

A Week in Images and Quotes

August - 2023

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Perspective The following quote could pertain to any age in one's future:</p> <p><i>... at twenty-one or twenty-two so many things appear solid and permanent and terrible which forty sees are nothing but disappearing miasma. Forty can't tell twenty about this; that's the pity of it! Twenty can find out only by getting to be forty.</i></p> <p>Booth Tarkington, <i>The Magnificent Ambersons</i></p> <p>Marsha: Let's stay home today.</p> <p>Ernie: Sounds like a great plan!</p> <p>15 minutes later</p> <p>Marsha: Let's go to Dollar General.</p> <p>The wrong way for Ernie to respond:</p> <p><i>You told me earlier you wanted to stay home. Let's stay home.</i></p> <p>The correct way for Ernie to respond:</p> <p>Sounds like a great plan!</p>	<p>01</p> <p><i>You have first to experience what you want to express.</i></p> <p>Vincent van Gogh (This quote embodies the underlying truths I am discovering and the connections I am making while being a care provider.)</p> <p><i>We can experience nothing but the present moment, live in no other second of time, and to understand this is as close as we can get to eternal life.</i></p> <p>P. D. James</p>	<p>02</p> <p><i>Do I contradict myself? Very well, then I contradict myself, I am large, I contain multitudes.</i></p> <p>Walt Whitman</p> <p><i>Nobody, I think, ought to read poetry, or look at pictures or statues, who cannot find a great deal more in them than the poet or artist has actually expressed. Their highest merit is suggestiveness.</i></p> <p>Nathaniel Hawthorne</p> <p><i>The challenge is in the moment; the time is always now.</i></p> <p>James Baldwin</p>	<p>03</p> <p>Marsha and I were watching a video of Simon and Garfunkel at Central Park earlier this week. I noticed the following verses to be connected quite well to our elder years.</p> <p><i>Now the years are rolling by me They are rockin' evenly I am older than I once was And younger than I'll be and that's not unusual. No it isn't strange After changes upon changes We are more or less the same After changes we are more or less the same (from The Boxer)</i></p>	<p><i>Like a bridge over troubled water I will ease your mind Like a bridge over troubled water I will ease your mind (from Bridge Over Troubled Water)</i></p>	<p><i>To love a person is to learn the song that is in their heart and sing it to them when they have forgotten. Thomas Chandler</i></p>

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SUNDAY

13

WE ARE NOT OUR DISABILITY
WE HAVE A PERSONALITY
AND AN INDIVIDUALITY
FOCUS ON ABILITY
COMMONALITY



We should be together, together
We should be walking side by side
We should be together, together
Keeping each other satisfied.

Don Williams

Our attitude in the face of
life's challenges determines
our suffering or our freedom.

Tara Brach

MONDAY

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TUESDAY

15

Marsha doesn't write; however, she is right beside me as we hold hands and listen to music.

Marsha doesn't tell time; however, she knows how to have a contented time while at Goodwill.

Marsha doesn't read; however, she reads me and knows I love her and that she is my best friend.

Marsha doesn't drive a car; however, she drives a hard bargain about what's important in her daily routines.

Marsha doesn't like taking a shower; however, she showers me with blessings by her presence in my life.

Instead of receding, the past actually becomes more important. That's what will happen to you. It sounds unlikely, but the past actually changes complexion as you get older.

Mark Knopfler

WEDNESDAY

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THURSDAY

17



*"Thank you," I heard you say
Softly at the end of the day.
Your face expressed such love
I was touched like grace from above
As your simple two-word expression
Came out of the blue - my impression
Of you changed - I don't know how
But I realized you have evolved now
In a way that is more peaceful & serene
As we live together in our daily routine.*

Not everyone will understand your journey. That's okay. You're here to live your life, not to make everyone understand.

Banksy

FRIDAY

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SATURDAY

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Marsha found some colored, glass rocks on the sun porch and as I sifted through them these two caught my attention.



You're welcome, daughters!

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SUNDAY

20

Marsha: You must not think highly of me when I ask you the same questions over and over.

