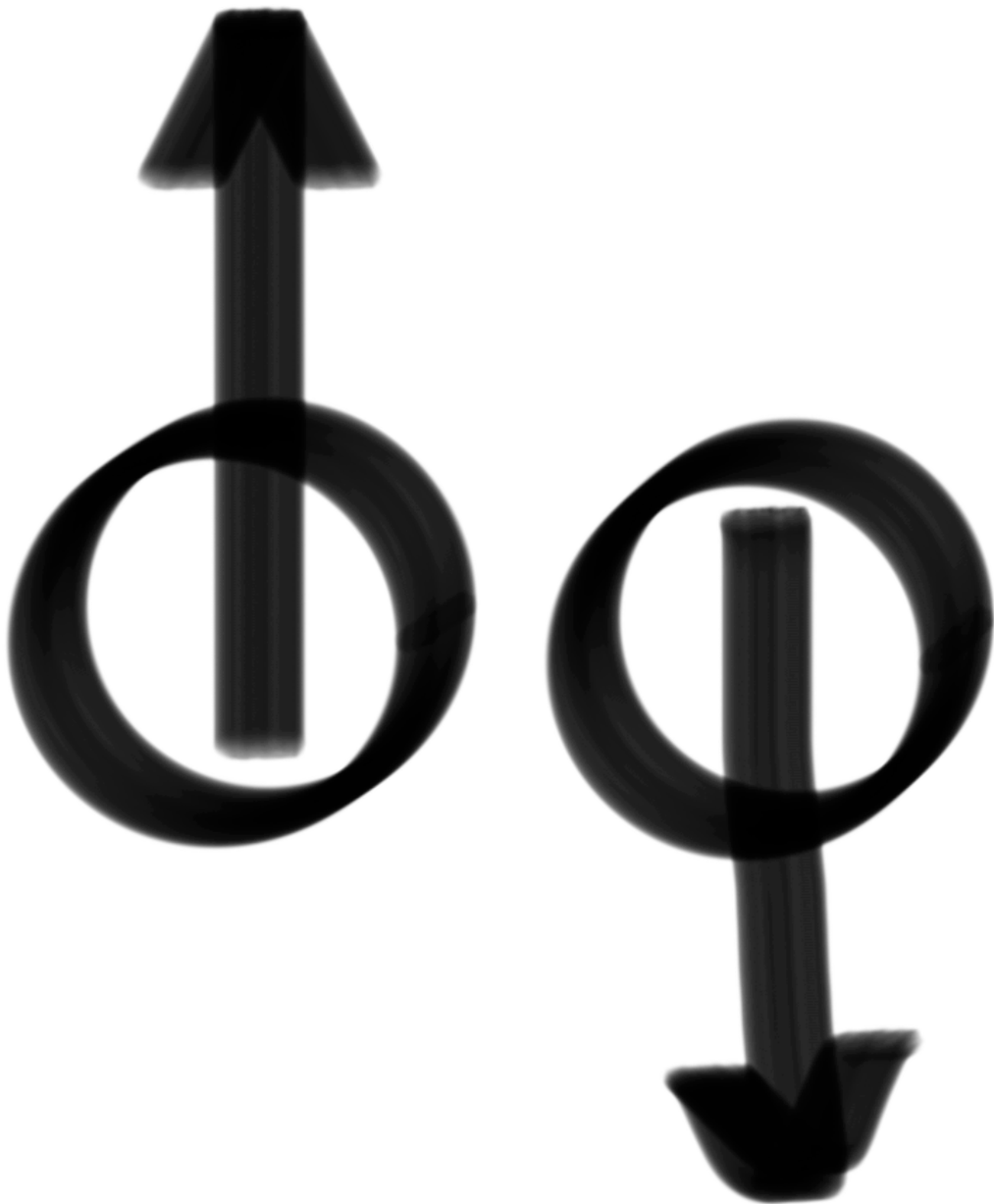
Happiness comes
from happenstance,
joy comes from Jesus.



You can be sad that you can
be sad, or happy that you
can be happy.



Every day is beautiful
when you wake up.



Live each morning like your first,
and each night like your last.



Adore and endure.



Follow your nose.



Eat enough apples and
you'll become an apple tree.



