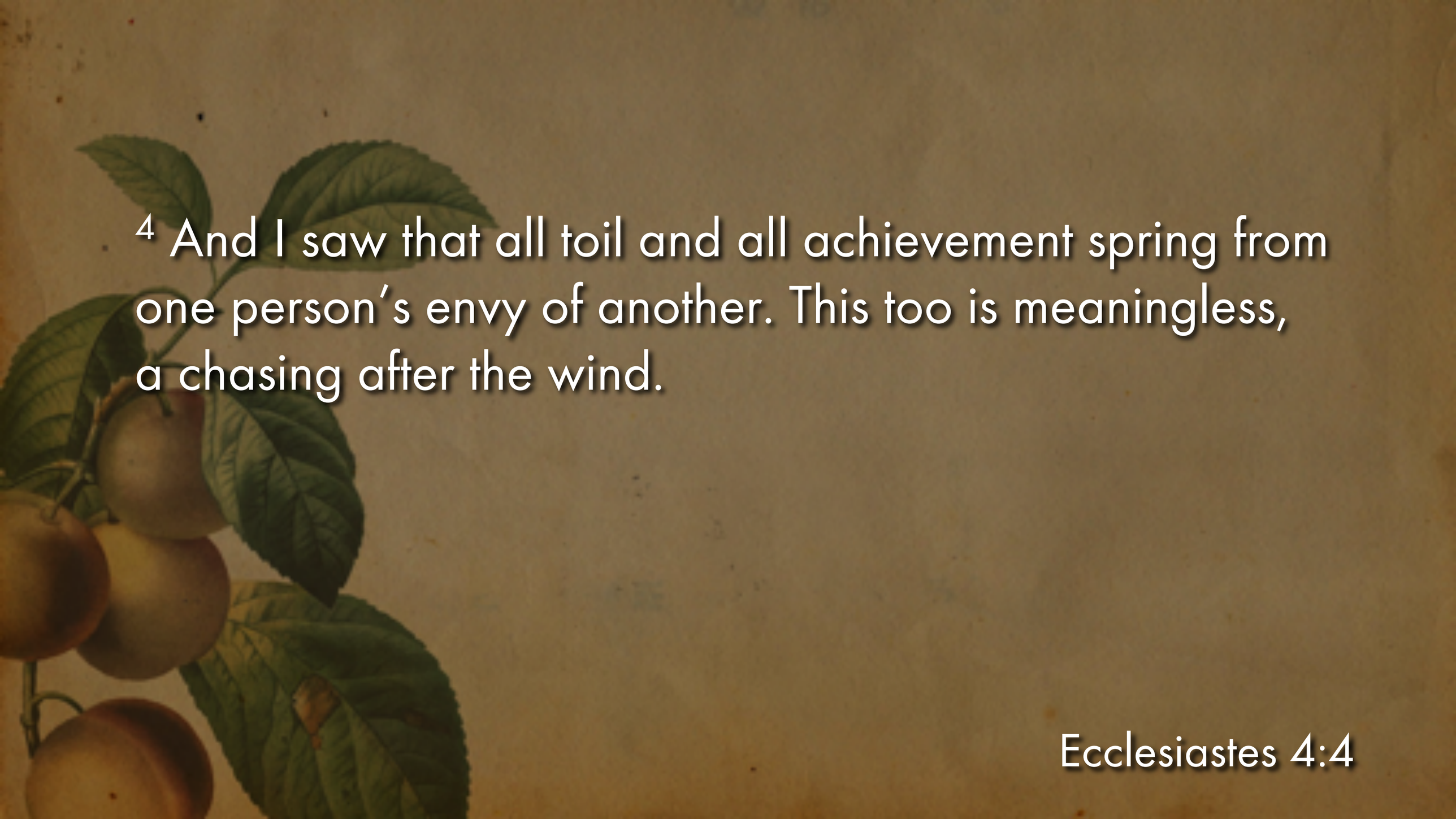
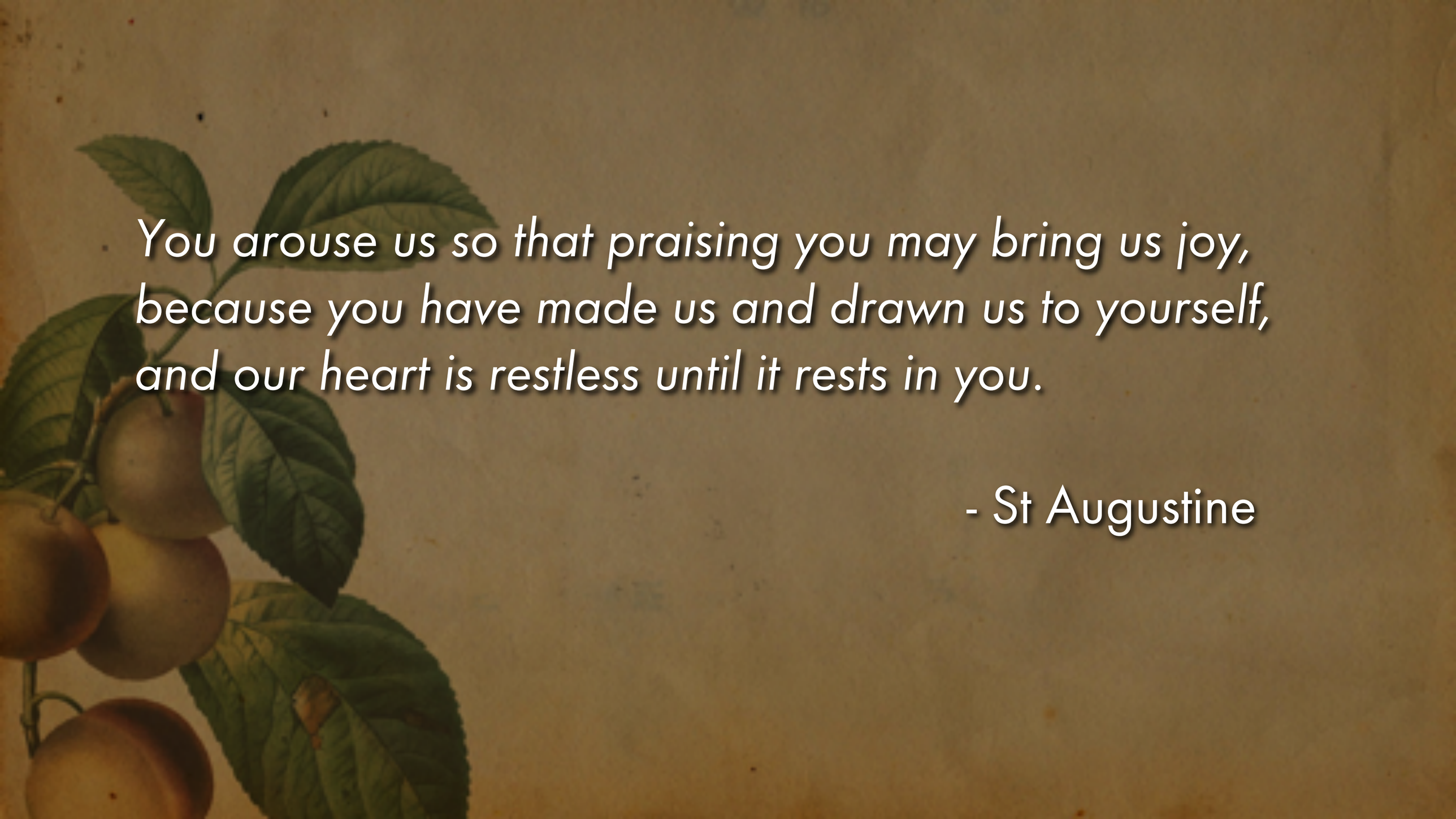
10 I rejoiced greatly in the Lord that at last you renewed
your concern for me. Indeed, you were concerned, but
you had no opportunity to show it. 11 I am not saying
this because I am in need, for **I have learned** to be
content whatever the circumstances. 12 I know what it is
to be in need, and I know what it is to have plenty.
I have learned the secret of being content in any and
every situation, whether well fed or hungry, whether
living in plenty or in want. 13 I can do all this through him
who gives me strength.

