

Apples



- Apples originated in Kazakhstan and were originally very bitter. Sweet apples were brought to Britain by the Romans. Children often gave apples to their teachers to supplement their wages, and apples came to symbolise knowledge and education.

'Anyone can count the number of seeds in an apple. But only God can count the number of apples in a seed.'
Robert J Schuller

- What are the seeds you hope to plant this year? Some will blossom during the year, others will only bear fruit in years to come. You will never know the full impact you will have on the lives in your care.
- Next time you cut an apple open, count the seeds. Give thanks for the people who invested in you when you were young, and reflect on the seeds you are planting in others.
- If you're going to invest in other people's lives, you also need to take care of your own mental, emotional and physical well-being. Is there anything you need to change that would make your own life more fruitful?