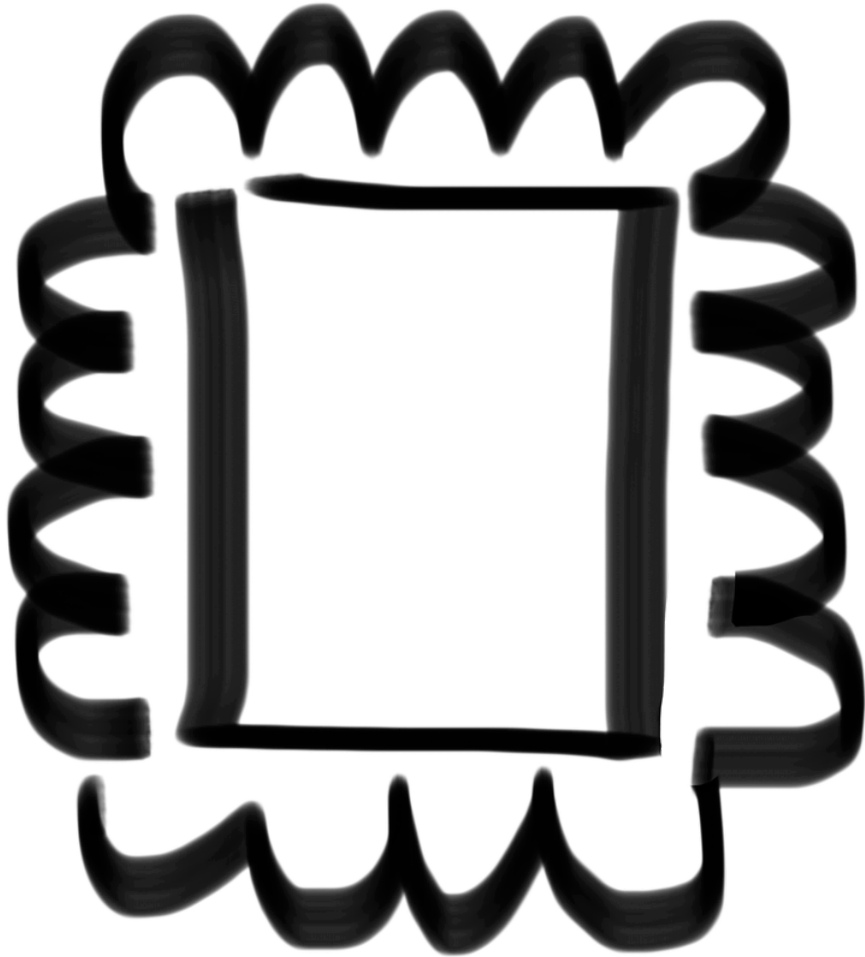
You can only
slow down slowly.



Make boredom
your boardroom.



There's no time like
tomorrow.



This too is art.



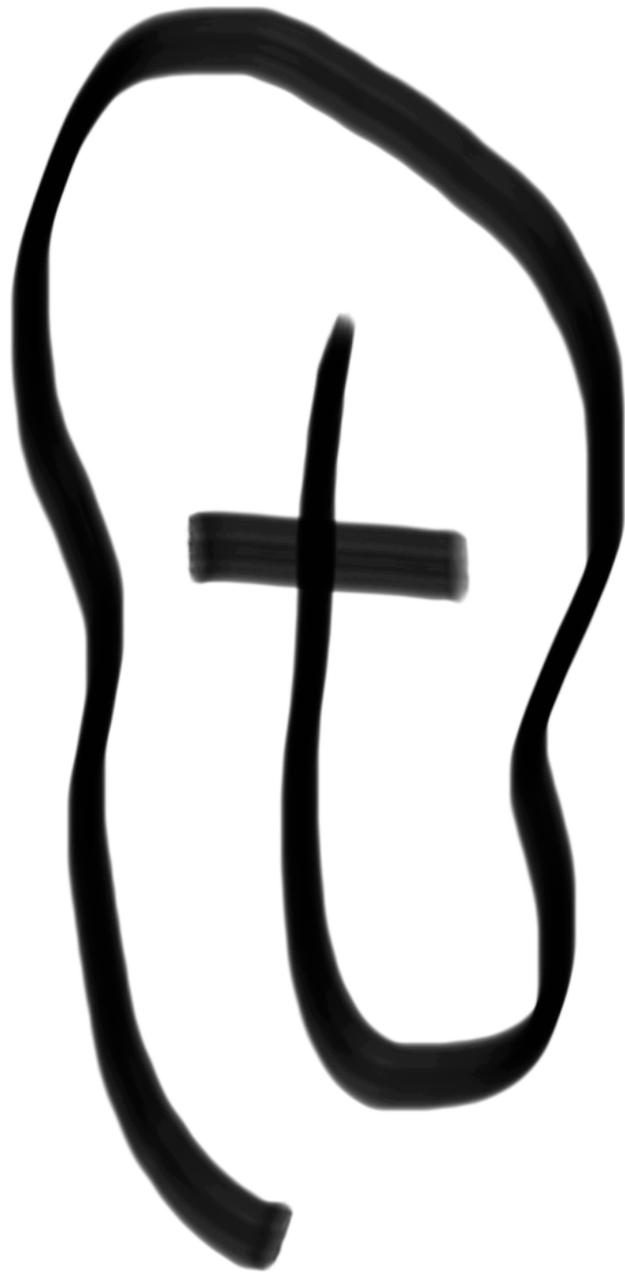
Call pain power.



