A black and white photograph of a person standing on a rocky cliff overlooking the ocean under a cloudy sky. The person is silhouetted against the bright water. The sky is filled with large, dramatic clouds.

**Ya ain't
a loser
till ya
quits tryin'!**

**and other favourite
inspirational sayings,
collected by
Ian Boughton**

Ya ain't a loser...!

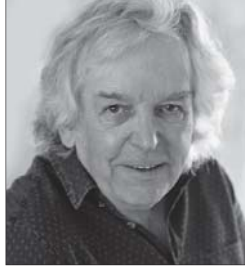
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Inspirations and heroic failures

About twenty years ago, I was privileged to be a volunteer fundraiser for a small charity, Health Help International, which raises funds for healthcare for the destitute sick in Zambia and India.

We had some wonderful successes – I can put my hand on my heart and give personal experience of the lame walking, and the blind and deaf seeing and hearing. (This is not charismatic ‘miracle’ Christianity talk - in practical terms, we raised the money for medical experts to do things which the lucky recipients didn’t imagine could be done... so I guess it seemed miraculous to them).

Anyway, we wrote books and recorded music and stories to raise funds for such projects as buying a motorbike so a nurse could whizz off on her rounds in the African bush. The mental image of that still makes me smile.

I had the idea of a book, maybe a calendar, of inspirational quotes and sayings which I had picked up. For some reason, the idea stalled, and all these years later I came across my notes and decided to publish.

In a career which has been mostly notable for an endless succession of catastrophes, calamities, collisions and cock-ups, interspersed with the occasional heroic failure, I have found that the wise words of others really can encourage me through the darkest periods.

I do hope you find they encourage you, too.

Ian Boughton, North Norfolk, April 2020.



People are unreasonable, illogical and self-centred... love them anyway.

Honesty and frankness can make you vulnerable... be honest and frank anyway.

What you spend years building may be destroyed overnight... build it anyway.

Give the world the best you have and you'll get kicked in the teeth... give it the best you have anyway.

If you do good, people will accuse you of selfish, ulterior motives... do good anyway.

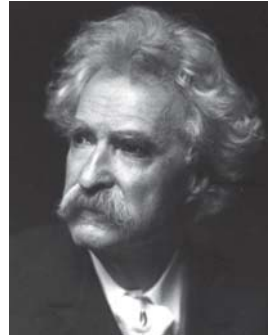
The good you do today will be forgotten tomorrow... do it anyway.

- Bishop Muzorewa.

Do remember to forget - anger, worry and regret.

- Piet Hein

Twenty years from now, you will be more disappointed by the things you didn't do, than by the things you did. So, throw off the bowlines and sail away from the safe harbour, catch the trade winds in your sails, and explore, dream, discover!



- Mark Twain

The universe applauds action, not thought.

- Unknown



Live your life while you have it. Life is a splendid gift.

There is nothing small in it; for the greatest things grow by God's law, out of the smallest.

You must not fritter it away in erring act or inconsistent will, but make your thoughts, your words, all work to the same end - and that end not self, but God.

- Florence Nightingale

Give to the poor and you will never be in need. If you close your eyes to the poor, many people will curse you.

- Proverbs, 28:27

So let us not become tired of doing good, for if we do not give up, then the time will come when we reap the harvest. So, as often as we have the chance, we should do good to everyone.

- St Paul to the Galatians, 6:9

I can't do all the good that the world needs, but the world needs all the good that I can do.

- probably Jana Stanfield



A person walks through life painting a portrait, not of what he or she could have done, would have done, or should have done... but what they did.

- Anonymous

True piety is this - to believe in God, the last day, the angels, the book and the prophets, to give of one's substance, however cherished, to kinsmen, and orphans, and the needy, the traveller, and to beggars... to ransom the slave, to perform the prayer, and to pay the alms.

- Koran, sura 2:177

Ya ain't a
loser till ya
quits tryin'!

