

I tend to be suspicious of religious rules which promise a better life or a deeper relationship with the Lord. Good religion is mostly experiential with a healthy dose of common sense.

Nevertheless ... allow me to share some rules for Christian living the Amish find useful. The Amish, also called Amish Mennonite, originated in the late 17th century among followers of Jakob Ammann in Switzerland. They began migrating to North America early in the 18th century and first settled in eastern Pennsylvania, where a large settlement remains.

- Never go to sleep without considering how you have spent the day just past, what you accomplished for good or evil, and you will readily perceive whether you are using your time fleeting, unredeemable time in a constructive manner or not.
- The kind of ancestors you have is not as important as the ones your children have.
- The best things in life are not things.
- Very few burdens are heavy if everyone lifts.
- A happy memory never wears out.
- Unless there is within us that which is above us, we shall soon yield to that which is about us.
- Pray for a good harvest but continue to hoe.
- A happy home is more than a roof over your head; it's a foundation under your feet.

One of the problems with religious slogans is that they can become something like the information on a Chappies wrapper: interesting but hardly life-changing. There are thousands and thousands of wise saying of which many could be included in a wisdom appendix to Scripture. But where does one end?

"God helps those who help themselves," is not from the Bible. What about those who are physically or intellectually unable to help themselves?

The wonderful thing is that while the Word of God, the Bible, endures, the thousands of self help books that flood forth each year, simply vanish after a while. Does anyone still find Kahlil Gibran "deep" today? There is a cottage industry trying to keep certain authors alive, but they don't push out too many boats.

Do you have a guiding principle that is strictly scriptural or is Kipling's "If" more your line?

My High School's slogan was : να είσαι ο εαυτός σου. Altogether appropriate for an Afrikaans school.