Philippians 4:10-13

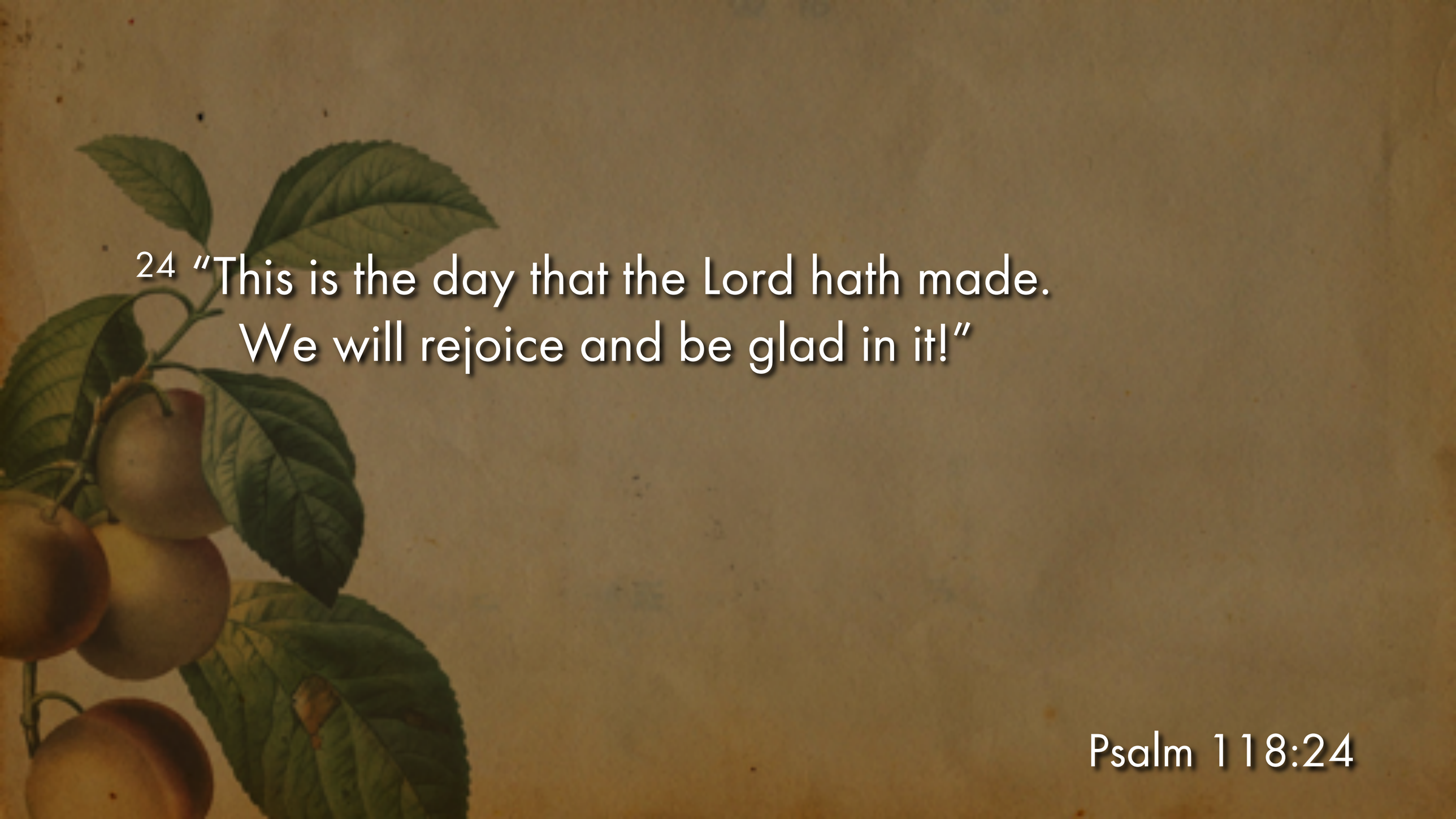


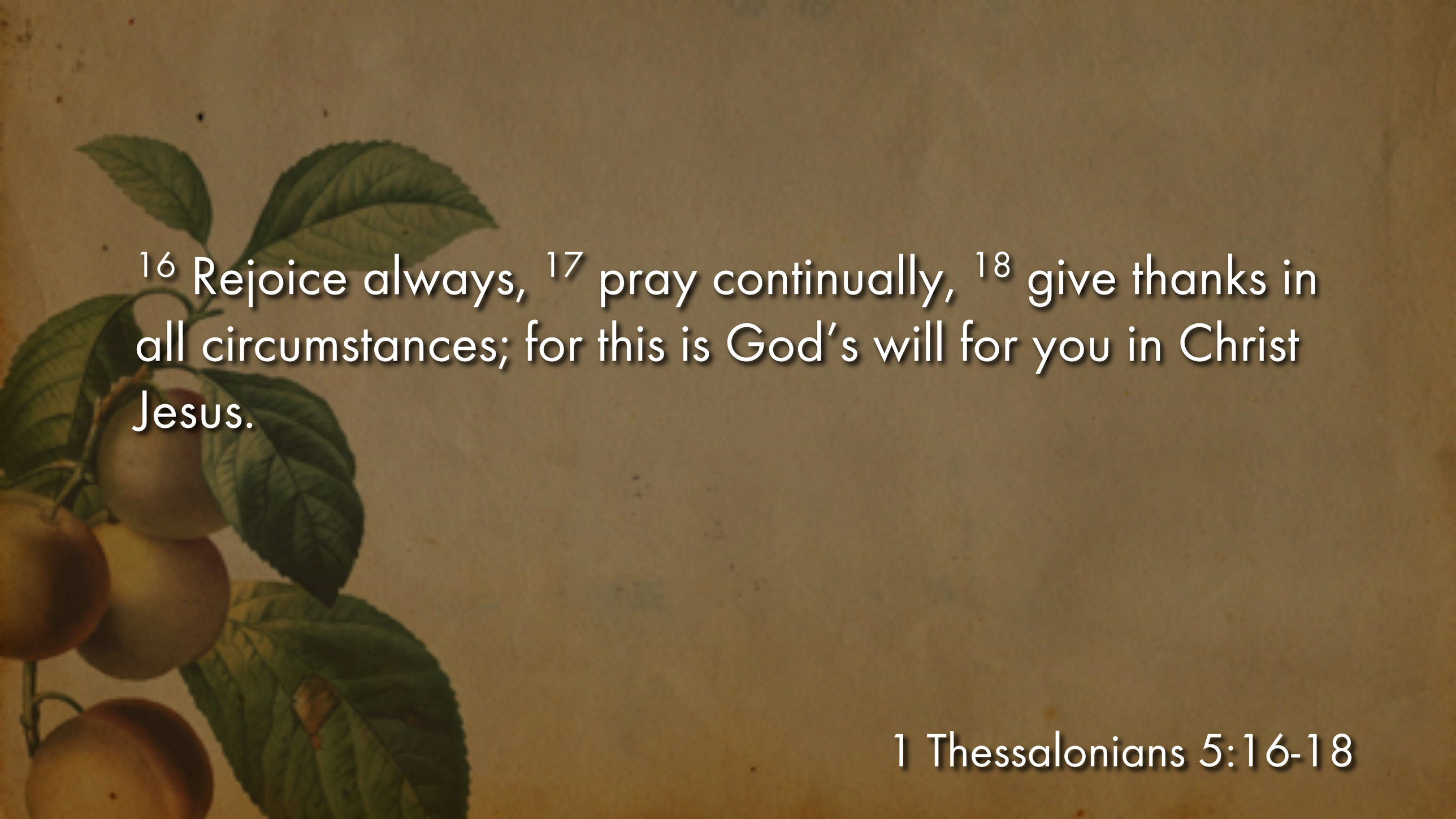
4 And I saw that all toil and all achievement spring from
one person's envy of another. This too is meaningless,
a chasing after the wind.