- **Mike Ditka**, *American football
coach (Chicago Bears,
Philadelphia Eagles,
Dallas Cowboys)*



I know that there is nothing better for men than to be
happy and do good while they live

- **Ecclesiastes 3:12**

I have this day lived fourscore years -
God grant that I may never live to be useless!

John Wesley, June 1783 (*he lived another eight years!*)

Jesus was surrounded by followers, from whom he chose twelve to be his companions. He did not choose them because of their faith - we see no evidence that he chose them on the basis of any talents or assets. Their only characteristic was their willingness. Later, they were filled with the Spirit and carried out special roles. So we should not disqualify ourselves from service for Christ just because we think we don't have the right credentials.

- **Touchpoint Bible study notes**



It's kinda fun
to do the
impossible!

- Walt Disney

When I hear someone sigh 'life is hard', I am always
tempted to ask: compared to what?

- Sydney Harris

Learn from yesterday, live for today... and hope for
tomorrow.

- Anon

Stop telling God how big your problem is, and start
telling your problem how big your God is...

-Unknown

Life is mostly froth and bubble,
two things stand like stone -
Kindness in another's trouble,
courage in your own.

Adam Lindsay Gordon, (*Ye Weary Wayfarer*, 1866)



There are no great
people in this
world... only
great challenges
which ordinary
people rise to meet.

- Admiral 'Bull' Halsey, US Navy
*(when asked about his
remarkable war service)*



Our deepest fear is not that we are inadequate; our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that frightens us. We ask ourselves : who am I to be brilliant, gorgeous, talented, fabulous?!

Actually, who are you not to be?

You are a child of God, and playing small does not serve his world. There is nothing enlightening about shrinking, so that other people won't feel unsure around you. You were born to manifest the glory of God that is within us all.

It is not just in some of us, it is in everyone. As we let our own light shine, we subconsciously give others permission to do the same; as we are liberated from our own fear, our presence automatically liberates others.

- Nelson Mandela

Stay out of tomorrow. God hasn't created it yet.

- **Father Mychal Judge** (*chaplain to the New York Fire Department, who died at the World Trade Centre on 9/11. He was a chaplain who led from the front - he had returned to the burning building to help his men, but did not get back out.*)



There is no such thing as failure. That's just practice for the next time.
- Unknown



The time is always right, to do the right thing

- Dr Martin Luther King

The very act of believing creates a strength of its own.

- Unknown

Faithless is he that says farewell when the road darkens

- J R R Tolkein

Glad that I live, am I - that
the sky is blue.
Glad for the country lanes
and the fall of dew.
After the sun, the rain, and
after the rain, the sun...
This is the way of life, till
the work be done.
All that we need to do, be
we high or low,
Is to see that we grow...
... nearer the sky.



Lizzie Woodworth Reese, 1856-1935

I saw starving children, and I screamed at God.
Then I realised that those starving children were
God screaming at me.

- Unknown

It's never too late to become what you
might have been

- George Eliot



Let us remember that Jesus has said, 'whatever you do for the least of my brothers, you do for me'.

Just think - that smile you gave to a lonely person, that hand you gave for a blind person to cross the road, that little bit of food you sacrifice to share with someone who is hungry...
you did it for Him!

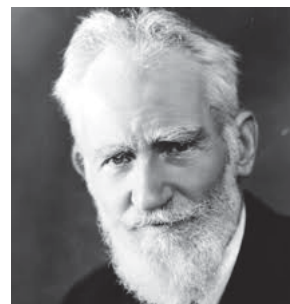
Mother Teresa *(quoted to me by Brother Tom, of HHI, who worked alongside her in his early work in India.*

Surely, unto God, all things come home

- The Koran, sura 42

You see things and say 'why?'
I dream things that
never were,
and ask: 'why not?'

- George Bernard Shaw



When you do your work without expecting anything in return, just for the joy of bringing happiness to others, that's when you'll realise it is not your hands which are doing the job - it is the hands of God working through you.