Take off your own mask
before assisting others.



Watch how you act when
you're not watching.



Let your walk with Jesus
stretch your sole.



Eat your hunger,
drink your thirst.



Play your nose like a flute.



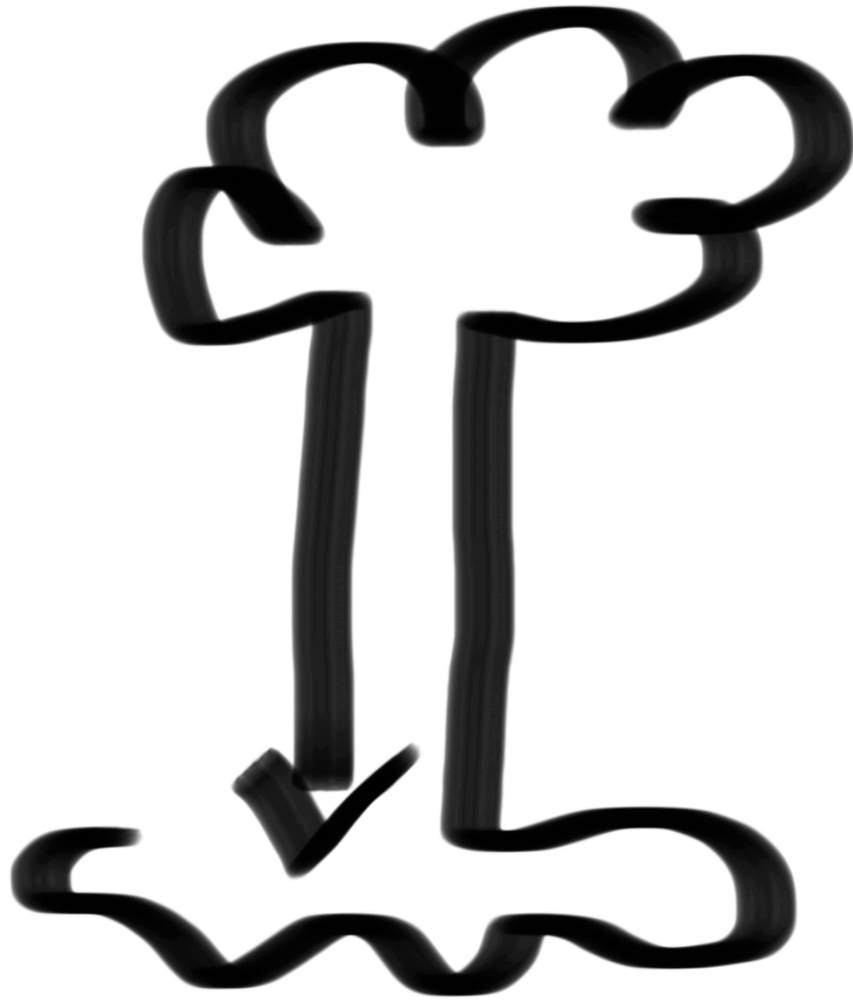
Yawn through your ears.