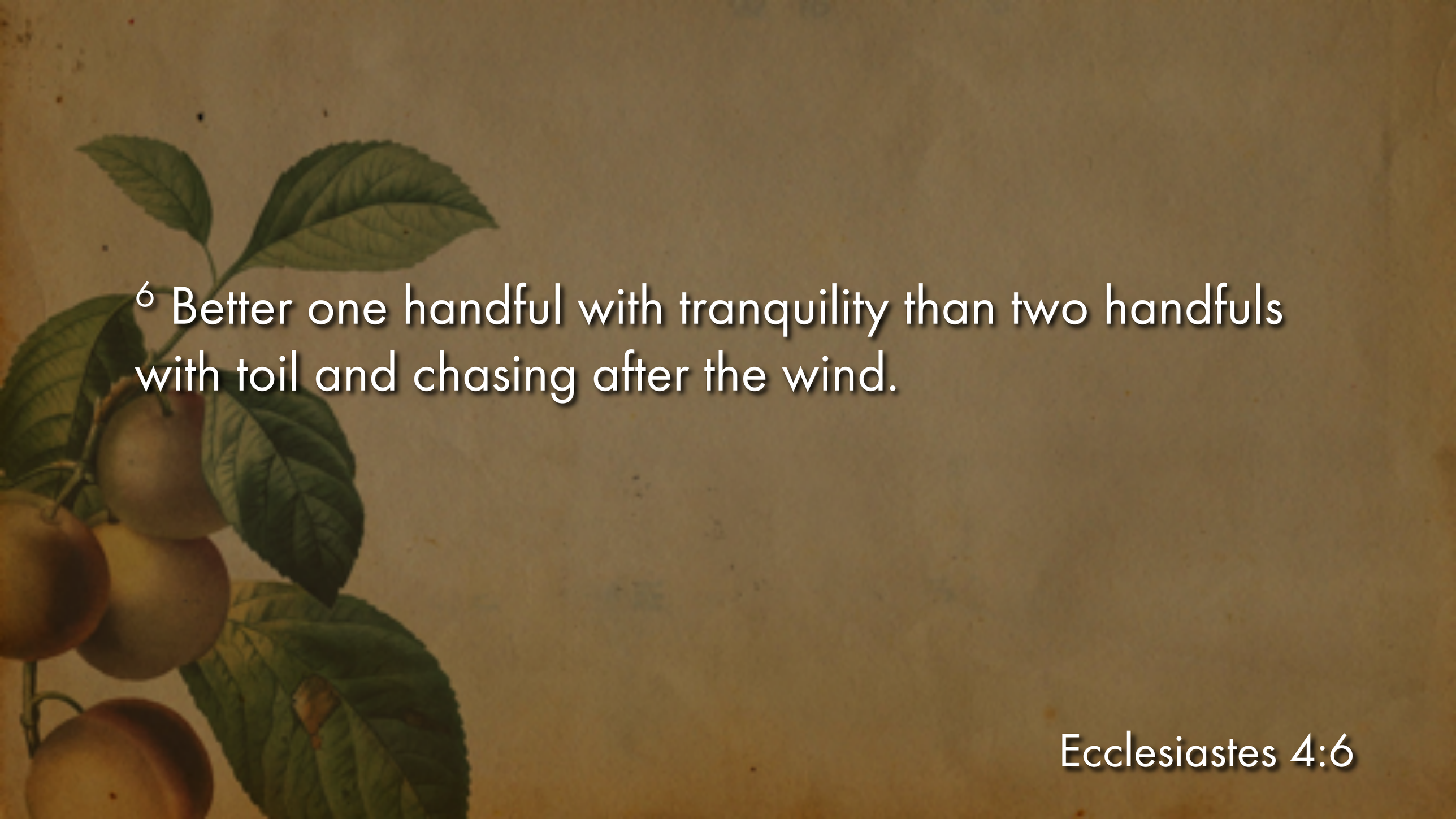
Ecclesiastes 4:4


You arouse us so that praising you may bring us joy,
because you have made us and drawn us to yourself,
and our heart is restless until it rests in you.

- St Augustine


24 “This is the day that the Lord hath made.
We will rejoice and be glad in it!”
Psalm 118:24


16 Rejoice always, 17 pray continually, 18 give thanks in all circumstances; for this is God's will for you in Christ Jesus.
1 Thessalonians 5:16-18



6 Better one handful with tranquility than two handfuls
with toil and chasing after the wind.

Ecclesiastes 4:6