

The Power of Irish Wisdom By Renee' Gatz

When your faith is reinforced with positive affirmations, your spirituality grows and the confidence in your ability to address challenges that arise. For example, when I would become anxious and did not feel life was happening on my time table, my mother would say, "in God's due time." That was a subtle reminder that I needed to exercise patience because there was a reason, which I was unable to see, that my desires had not yet come to pass. God knew the right time to have a hope come to be and when it did or did not come to pass, I would understand why I needed to wait or why that wish did not come true. When I needed motivating, my mother would say, "God helps those that help themselves," a reminder that God gave me the strength and intelligence to show my commitment to a dream and that God would be present as I was working to make that dream come true.

Words are a significant part of the Irish culture and the Irish have relied upon them to help them through their challenges and to keep their faith and sense of humor. The wisdom found in their wise words has allowed the Irish to grow and improve not only their lives but their communities as well. As the Irish emigrated from Ireland to the United States, they had only their faith and desire for a better life. The wise words of wisdom they relied upon gave them the confidence to build a better life and make significant contributions to American society, proving that with your faith and the right attitude anything is possible.

As the child of an Irish immigrant, my mother was influenced by her mother's words of wisdom. As my mother raised me, she used those same expressions to help me navigate life's ups and downs. I not only rely on these words to help me through my challenges, I also share them with others. I have always been amazed that an expression I heard my entire life was new to someone and the requests I would receive to recall them. Therefore, I felt compelled to capture them in my book, ["Wise Words & Witty Expressions"](#) so others could use the expressions I grew up with to sooth their soul so they could go on to great things, just like my Irish ancestors.