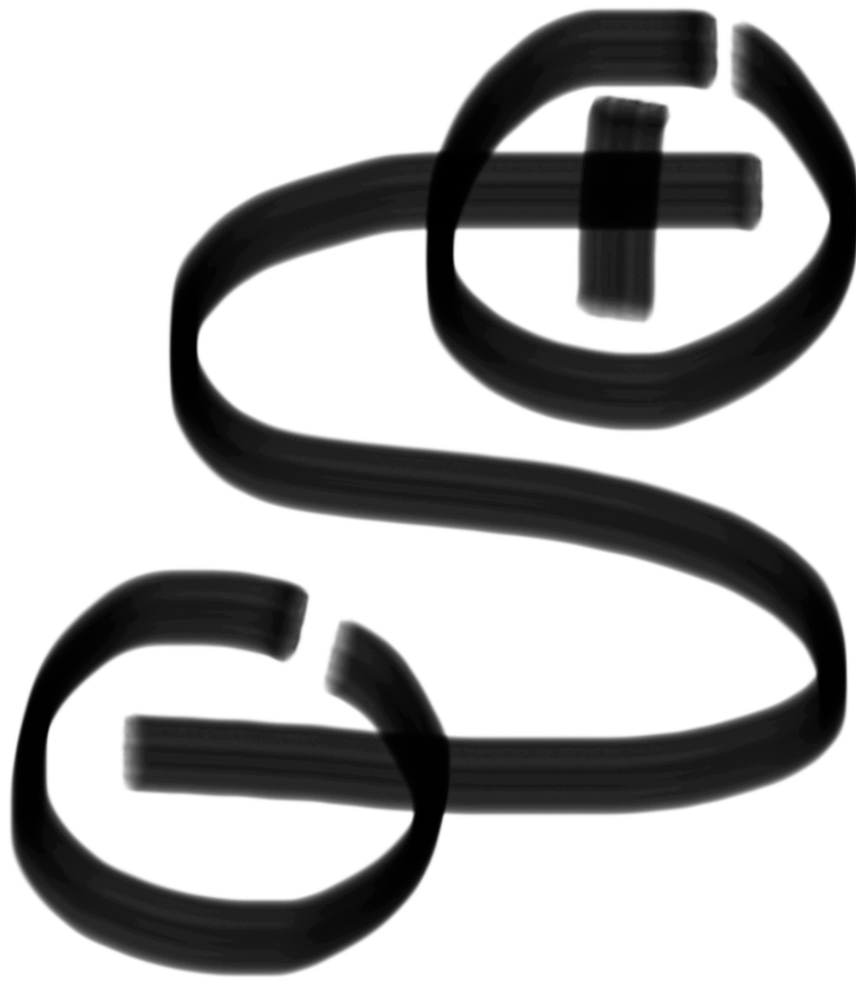
Breathe through your bum.



Pee through your eyes.



When asking “why?”
invert cause and effect.



Draw the line between
positive and negative.



Every question, rightly
formed, contains the seed of
its own answer



Curiosity resurrected
the cat.



Desire is its own end.



Appearance is the thing.



Only we exist.



Everything is everything.

Entrées

Family & Friends

Grandpa William Atkinson

You've got to learn the rules before
you can break them.