Dr D P Shetty, heart surgeon to the poor, India.

(This was a sentence in an article written by Dr Shetty, 'They Call me a Heart Surgeon', which I found by chance, back in 1999 or thereabouts. We recorded it as a story on a CD for Health Help International, and at the time I tried hard to locate Dr Shetty to tell him we had done so, but failed. Twenty years later, I discover that he is now regarded as India's most famous practitioner of heart surgery).



Be grateful for, not blind to, the many sufferings which thou have been spared. Thou art no better than those who have been searched out and racked by them

- Orchoth Tzaddikim, a book of 15th century Jewish ethics.

Pray for the
dead... and
fight like hell
for the living!

Mary Harris 'Mother' Jones,
1837-1930 (*an American
labour-rights activist*)



Healing is a matter of time - but sometimes it is
a matter of opportunity

- Hippocrates

If you would know God, then be not a
solver of riddles - rather, look about
you, and you shall see Him playing with
your children. Look into space, and you
will see Him walking in the cloud,
outstretching his arms in the lightning
and the falling rain. You shall see Him
smiling in flowers, then rising and
waving his hands in the trees.



- Kahlil Gibran, Lebanese poet



Christ has no body now, but yours; no hands, no feet on earth but yours. Yours are the eyes with which He looks compassion on this world. Yours are the feet with which He walks to do good; yours are the hands, with which He blesses all the world.

Christ has no body now on earth but yours.

- St Teresa of Avila

Fear less, hope more;
Whine less, breathe more;
Talk less, say more;
Hate less, love more;
And all good things are yours.

- Swedish proverb.



One of the things I learned when I was negotiating was that until I changed myself, I could not change others.

- Nelson Mandela

To laugh often and much, to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics, and to endure the betrayal of false friends; to appreciate beauty; to find the best in others; to leave the world a bit better, whether by a healthy child, a garden patch, or a redeemed social condition... to know even one life has breathed easier because you have lived. This is to have succeeded.



- Ralph Waldo Emerson

Without vision, the people perish.

- Proverbs 29:18

A person who kneels in prayer
will be able to stand up
to anything

- Anon

'Tis not enough to help the feeble up...
but to support him after

- Shakespeare (Timon of Athens)



We make a living by
what we get.

We make a life by
what we give.

- Winston Churchill

Love seeketh not itself to please,
nor for itself hath care;
But for another gives its ease,
and builds heaven from despair.

- William Blake, *Songs of Experience*

If God had a refrigerator, your picture would be on it; if He had a wallet, your photo would be in it. He sends you flowers every spring and a sunrise every morning; when you want to talk, He listens. He could live anywhere in the universe, he chooses to live in your heart.

You might as well face it - He's crazy about you.

- Unknown

Yesterday is but a memory,
and tomorrow but a vision.

But today, if well lived,
makes every yesterday a
memory of happiness and
every tomorrow a vision
of hope.

Therefore, look well
to this day.

