

## Joel's Comments

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|-----|---|-----|---|
| #1  | TRUTH/DOGMA<br>Truth is often<br>buried under dogma                           | #2  | REAL RELIGION<br>Your real religion is<br>your actions<br>moment by moment                                    |
| #3  | FOCUS<br>Focus on doing<br>the next right thing                               | #4  | DARE<br>Dare to experiment<br>experience & learn  |
| #5  | IMPORTANT DECISION<br>Make the decision<br>not to complain                    | #6  | ROOTS<br>Root yourself<br>in Mother Earth   |
| #7  | KINDNESS<br>Seldom is<br>kindness resented                                    | #8  | FOCUS<br>Focus on the solution<br>not on the problem  |
| #9  | GRATITUDE<br>Keep gratitude<br>in your attitude                               | #10 | HAVE PATIENCE<br>Most things are difficult<br>until they become easy  |
| #11 | MISTAKES<br>OK to make mistakes<br>not OK to make same<br>Mistake over & over | #12 | GREATEST GIFT<br>The greatest gift can not<br>be found by seeking but<br>only seekers will<br>stumble upon it |

#13            **IMPORTANT**  
What happened in our past  
is only important for what  
we choose to become  
as a result of our past

#14            **FEELINGS**  
Feelings are a gift  
feel them fully  
express them appropriately

#15            **PRACTICE**  
Practice kindness  
in all situations

#16            **VIETNAM VETS/JANE FONDA**  
Vietnam Vets not Fonda Jane

#17            **12 STEPS**  
The twelve step programs are  
one of the few things of real  
value created in the last 75  
years

#18            **ASK & LOOK**  
Ask yourself, look inside, what can  
you do that sets you on fire? Find the  
answer, then do it!

#19            **ON CHURCHES**  
St. Augustine said, "The  
Church is a whore, but she's  
my mother."

#20            **TRUTH**  
The truth will set you free, after you  
get over being 'pissed off'.

### **EPITAPHS**

Lived his sermons  
didn't preach them

Always late to work  
compensated by  
leaving early

Her lies were great  
here she lies

Helpful alcoholic  
died sober  
graduated

There is no death  
only change

He didn't speak in  
words  
he spoke in deeds

She was better than  
anything that  
could be said

An Elder  
full of wisdom  
Ignored

Ended the high cost  
of low living