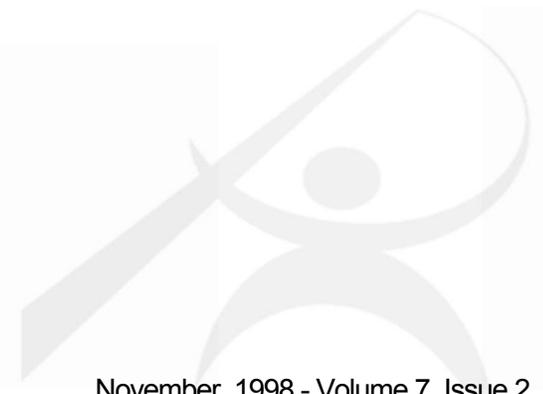




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*We Help You Focus Clearly,
Organize Effectively,
And Act With Courage*



November, 1998 - Volume 7, Issue 2

Facets of Courage

Heroism

"An individual stands alone in one heroic, sometimes sublime act of self-forgetting, then melts back in the common composition of humanity."

- *Thomas S. Arbuthnot*

Integrity

"Every soul must at some time make its stand for truth, must stand forth as a warrior, and fight for what it knows to be right and true." - *White Eagle*

Inner Strength

"We don't need courage to face life's big tests. What we need is courage to face life's little tests. What we need is courage to follow a regular routine, the courage to stick to our plans, the courage to keep the petty irritations of the day from blocking our efforts, the courage to keep going hour after hour." - *Clay Hamlin*

Fully Alive

"In my adolescence, when I faced war and the hell made by men, I had already learned to recognize, just by their look, those who would fight and those who would give up, let death take them."

- *Martin Gray (holocaust survivor)* □

From the Heart

by Cathy Perme

I have been thinking a lot about courage over the past year, as I watch our organizations, communities, and the world wrestle with issues both outrageous and worrisome, and with atrocities and events that seem to overwhelm us.

I have been thinking about what courage is. The word stems from the Latin word "cor" meaning "heart," so it seems that courage has a sense of purpose about it, beyond just taming fear. I define it as *the will to act, in the face of fear or despair, for the purpose of human growth.*

I think about my own courage. So far, I have acted very little, and am feeling pretty hopeless about the state of politics, the state of the world economy, and our ability to tolerate one another as human beings. And I realize that hopelessness is more difficult to overcome than fear, since it is so much easier to resign one's spirit than to act in the face of despair.

I think about my immigrant grandmother. To the outside world, her life was distinctly unspectacular. She was not well known outside her circle of friends. She did no great deeds. She was no hero. But she did love greatly, accepting each person in her life as they were, accepting herself and her circumstances as opportunities to serve.

I used to think that my grandmother should have fought more, that she should have protested the injustices put to her, and grabbed more of what was rightly hers. I now realize that she had an incredible inner strength and a sense of hope I can only strive to achieve.

I now think that courageous people love greatly, and more than anything else this becomes their guiding light. This is the foundation of their courage, along with self-respect and a genuine appreciation for the interconnection of all living things.

Courage starts in simple ways and then takes on bigger tasks. We all don't have to be heroes, but like my grandmother, we *can* choose to be generous of spirit and to act with dignity in daily life. If we focus on these little things, life's big tests may not seem as hard.

Amelia Earhart once said that courage is the price that life exacts for granting peace. And then I think, what am I waiting for? □ *CMP*