

Touchstones Theme: Humility

A delicious piece of homemade Humble Pie



The more I contemplate the requirements for cultivating gratitude, the more I am convinced of the necessity of humility. In gratitude and humility, we turn to realities outside of ourselves. We become aware of our limitations and our need to rely on others. In

gratitude and humility, we acknowledge the myth of self-sufficiency. We look upward and outward to the sources that sustain us. Becoming aware of realities greater than ourselves shields us from the illusion of being self-made...expecting everything and owing nothing. The humble person says that life is a gift to be grateful for, not a right to be claimed. Humility ushers in a grateful response to life. *Robert A. Emmons*

When you hear the word humility, you might be imagining a doormat. Everyone walks all over a doormat. A doormat has no pride. Stop thinking of a doormat and start thinking about a threshold. The lower doorsill makes it possible for doors to close and open. The doorsill is the threshold. Humility isn't about becoming a doormat. It is about becoming a threshold. A humble person opens the door to learning and makes a space for others to enter. *Rabbi Susan Lippe*



Join us in exploring Humility

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