Write Elizabeth Ann Seton quote(s) on the spiral. Color spiral, cut on solid lines and hang from the innermost section of the spiral. Heavier paper works best. A sample of quotes may be found on the next page.
ELIZABETH ANN SETON QUOTES

Our God loves us; this is our comfort.

If you are to do His work, the strength will be given you.

He gives us every grace...this grace is able to carry us through every obstacle and difficulty.

How liable we are to err in our judgments respecting others, unless we thoroughly know the motives of their actions.

Trust all, indeed, to Him my dear one, put all in His hands...

Look up to the blue heavens and love Him!

Purify your hearts that they may appear to Him like bright little stars at the bottom of a fountain.

Look up and be thankful for the good that yet remains.

Blessed, blessed Lord, keep us always in your company and press our weak hearts forever in your service.

Perseverance is a great grace.

Put your heart at His fee; it is the gift He loves best.

Oh my God, forgive what I have been, correct what I am, and direct what I shall be.

Without prayer I should be of little service.

This union of my soul with God is my wealth in poverty and joy in deepest affliction.

...if I seek out God in the simplicity of my heart, I will surely find Him.

The only way to heave is by humility and patience.

Truth does not depend on the people around us, or the place we are in.

You must be in right earnest or you will do little or nothing for God.

...faith is a gift of God, to be diligently sought and earnestly desired.

Curiosity, too, which keeps us engaged in what is going on, brings home many a foolish companion for our thoughts to break the silence and peace our Lord desires to find in us.

The reward of sacrifice is peace.

...seek God in all things.

To fall from grace to deface and disfigure the image of God in our soul.

Do all in God's way.

God has given me a great deal to do and I have always and hope always to prefer His Will to every wish of my own.

How gracious is the Lord who strengthens my poor soul!

Quotes taken from Steps to Eternity with Saint Elizabeth Ann Seton—Daily Inspiration a calendar available from The National Shrine of Elizabeth Ann Seton, 333 S. Seton Avenue, Emmitsburg, MD 21727; www.SETONSHRINE.org