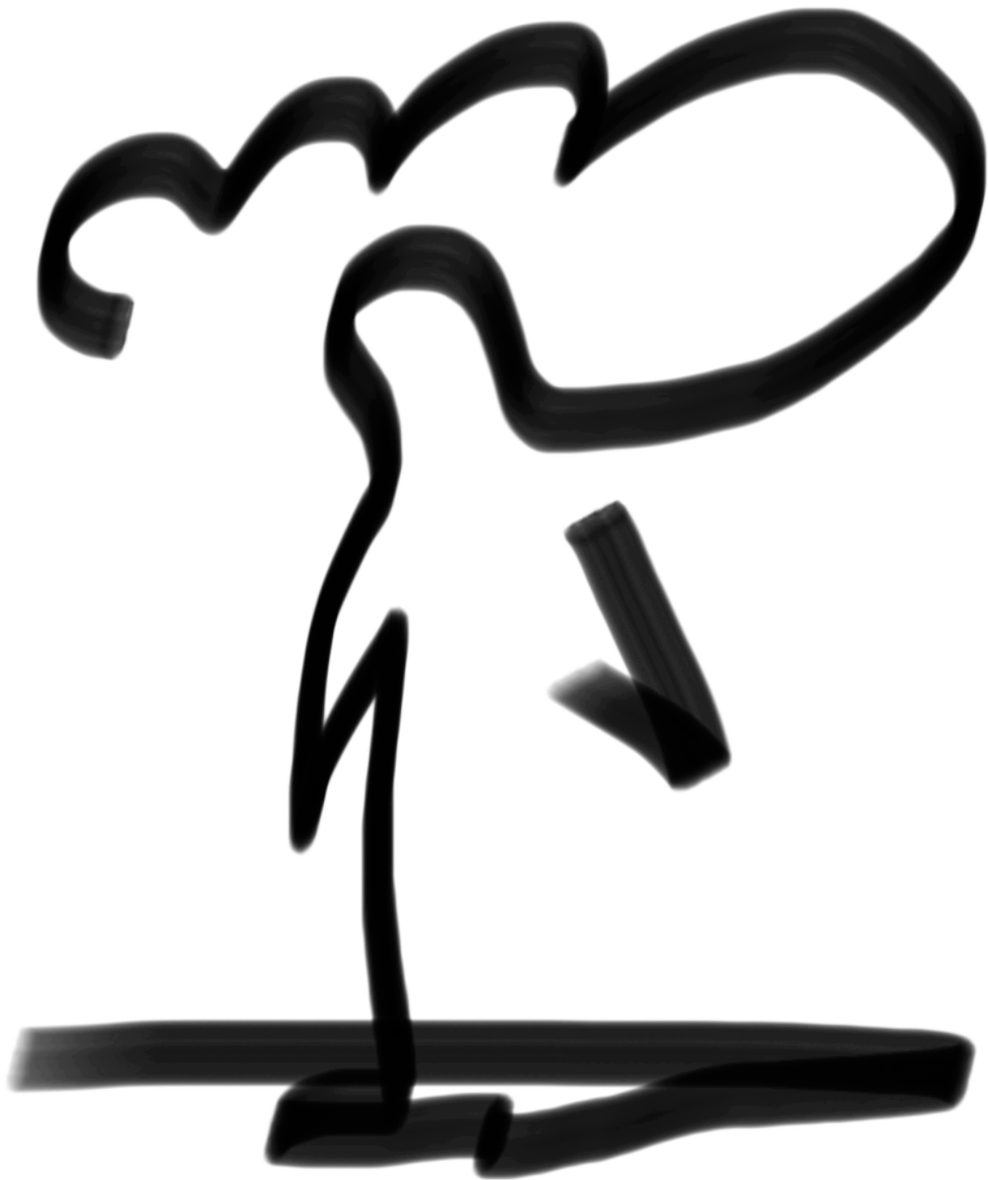
Better never late.

When you point a finger, there are
three pointing back at you.

If it ain't broke, don't fix it.

Blessed are the flexible, for they will
not be broken. *Colin Dye via Grandpa*

Professionals are amateurs who finish
things. *John Connolly via Grandpa*



Keep your feet on the ground,
but your head in the clouds.

Atkinsons

All improvement is deterioration.

Great Grandpa Leonard

Life is tough for most people
most of the time.

Grandma Alison Atkinson

If life be long, I will be glad
that I may long obey,
if short, then why should
I be sad to end my little day?

*Richard Baxter,
via Uncle Stephen*

Friends

Never attribute to malice what is
adequately explained by stupidity.
Hanlon's Razor via James Palmer

Measure once cut twice.
Anna Palmer

You'll never have adventures if you
worry about your shoes getting dirty.
Joel Palmer

What's for you won't go by you.
Lauren Lahoti

A race is a celebration
of all the training done.
Abhishek Lahoti

Tyndale Road

Keep swinging the bat,
unless no one's throwing.

Tim Kovoov

Hatred is sweet poison;
forgiveness is a medicine.

Tim Kovoov

Don't hate the player,
hate the game.

Stephen Hibbs

It's strange to be here.
The mystery never leaves you.

*John O'Donohue
via Stephen Hibbs*

Don't explain your philosophy,
embody it.

Stoic Wisdom via Joe Ogborn

You can't control someone
else's behavior, you can only
control your response.