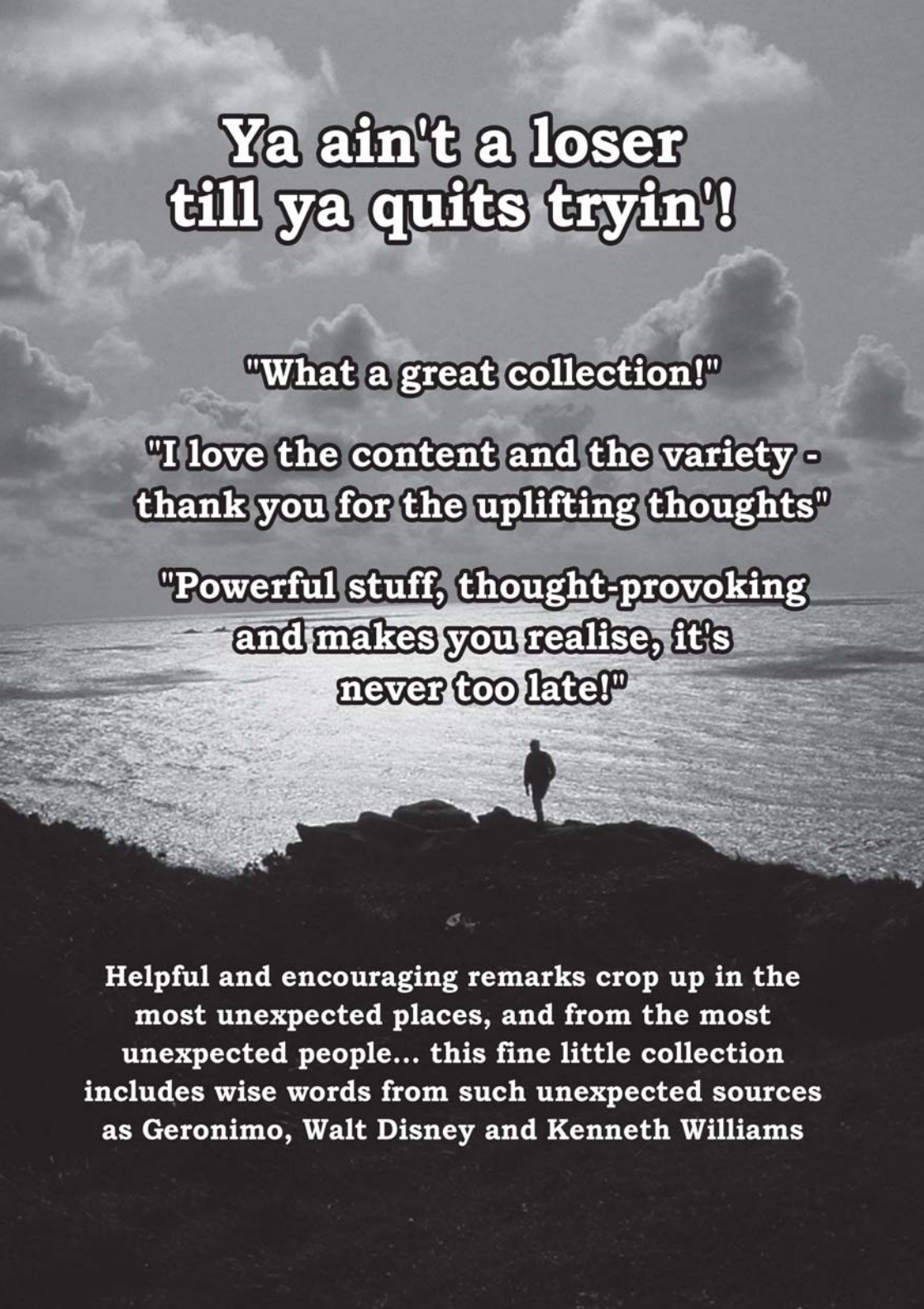


- **Frances Gray**, after Kalidasa

Just because you've made your bed, that
doesn't mean you have to lie in it.
Watched kettles do boil, rolling
stones do gather moss, and
the man who cannot change
his mind is in danger of losing
it. There is not just one
second chance - we have
thousands of second chances,
just so long as we wonder at
the sunset, the stars in the
heavens, and the promise of the new day.



- **Kenneth Williams** (the closing words of
his autobiography, 'Just Williams')



**Ya ain't a loser
till ya quits tryin'!**

"What a great collection!"

**"I love the content and the variety -
thank you for the uplifting thoughts"**

**"Powerful stuff, thought-provoking
and makes you realise, it's
never too late!"**

**Helpful and encouraging remarks crop up in the
most unexpected places, and from the most
unexpected people... this fine little collection
includes wise words from such unexpected sources
as Geronimo, Walt Disney and Kenneth Williams**