

## The Art of Friendship

THE first step in the art of friendship is to be a friend; then making friends takes care of itself. To be a friend a man should start by being a friend to himself, by being true to his highest and best and by aligning himself with the enduring values of human life that make for growth and progress.

To be a friend a man should strive to be »like the shadow of a great rock in a weary land,« to be a source of refuge and strength to those who walk in darkness.

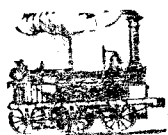
To be a friend a man should believe in the inherent goodness of men and in their potential greatness; he should treat men in a big spirit, expectant of a noble response.

tempt to reform or reprimand, but should strive only to make others happy if he can.

To be a friend a man should be himself, he should be done with hypocrisy, artificiality and pretense, he should meet and mingle with people in quiet simplicity and humility.

To be a friend a man should be tolerant, he should have an understanding heart and a forgiving nature, knowing that all men stumble now and then, and that he who never made a mistake never accomplished anything.

To be a friend a man should join hands with all people who are working for great principles, great purposes and great causes; he should put his shoulder to the wheel to help achieve common goals.



To be a friend a man should strive to lift people up, not cast them down; to encourage, not discourage; to set an example that will be an inspiration to others.

To be a friend a man should be sensitively responsive to the dreams and aims of others and should show sincere appreciation for the contributions others make to the enrichment of his life.

To be a friend a man should practice the companionship of silence and the magic of words that his speech may build and not destroy, help and not hinder.

To be a friend a man should close his eyes to the faults of others and open them to his own.

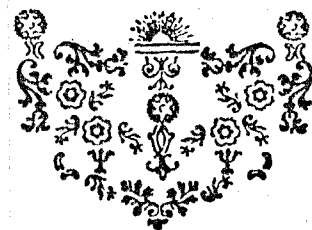
To be a friend a man should not at-

To be a friend a man should go more than halfway with his fellow men; he should greet others first and not wait to be greeted; he should radiate a spirit of overflowing good will.

To be a friend a man should remember that we are human magnets; that like attracts like, and that what we give we get.

To be a friend a man should recognize that no man knows all the answers, and that he should add each day to his knowledge of how to live the friendly way.

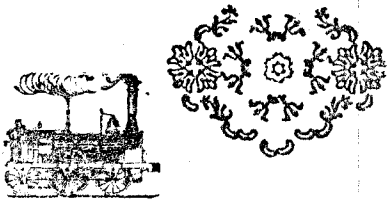
WILFERD A. PETERSON



## *This Is Friendship*

IT is one of the severest tests of friendship to tell your friend of his faults. If you are angry with a man, or hate him, it is not hard to go to him and stab him with words; but so to love a man that you cannot bear to see the stain of sin upon him, and to speak painful truth through loving words—this is friendship. But few have such friends. Our enemies usually teach us what we are, at the point of the sword.

HENRY WARD BEECHER



FRIENDSHIP is the shadow of the evening, which strengthens with the setting sun of life.

LA FONTAINE

## *Understanding and Trust*

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THE very best thing is good talk, and the thing that helps it most, is *friendship*. How it dissolves the barriers that divide us, and loosens all constraints, and diffuses itself like some fine old cordial through all the veins of life—this feeling that we understand and trust each other, and wish each other heartily well! Everything into which it really comes is good. It transforms letterwriting from a task to a pleasure. It makes music a thousand times more sweet. The people who play and sing not *at us*, but *to us*—how delightful it is to listen to them! Yes, there is a talkability that can express itself even without words. There is an exchange of thoughts and feelings which is happily alike in speech and in silence. It is quietness pervaded with friendship.

HENRY VAN DYKE

## *The Primary Joy*

THE primary joy of life is acceptance, approval, the sense of appreciation and companionship of our human comrades. Many men do not understand that the need for fellowship is really as deep as the need for food, and so they go throughout life accepting many substitutes for genuine, warm, simple relatedness.

JOSHUA LOTH LIEBMAN

## *An Agreeable Friend*

WHEN I was eight years old and was spending a weekend visiting my Aunt Libby Linsley at her home in Stratford on the Housatonic, a middleaged man called one evening, and after a polite skirmish with my aunt, he devoted his attention to me. At that time, I happened to be excited

about boats, and the visitor discussed the subject in a way that seemed to me particularly interesting. After he left, I spoke of him with enthusiasm. What a man! And how tremendously interested in boats! My aunt informed me he was a New York lawyer; that he cared nothing whatever about boats—took not the slightest interest in the subject. »But why then did he talk all the time about boats?«

»Because he is a gentleman. He saw you were interested in boats, and he talked about the things he knew would interest and please you. He made himself agreeable.«

I never forgot my aunt's remark.

WILLIAM LYON PHELPS



### *Sacrifices for Friendship*

THERE are people who believe that man's life is a continuous flight from pain and a persistent search for pleasure. I have never seen a human being of whom that is true. It is true only of beings who have lost their humanity, either through complete disintegration or through mental illness.

The ordinary human being is able to sacrifice pleasures and to take pain upon himself for a cause, for somebody or something he loves and deems worthy of pain and sacrifice. He can disregard both pain and pleasure because he is directed not towards his pleasure but towards the things he loves and with which he wants to unite.

