

Table of Contents

Preface: Caring for Feet ix

Acknowledgments xi

Introduction: When Setting Out on a Long Journey xiii

PART ONE: The Journey into Mentoring—Learning the Art of Arts 1

1. The Art of Arts 3
2. Good Drinking Water 5
3. The School of Adversity 7
4. On the Edge 10
5. This Little Light of Mine 11
6. Good Earth 13
7. Heart Motives 15
8. Mary Poppins 17
9. Storms at Sea 18
10. Water for Thirsty Hearts 21

Mentoring Inventory: Part One 22

PART TWO: The Character of a Mentor —Drinking from Mountain Streams 25

11. Integrity 27
12. Walking the Talk 29
13. Wisdom in Silence and Speech 30
14. Compassion and Contemplation 32
15. Mothering and Fathering 35
16. Inside-Out and Outside-In 37
17. Motivated by Love and Truth 40
18. Discernment 42

TABLE OF CONTENTS

- 19. Checkup 43
- 20. Drinking from Mountain Streams 45
- Mentoring Inventory: Part Two* 47

PART THREE: The Practice of Mentoring **—Becoming a Skilled Musician 51**

- 21. Men and Women 54
- 22. Young and Old 55
- 23. Poor and Rich 55
- 24. Joyful and Sad 57
- 25. Leaders and Followers 58
- 26. Employees and Employers 60
- 27. The Educated and the Uneducated 61
- 28. The Bold and the Shy 63
- 29. The Assertive and the Timid 64
- 30. The Impatient and the Patient 65
- 31. The Generous and the Envious 67
- 32. The Sincere and the Insincere 69
- 33. The Healthy and the Sick 70
- 34. The Sensitive and the Hardened 72
- 35. The Silent and the Talkers 74
- 36. The Lazy and the Hasty 76
- 37. The Meek and the Angry 77
- 38. The Humble and the Arrogant 79
- 39. The Stubborn and the Indecisive 81
- 40. The Excessive and the Abstinent 83

Mentoring Inventory: First Half of Part Three 85

- 41. Givers and Takers 86
- 42. The Thrifty and the Wasteful 88
- 43. The Quarrelers and the Peaceable 91
- 44. Sowers of Discord and Sowers of Peace 93
- 45. The Ignorant and the Proud 94
- 46. The Hesitant and the Hasty 96
- 47. The First and the Last 99
- 48. The Married and the Single 101
- 49. Sinners and Saints 103

TABLE OF CONTENTS

50. Active and Contemplative	105
51. Addiction and Codependence	108
52. The Boastful and the Hypocrites	111
53. The Impulsive and the Willful	113
54. Molehills and Mountains	116
55. Starting and Finishing	118
56. Dr. Jekyll and Mr. Hyde	120
57. Man on Wire	123
58. Hopelessly Optimistic	126
59. Milk and Meat	128
60. Footprints and Pathways	129
<i>Mentoring Inventory: Second Half of Part Three</i>	131
 Conclusion: Care of the Soul of a Mentor—Portrait of a Master Artist	135
 APPENDICES	
A. The Life and Legacy of Gregory the Great	141
B. Study Guide for Individual or Group Study	148
 Bibliography	159