Stoic Wisdom via Joe Ogborn

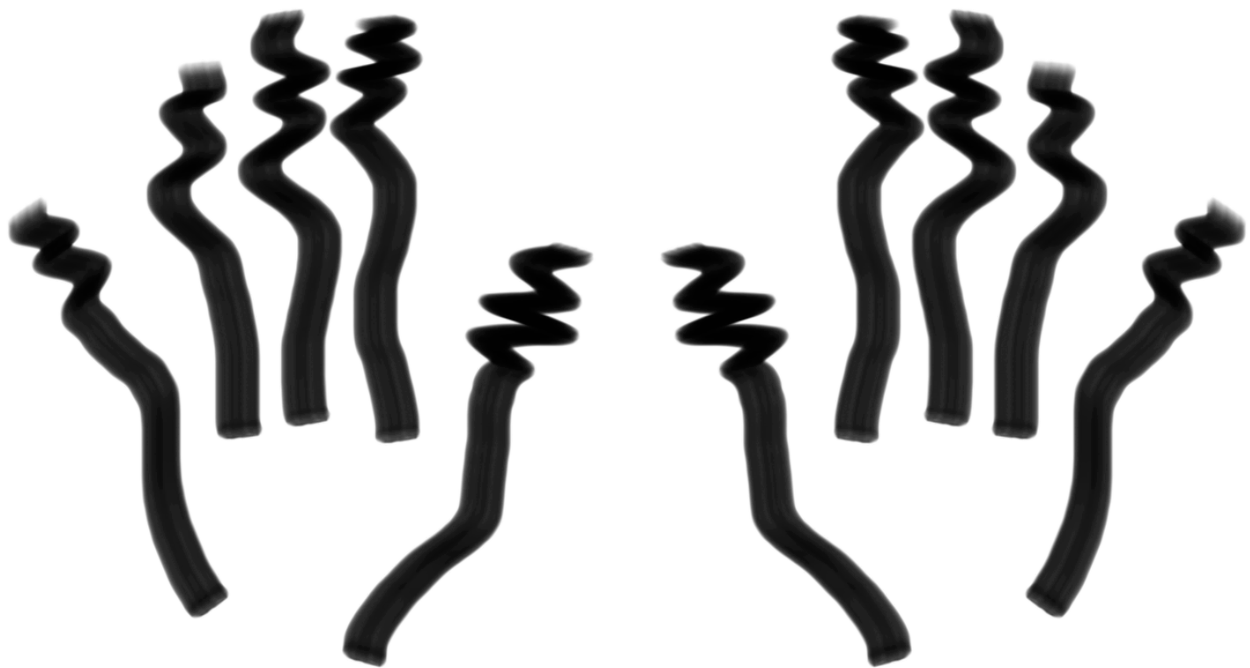
Jesse Scott Owen

People are idiots
James Palmer endorsed

There's no such thing
as wasted work.

You may get away with it,
but you won't ever get away
with getting away with it.

Overcoming addiction is hard,
but it's far harder not to.



One day Abba Lot came to Abba Joseph for advice. “I fast, I pray, I live in peace,” he said, “What else should I do?” Abba Joseph lifted his hand to heaven. Flames danced at his fingertips and he turned to Abba Lot and said, **“If you wish, you can become all flame”**

*Sayings of the Desert Fathers,
via Ian White*

To Share

Biblical Verse

Old Testament Gems

Do not eat the fruit of the tree of the knowledge of good and evil. *Gen 2:17*

Remember you are dust,
and to dust you will return. *Gen 3:19*

Out of the strong, something sweet.
Out of the eater, something to eat. *Jud 14:14*

I have never seen the righteous forsaken,
nor their children begging bread. *Ps 37:25*

Teach us Lord, to number our days,
that we may gain a heart of wisdom. *Ps 90:12*

Make a joyful noise and serve the Lord with
gladness. *Ps 100:1-2 via Deidre Howard*

Wisdom of Solomon

Trust in the Lord with all your heart,
and lean not on your own understanding.

In all your ways acknowledge Him,
and He will make your paths straight.

Prov 3:5-6. via Liya Amanuel

Let your eyes look straight ahead. *Prov 4:25*

Better a meal of vegetables where there is love
than a fattened ox with hatred.

Prov 15:17 via Lara Hibbs

As a man thinketh, so he is. *Prov 23:7*

It is the glory of God to conceal a matter,
but the glory of kings to search them out.