If we desire something because of the pleasure we may get out of it, we may get the pleasure but we shall not get joy. If we try to find someone through whom we may get pleasure,

### *The Arrow and The Song*

I shot an arrow  
into the air,  
It fell to earth, I know not where;  
For, so swiftly it flew, the sight  
Could not follow it in its flight.

I breathed a song into the air,  
It fell to earth, I knew not where;  
For who has sight so keen and strong,  
That it can follow the flight of song?

Long, long afterward, in an oak  
I found the arrow, still unbroke;  
And the song, from beginning to end,  
I found again in the heart of a friend.

HENRY WADSWORTH LONGFELLOW

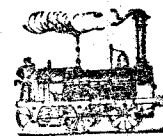
WHAT is friendship? One soul in two bodies.

ARISTOTLE

we may get pleasure but we shall not have joy. If we search for something in order to avoid pain, we may avoid pain, but we shall not avoid sorrow. If we try to use someone to protect us from pain, he may protect us from pain but he will not protect us from sorrow.

Pleasures can be provided and pain can be avoided, if we use or abuse other beings. But joy cannot be attained and sorrow cannot be overcome in this way. Joy is possible only when we are driven towards things and persons because of what they are and not because of what we can get from them.

PAUL TILlich



### *Comfortably Together*

My coat and I live comfortably  
together.

It has assumed all my wrinkles, does not hurt me anywhere, has moulded itself on my deformities, and is complacent to all my movements, and I only feel its presence because it keeps me warm. Old coats and old friends are the same thing.

VICTOR HUGO

### Precious Friendship

**F**RIENDSHIP is a vase, which, when it is flawed by heat or violence or accident, may as well be broken at once; it can never be trusted after. The more graceful and ornamental it was, the more clearly do we discern the hopelessness of restoring it to its former state. Coarse stones, if they are fractured, may be cemented again; precious ones never.

WALTER SAVAGE LANDOR

### Interest In People

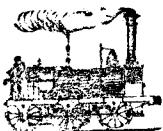
**Y**OU can make more friends in two months by becoming really interested in other people, than you can in two years by trying to get other people interested in you. Which is just another way of saying that the way to make a friend is to be one.

DALE CARNEGIE



LIFE is a chronicle of friendship. Friends create the world anew each day. Without their loving care, courage would not suffice to keep hearts strong for life.

HELEN KELLER



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### Friendship's Freedom

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THE love of friendship should be gratuitous. You ought not to have or to love a friend for what he will give you. If you love him for the reason that he will supply you with money or some other temporal favor, you love the gift rather than him. A friend should be loved freely for himself, and not for anything else.

ST. AUGUSTINE

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### Not in Vain

**I**F I can stop one heart from breaking,  
I shall not live in vain;  
If I can ease one life the aching,  
Or cool one pain,  
Or help one fainting robin  
Unto his nest again,  
I shall not live in vain.

EMILY DICKINSON



### A Friendship Toast

MAY you live  
as long as you like,  
and have all that you like  
as long as you live.

ANONYMOUS

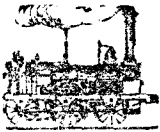
MY only sketch, profile, of Heaven is a large blue sky, larger than the biggest I have seen in June—and in it are my friends—all of them—every one of them.

EMILY DICKINSON

### *A Perfect Union*

WHAT we commonly call friends and friendships are nothing but an acquaintance and connection, contacted either by accident or upon some design, by means of which there happens some little intercourse betwixt our souls. But, in the friendship I speak of, they mingle and melt into one piece, with so universal a mixture that there is left no more sign of the seam by which they were first conjoined. If any one should ask why I loved [a friend] I feel it could not otherwise be expressed than by making answer, 'Because it was he; because it was I.' There is, beyond what I am able to say, I know not what inexplicable and inevitable power that brought on this union.

MONTAIGNE



### *Thank You, Friend*

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I never came to you, my friend,  
And went away without  
Some new enrichment of the heart:  
More faith, and less of doubt,  
More courage for the days ahead,  
And often in great need  
Coming to you, I went away  
Comforted, indeed.

How can I find the shining words,  
The glowing phrase that tells  
All that your love has meant to me,  
All that your friendship spells?  
There is no word, no phrase for you  
On whom I so depend  
All I can say to you is this:  
God bless you, precious friend.

GRACE NOLL CROWELL

ENERO 95

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De Antonio Moya

a Ignacio Darnaude.



Friendship enhances the joys and glorifies the triumphs of life. Loving and intimate human associations tend to rob suffering of its sorrow and hardship of much of its bitterness.

The presence of a friend enhances all beauty and exalts every goodness. Difficulties, sorrow, disappointment, and defeat are more painful and disheartening when borne alone.

Man languishes in isolation. Said your Master, "Happy are they who mourn" —if a friend is at hand to comfort.

(T.U.Book, 1776-3)

No hay nada como un buen amigo. Siempre está presente en la mente y en el corazón. Y aunque se supone que los hombres deben ser parcios en la manifestación de sus sentimientos, estas fiestas son una buena excusa para expresarte mi profunda amistad, afecto y admiración.

Un fuerte abrazo.

Antonio

