

A Week in Images and Quotes

December - 2023

Love endures forever –
so the saying goes.
What comes after forever?
It seems nobody knows.

Joy exists in small events
that take place throughout
each day.
When taken all together –
Joy happens just that way.

Peace comes in pieces
in little moments of time.
Peace is an outcome –
10 pennies for a dime.

Genuine
Reflective
Active
Thankful
Ideal
Truthful
Unconditional
Delicate
Earnest



Patience holds a
space of waiting
Not acting without
first listening.
Kindness can be a part
of everything we do.
It's an attitude and frame of mind
with compassion mixed in too.
Goodness contains
selfless acts of doing.
Perceived in abundance
from a loved one's viewing.

Faithfulness is a vow
to strengthen the ties
Between us as we advance
in each of our lives.

Gentleness is a mood in
our actions with each one
With respect and dignity
in all that is done.

Self-Control evades me
in ways to be more fit.
So, I'll make a goal of loving you
and know I'll accomplish it.

FRIDAY

01

SATURDAY

02

*I had nothing to
offer anybody
except my own
confusion.*

Jack Kerouac

*When in doubt –
Do something!*

Harry Chapin

I have been reading
The Last Chairlift
by John Irving and
the following
quote resonates
with a way of life I
seek to follow: *I
loved the act of
perfecting.* (p. 149)

*You're on the
Journey of
a Lifetime...*



A journey no one else will travel and no
one else can judge – a path of happiness
and hurt, where the challenges are great
and the rewards even greater...

Charles Lamb

*Tis the privilege of
friendship to talk
nonsense and have
that nonsense
respected.*

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SUNDAY

03

Looking for the secret of age longevity:

You have to be lucky, but I made the best of things when bad things happened. I also ate prunes every single day.

Morris Lensky

We don't ask a flower any special reason for its existence. We just look at it and are able to accept it as being something different from ourselves.

Gwendolyn Brooks

Begin to be now what you will be hereafter.

William James

MONDAY

04

I have started to notice the manner in which people interact with Marsha while we are out shopping. When she meets someone, she tries to communicate something they don't understand and, often, I don't understand, as well. They are bewildered and don't quite know how to react. I need to pay more attention to this process and learn how Marsha's dignity and respect can remain intact during these interactions. Do I stand by letting the scene play out or interject with a smile and urging Marsha to move on?

Life is made up of small pleasures. Happiness is made up of those tiny successes. The big ones come too infrequently. And if you don't collect all these tiny successes, the big ones don't really mean anything.

Norman Lear

Marsha: What am I supposed to do?

TUESDAY

05

*Don't let the light go out
It's lasted for so many years (Lasted for so many years)
Don't let the light go out
Let it shine through our love and our tears.*

Peter, Paul and Mary



WEDNESDAY

06

"Saying nothing... sometimes says the most.

Emily Dickinson

"Don't dwell on the disease. Value the moments, the pearls of wisdom, their smile and humour."

Found on a Pinterest Board

THURSDAY

07

When we seek to discover the best in others, we somehow bring out the best in ourselves.

William Arthur Ward

It is in the character of growth that we should learn from both pleasant and unpleasant experiences.

Nelson Mandela

FRIDAY

08

Each day I move toward that which I do not understand. The result is a continuous accidental learning which constantly shapes my life. Yo-Yo Ma

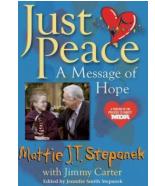
As the saying goes, you might as well be yourself; everyone else is taken.

Robert Bly

Expressing my feelings and then the opportunity to share it with others is just such a gift. (MS)



Mattie Stepanek



Keep all special thoughts and memories for lifetimes to come. Share these keepsakes with others to inspire hope and build from the past, which can bridge to the future. (MS)

09

Every time an old person dies, it's like a library burning down.

Alex Haley

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SUNDAY

10

Contentment is the only real wealth.

Alfred Nobel

What greater thing is there for two human souls than to feel that they are joined - to strengthen each other - to be at one with each other in silent unspeakable memories.

George Eliot

As I listened to a Folk Station on SiriusXM, three tunes included works by Neil Diamond, Johnny Cash and Jimmy Buffett.



MONDAY

11

Growing old becomes clear to you at a certain point. I think it's after the age of 70 you realize - you begin to actually be convinced - you're growing older.

Leonard Cohen

I definitely don't feel like I'm 71. I feel like I did when I was - between 30 and 40. The body ages. The mind doesn't.

Neil Diamond

We're all in this together if we're in it at all.

Johnny Cash

Breathe in, breathe out, move on.

Jimmy Buffett

TUESDAY

12

Marsha: When did this all happen?

It is more noble to give yourself completely to one individual than to labor diligently for the salvation of the masses.

Dag Hammarskjold

Adopting the right attitude can convert a negative stress into a positive one.

Hans Selye

Wisdom from diverse sources!