Prov 25:2 via Tim Kovoov

There is nothing new under the sun. *Ecc 1:9*

Jesus' Sermon on the Mount

Matthew 5-7

Turn the other cheek.

Be perfect, as your
Heavenly Father is perfect.

Don't let your left hand know what
your right hand is doing.

The eye is the lamp of the body.

Do not worry about tomorrow, for
tomorrow has enough cares of its own.

Do not judge, or you too will be judged.

Do unto others as you would
have them do to you.

Words of Christ

Whatever you ask for in prayer,
believe that you have received it,
and it will be yours. *Mark 11:24*

The truth will set you free. *John 8:32*

Before Abraham was, I am. *John 8:58*

In this world you will have trouble,
but take heart, for I have
overcome the world.

John 16:33

It is more blessed to give
than to receive. *Acts 20:35*

Pauline Proverbs

Take every thought captive to Christ.

2 Cor 10:5

It is for freedom that Christ has set us free.

Gal 5:1

Don't let the sun go down on your anger.

Eph 4:26

Christ is all, and in all. *Col 3:11*

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God, and the peace of Christ, which transcends understanding, will guard your hearts and minds in Christ Jesus.

Phil 4:6-7 via Grandma

Starters

Ancient Wisdom

African Proverbs

As above, so below.

Ancient Egypt

Silence is golden.

Ancient Egypt

I am because we are.

Southern Africa

It takes a village to raise a child.

Panafrican proverb

Asian Aphorisms

If you conquer yourself,
you will have conquered the world.

Confucius

The root of suffering is attachment.

Gautama Buddha

Peace comes from within.

Buddhist idea

This too shall pass.

Persian proverb

Die before you die.

Sufi instruction

Greece & Rome

Know thyself. *Delphi Oracle*

We step and do not step into
the same rivers. *Heraclitus*

You have two ears and one mouth.

Zeno

The unexamined life is
not worth living. *Socrates*

Carpe diem – Seize the day.

Horace

Memento mori –
Remember you must die.

Roman Military

Words as Old as Time

Time is an illusion.

Time heals all wounds.

The only constant is change.

There's no time like the present.

If not now, when?

Hilel

Cause & Effect

There's no smoke without fire.

You reap what you sow.

What goes up must come down.

What goes around comes around.

Look after the pennies, and the pounds will look after themselves.

Waste not, want not.

Courage



It's more afraid of you than you are of it.

Fortune favors the brave. *Terence*

Actions speak louder than words.

Be gracious in victory & noble in defeat.

Amuse Bouches

Great Minds

Teach your mouth to say what is in
your heart. *Abba Poemen*

I have often spoken and regretted it,
but never been silent and regretted it.
Abba Arsenius

The simplest explanation is probably
the right one. *Occam's Razor*

The eye with which I see God is the
eye with which God sees me.
Meister Eckhart

All shall be well, and all manner of
thing shall be well. *Julian of Norwich*

When you wash your face,
remember your baptism. *Luther*

I think therefore I am. *Descartes*

The child is the father of the man.
Wordsworth

The only thing to learn from history
is that nobody ever learned anything
from history. *Hegel*

Love yourself as you would
love your neighbour if you
loved your neighbour as yourself.
Kierkegaard

All things in moderation,
including moderation. *Wilde*

Education is the formation
of attention. *Weil*

Nothing has ever happened.
Nisargadatta

Enjoy your symptom. *Lacan*

Where attention goes, energy flows.
Bourgeault

Life, friends, is boring.
We must not say so.
Berryman via Ian White

Humility isn't thinking less of yourself, it's thinking of yourself less.

Warren

Never waste a good crisis.

Weiner

Ruthlessly eliminate hurry. *Willard*

This thought is for the first time in history. *Leahy*

Good leaders refuse to lead. *Rollins*

Who witnesses the witness? *Mooji*

Apperitif

in a theological seminary class,
a student once led a meditation
on the eating of a clementine.

twenty odd students,
twenty easy peelers.

the popular leader invited closed eyes,
deep breaths, discerning tactile
engagement with the satsuma skin,
olfactory openness to its piercing,
loving listening to the
slow separation of the segments,
and tuned-in tasting of the tangerine.

amidst this strange but enjoyable
experience, I opened my eyes to check
what others were doing, especially my
friend in the class, the other Ian.

he, the quietest, a poet,
was the only one
chewing the pith.