Ernie: You can ask me any question you want as many times as you want. . . and that's OK!

When the road gets dark - And you can no longer see - Just let my love throw a spark - And have a little faith in me.

John Hiatt

From the experience of the past we derive instructive lessons for the future.

John Quincy Adams

MONDAY

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Last week, as I sat at the dining room table, Marsha brought me an envelope in which I found this poem written by her many years ago. What an unexpected treasure!

TUESDAY

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Sacred Journey
Dark pit of a night
Heart heavy with silent tears
Breaking apart with grief
Scattered fragments strain
Focusing on a cliff
Majestic moonlit Wolf
Howling out my grief
Transformed to
Comforting wholeness
Looking in her eyes
Startled I find
She is Me.

maybe

WEDNESDAY

23

Sacred Journey
Dark pit of a night
Heart heavy with silent tears
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Marsha

THURSDAY

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The best time to change is when you don't have to; when there is no crisis. There is a lot of stress and negative energy when we deal with challenges in times of crisis.

If we are proactive, and I am not always thinking in such a way, we will anticipate future challenges and have back-up plans ready for their occurrences. For example, remodeling the bathtub by converting it into a walk-in shower.

FRIDAY

25

As I was reading from a book on the porch, Marsha remarked, "My eyes!" I replied, "Do you need your glasses?" Then I looked down at the next sentence of the book - "She found her glasses, put them on, peered at the sign . . ." Interesting Coincidence - What does it mean? It means I just found another truth.

Sometimes you go looking for connections; while at other times, connections come looking for you.

It's the little things..

*Coffee in the afternoon on the deck;
Watching the birds at the feeder;
Sitting in watchful silence;
Being present to each other;
A gentle breeze;
Clouds dot the sky;
Freshly mown grass;
Being mindful of what is offered;
The single Queen Elizabeth rose;
The book just begun;
The cardinal makes his presence known;
Oh, the Red Sox lost again last night:
Just wait until next year! (ELP)*

Treasure this day and treasure yourself, truly, neither will ever happen again.

Ray Bradbury

Familiar acts are beautiful through love. Percy Bysshe Shelly

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SUNDAY

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MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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Being 72

*Ring them bells and bring on good cheer
Ernie's celebrating his 72nd year!
Living each day - hour - minute - 1 at a time
Turning potential lessons into a rhyme.
I am in the closing years of my life
Providing caring and support to Marsha, my wife.
Money may bring riches some might say
But my life is enriched each and every day.
Like watching the birds as a calming task -
They give no answers, so I don't ask.
My pace of movement may be slow
But this much I think I know -
It's not a race - this life I live
It's more about what I have to give
Toward a direction not quite clear
However, knowing Marsha will be quite near.*

I awoke yesterday to a tune by the Grateful Dead, Ripple, that contains the following lyric:
*There is a road, no simple highway
Between the dawn and the dark of night
And if you go, no one may follow
That path is for your steps alone.*

To be seventy years young is sometimes far more cheerful and hopeful than to be forty years old.

Oliver Wendell Holmes, Sr.

There are mysteries that may never be solved, no matter how hard we try. And if we spend too long trying to solve them, we may miss what's right in front of us.

Mr. Parnassus
p. 114 – *The House in the Cerulean Sea*

I'm no longer quite sure what the question is, but I do know that the answer is Yes.

Leonard Bernstein

The Guest House

*This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness,
some momentary awareness comes
As an unexpected visitor.
Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
Still treat each guest honorably.
He may be clearing you out
for some new delight.
The dark thought, the shame, the malice,
meet them at the door laughing and invite them in.
Be grateful for whoever comes,
because each has been sent
as a guide from beyond. Rumi*

E ach of us can take time to **J**oin in
Reflection to pause & disc**O**ver the
Lear**N**ing that daily occurs in o**U**r
L**I**ves when we search inwa**R**dly. This
R**E**quires a strong commitme**N**t to use
One's energy to live each and **E**very day
Wi**S**ely - throughout all of our **Y**ears.