**Resilience**

**We are distressed in every way, but not overwhelmed;**

**we are harassed on all sides, but not conquered;**

**Persecuted, but not forsaken;**

 **cast down, but not destroyed.**

***(2 Corinthians 4:8-9)***

**A good half of the art of living is resilience. *(Alain de Botton, writer)***

**A young bald eagle has made a miraculous recovery after crashing through the windshield of a semi-truck that was traveling at more than 60 mph. Wiegle, short for “Window Eagle,” survived the impact in Bear Lake, Idaho, but suffered internal bleeding. After a month of rehab at the Teton Raptor Center in Wyoming, Wiegle was able to fly, eat, and navigate all on her own, and now has been set free. “This return to the wild qualifies as the most remarkable among our success stories,” said Amy Brennan McCarthey, the center’s executive director. *(The Week magazine, March 18, 2011)***

**From Bunker Hill to the Tea Party rebellion against the British, our vibrant, defiant city has served as the cradle of America’s liberty, said The Boston Globe. Perhaps we were attacked because the marathon takes place on Patriots’ Day, or perhaps it was simply that the marathon finish line made such “a vulnerable target for a bomber – all those people in such close quarters.” But Bostonians have “a resilient spirit” that enabled us to face down 18th-century tyrants, and will enable us to defy 21st-century terrorists. *(The Week magazine, April 26, 2013)***

**If ever there was a failure designed to kill a career, Sergio Zyman's was it. In 1984 Coca-Cola gave him responsibility for reversing Coke's decline versus Pepsi. Zyman's strategy was to replace Coke's formula, label it "New Coke" and blare the news. His error, which some attribute to ego, was failing to keep old Coke on the market. New Coke was the most disastrous new product launch since the Edsel. Within 79 days, old formula Coke was back on the supermarket shelves, as Classic Coke. A year later, wounded, Zyman left Coca-Cola. Failure. Personal, humiliating, image-wrecking failure. But it's not as bad as you think. Just seven years later, Zyman bounced back to Coca-Cola, his ego intact and his job expanded. *(Patricia Sellers, in Reader's Digest)***

**Resilience. It's when you decide to give up on giving in. *(Todd Carmichael, Haiti Coffee Academy cofounder)***

**The failure of Alice slowed him only temporarily. Walt Disney hocked his life insurance to raise $100,000, then paid a draftsman out of his own pocket to lay out the first plans. In 1955, Disneyland opened in Anaheim, California. *(John Culhane, in Reader's Digest)***

**How did they recover so fast? Nature, not man, deserves most of the credit. “The environment is amazingly resilient, more so than most people understand,” says deep-sea biologist Luis Soto. Sunlight and heat evaporated much of the oil on the sea surface, oil-eating microbes consumed much of the oil suspended below the waves, and tides and storms washed away most of the tar on the shoreline. The asphalt-like remnants sank to the seabed, where they provide nesting grounds for crustaceans and other bottom-dwellers. Those natural forces cleaned up far more oil than containment booms and other man-made technology. “If you can contain and recover 20 percent of the oil,” says off-spill expert Dec Doran, you’ve reached the maximum efficiency of booms and skimmers.” *(The Week magazine, July 23, 2010)***

**They said I was the fighter who got knocked down the most, but I also got up the most. *(Floyd Patterson)***

**The holy city of Jerusalem has known the hosts of 36 wars. She has been reduced to ashes 17 times. Jerusalem has risen out of these ashes 18 times. *(Josef Blumenfeld, in Plain Truth magazine, 1989)***

**You are not born with a fixed amount of resilience. It's like a muscle; you can build it up. *(Sheryl Sandberg)***

**Good week for: Nature's resilience, after scientists reported that the radioactive "exclusion zone" around the Chernobyl nuclear power plant is now teeming with wildlife, including elk, deer, wild boar, and wolves, and now rivals the world's most abundant nature preserves. *(The Week magazine, October 16, 2015)***

**When you hit a wrong note, it's the next note that makes it good or bad. *(Miles Davis)***

**In time the Sanders Café grew into a 142-seat enterprise, with a motel attached, valued at $164,000. Then disaster struck. In the mid 1950s the two roads on which the restaurant stood were bypassed by new super-highways, and Colonel Sanders, whose place was isolated by the change, was forced to sell at auction for just enough to cover his debts. Faced with the prospect of trying to live on Social Security and his small savings, he struck out at the age of 66 for new frontiers. Sanders’ principal asset was his method of frying chicken. Loading up his 1946 Ford with a 50-pound can of seasoning and his beloved pressure cooker, he took to the road. “Let me cook chicken for you and your staff,” he told restaurateurs. “If you like the way it tastes, I’ll sell you my seasoning, teach you how to cook it, and you pay me a four-cent royalty on every chicken you sell.” Although business was slow at first, by 1960 Sanders had 400 franchises in the United States and Canada. *(James Stewart-Gordon, in Reader’s Digest)***

**The Secret of Bouncing Back: Put a cork in an empty bottle. Fill a bucket with water, and hold the bottle down. Then let go. You know what happens, of course. However hard you press on the bottle, and however long you hold it down, the moment you release it, up it comes. It is a bit like life. Worries and griefs and trials tend to press us down, even to overwhelm us. But if we try to keep a strong faith and a gallant spirit, if we have inner buoyancy – as every tightly corked bottle has – nothing can keep us down for long. In spite of everything, up we bob again, smiling, cheery, believing the best, doing our best, and enjoying life even though it isn’t what we might choose. So don’t give up too easily. Remember the bottle! *(Francis Gay, in Catholic Quote)***

**Sri Lanka's east coast "has good reason to feel optimistic about the future," said Henry Wismayer in The Washington Post. Twelve years ago, a tsunami devastated the region, claiming more than 40,000 lives. Reminders of that natural disaster -- and of the island's decades-long civil war -- haven't entirely vanished. But with the war over and redevelopment of roads and resorts advancing, the east is finally opening to tourism, offering a "beguiling" alternative to the more popular southwest coast. My family and I recently explored the lesser-known shore, traveling by car from the wild coast of Kuchchaveli south to Arugam Bay. Everywhere we went, we sensed "an air of resurrection." *(The Week magazine, January 13, 2017)***

**The United States greatest naval victory – Midway -- occurred only six months after its greatest naval defeat -- Pearl Harbor. *(L. M. Boyd)***

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