Listening to music sometimes, a window opens and happy you are. Yoda



WEDNESDAY

13

Prayer is an act of love. Words are not needed. Teresa of Ávila

Half an hour's meditation each day is essential, except when you are busy. Then a full hour is needed. Francis de Sales

Practice humility and patience. Vincent de Paul

It is no use walking anywhere to preach unless our walking is our preaching. Francis of Assisi

The spirit of humility is sweeter than honey, and those who nourish themselves with this honey produce sweet fruit. Anthony of Padua

Our souls are not hungry for fame, comfort, wealth, or power. Our souls are hungry for meaning, for the sense that we have figured out how to live so that our lives matter. Harold S. Kushner

When a person doesn't have gratitude, something is missing in his or her humanity. Elie Wiesel

THURSDAY

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FRIDAY

15

To be kind is more important than to be right. Many times what people need is not a brilliant mind that speaks but a special heart that listens. Rabbi Manachem Mendel

Humility is not thinking you are small. It is thinking that other people have greatness within them. Rabbi Lord Jonathan Sacks

Life is a journey, you know; and a lot of journeys, you go out, you come back.

Yusuf Islam

Reflection is the lamp of the heart. If it departs, the heart will have no light.

Imam Al-Haddad

Try not to resist the changes that come your way. Instead let life live through you. And do not worry that your life is turning upside down. How do you know that the side you are used to is better than the one to come? Rumi

When I want to understand what is happening today, or try to decide what will happen tomorrow, I look back.

Omar Khayyam

SATURDAY

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SUNDAY

17

These four quotes originate from individuals born in the year of my birth: 1951.

You treat a disease, you win, you lose. You treat a person, I guarantee you, you'll win, no matter what the outcome. Robin Williams

I'm a great believer that you had to do everything you've done to have got to where you are. Bill Bryson

I think the labyrinth is an interesting metaphor for our lives as musicians. We're always being drawn toward the center of it because that's where the mystery is. What is music? It's a journey. Sting

The art of perfecting anything takes forever. ELP

I have suffered a great deal from writers who have quoted this or that sentence of mine either out of its context or in juxtaposition to some incongruous matter which quite distorted my meaning, or destroyed it altogether.

Alfred North Whitehead

MONDAY

18

TUESDAY

19

These four quotes originate from authors from Hungary, the heritage of my dad.

If you are curious, you'll find puzzles around you. If you are determined, you will solve them. Ernő Rubik

Discovery is seeing what everybody else has seen, and thinking what nobody else has thought. Albert Szent-Gyorgyi

- Almost every situation we encounter in life presents possibilities for growth. ... But these transformations require that a person be prepared to perceive unexpected opportunities.*
- We shape our life by deciding to pay attention to it. It is the direction of our attention and its intensity that will determine what we accomplish and how well.* Mihaly Csikszentmihalyi

I noticed each of these three clocks in different rooms of our house at the same time of day. Does it really matter which one is the "correct" time? Time is often irrelevant: we get up when we want, rest when we want, eat when we want, go to bed when we want

WEDNESDAY

20

THURSDAY

21

These four quotes are written by individuals from Illinois, the birthplace of Marsha and one of my daughters.

And he didn't really know where he was going, but he did know he was going somewhere, because you really have to go somewhere, don't you?

Shel Silverstein

- The rain will stop, the night will end, the hurt will fade. Hope is never so lost that it can't be found.*
- I love you for all that you are, all that you have been, all that you're yet to be.* Ernest Hemingway

Yesterday is done. Tomorrow never comes. Today is here. If you don't know what to do, sit still and listen. You may hear something. Nobody knows.

Carl Sandburg

FRIDAY

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SATURDAY

23



Birds arrived at the feeder one after another as if an air traffic controller was directing the flight pattern to the Pancsofar residence.



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SUNDAY

24

Marsha: *You may be right some of the time, but I'm right all the time!*

Everything possible to be believed is an image of truth.

William Blake

Not sure I grasp the meaning implied by Blake. I more firmly believe in the following quote: Many "truths" are manifested through seemingly endless means.

ELP

You can't prepare for everything.

John Irving
The Last Chairlift
p. 466

MONDAY

25

These four quotes are written by authors from Oregon, the birthplace of one of my daughters.

- *There are no right answers to wrong questions.*
- *The only thing that makes life possible is permanent, intolerable uncertainty; not knowing what comes next.* Ursula K. Le Guin
- *The answer is never the answer. What's really interesting is the mystery.*
- *Since we don't know where we're going, we have to stick together in case someone gets there.*

Ken Kesey

"There is one thing Alzheimer's cannot take away, and that is love. Love is not a memory—it's a feeling that resides in your heart and soul."

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TUESDAY

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WEDNESDAY

27

These four quotes are written by individuals from Maine, the birthplace of yours truly.

Maine's long and cold winters may help keep our State's population low, but our harsh climate also accounts for what is unique and valuable about our land and our people. Tom Allen

In Maine, there is a deeply ingrained sense that you can always get a little more use out of something.

Tim Sample

Maine people have a live-and-let-live philosophy, and tend to be fair and open-minded. Chellie Pingree

The most important things are the hardest to say. Stephen King

This is Sunday, and the question arises, what'll I start tomorrow?

Kurt Vonnegut

To arrive at the simplest truth requires years of contemplation.

Isaac Newton

FRIDAY

29

These five quotes originate from authors from Canada, the birthplace of my mom.

There's the story, then there's the real story, then there's the story of how the story came to be told. Then there's what you leave out of the story. Which is part of the story too. Margaret Atwood

I can only tell my story, what you believe is up to you. Yann Martel

- *Twilight drops her curtain down, and pins it with a star.*
- *Next to trying and winning, the best thing is trying and failing.*
- *There be three gentle and goodly things: To be here, To be together, And to think well of one another.*

Lucy Maud Montgomery

