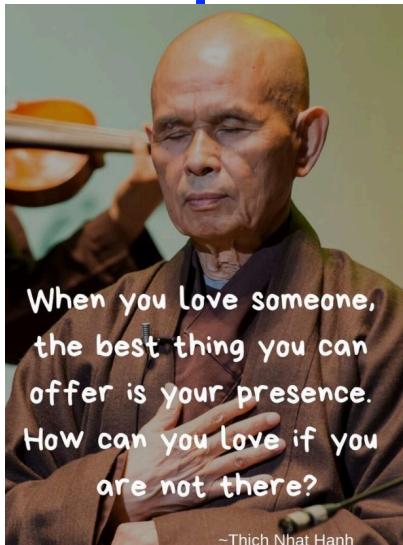


# A Week in Images and Quotes

## January - 2023

SUNDAY

01



When you love someone,  
the best thing you can  
offer is your presence.  
How can you love if you  
are not there?

~Thich Nhat Hanh

MONDAY

02

TUESDAY

03



Quincy Abbot died today; a  
leader who heavily influenced  
several organizations with  
which I have been connected.

Lord, please keep your  
arm around my  
shoulder and your  
hand over my mouth!

Note to self:

Slow down, you're moving too fast,  
You got to make these moments last.  
No need to hurry, no need to run.  
The important things will still get done.

With apologies to Simon and  
Garfunkel: The 59<sup>th</sup> Street Bridge Song

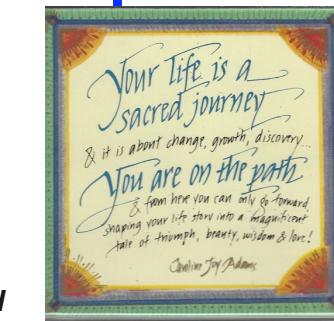
And each forgets, as he strips and runs  
With a brilliant, fitful pace,  
It's the steady, quiet, plodding ones  
Who win in the lifelong race.

And each forgets that his youth has fled,  
Forgets that his prime is past,  
Till he stands one day, with a hope that's dead,  
In the glare of the truth at last.

Robert W. Service

WEDNESDAY

04



Current Refrigerator  
Magnet

When I hear your  
words of anger, I  
realize you are  
experiencing  
anguish! ELP

FRIDAY

06



Marsha says:  
I could shop  
here all day!



Marsha with a  
sweatshirt that  
she purchased at,  
you guessed it,  
Goodwill!

SATURDAY

07

Bewildered,  
bewildered, you  
have no  
complaint.

You are what you  
are, and you ain't  
what you ain't.

John Prine

Often, bumpy  
roads lead to  
beautiful places.

Dave Martinez

The  
12 Steps  
Steps

On the following  
page are the  
ingredients of a  
sequence of 12  
steps that go down  
to my basement.

# A Week in Images and Quotes

January - 2023

SATURDAY

## The 12 Steps Steps

07

**The journey** continues each and every day  
Step-by-step is the only way.

**Learning** is a process of making mistakes  
and after each one success often awaits

**Emergence** is the unfolding of our talents and gifts  
As the path ahead continually shifts.

**Uncertainty** is a truth that lingers near;  
It's a fact of life and not to fear.

**Togetherness** means more as we engage;  
And enjoy our lives at this elder stage.

**Mindfulness** is a way of life as we breathe and talk;  
And slow down the pace of the steps we walk.

**Small Steps** are necessary on the continual journey  
To bring peace and contentment to Marsha and Ernie.

My **Attitude** affects my moods from morning till night;  
Keeping it positive turns the darkness into light.

**Encouragement** is expressed in both words and silence.  
Keep things positive as I provide my assistance.

**Support** comes in many shapes and sizes,  
Depending on the exact challenge that arises.

**Acceptance** recognizes the limits of our abilities,  
But does not define the bounds of life's possibilities.

**Unconditional love** asks no questions and seeks no demands.  
Its message is felt when we hold each other's hands.

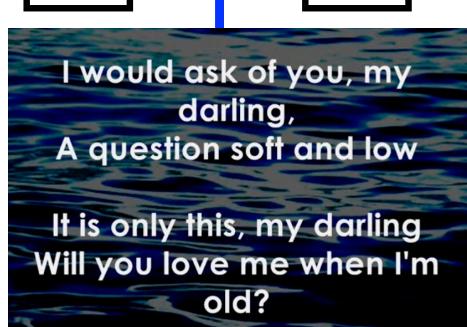


# A Week in Images and Quotes

## January - 2023

SUNDAY

08



I found some verses to the song  
– *Will you love me when I'm Old?* - in one of Marsha's  
memory piles.



Mystery photographer captures  
Marsha "waiting for Goodwill" to  
open!

MONDAY

09

TUESDAY

10



WEDNESDAY

11



If you don't have anything nice to say, come sit by me.

Dorothy Parker

Nothing is as hard and nothing is as complicated as we make it. There's a very simple answer to most things. You just got to be willing to accept that you don't have any control over it, that you can't dictate how it's going to go. And once you realize that, I think it's kind of liberating ... Once you relinquish control of it, you do feel a sense of calm and peace.

Geno Auriemma

THURSDAY

12

Winnings to be split evenly among Ernie's siblings!

Age is never so old as youth would measure it.

Jack London

There are many chapters to my book of life, As I venture on with my beautiful wife.

How many pages are in this current chapter, And what are the events in the one hereafter? ELP

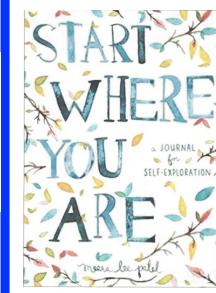
Courage does not always soar, sometimes courage is the quiet voice at the end of the day saying, "I will try again tomorrow." Mary Anne Radmacher

We may not see eye to eye and meet resistance; But we feel heart to heart at our very core essence.

ELP

FRIDAY

13



M - "I don't know where we are!"  
E - "You're with me."



Pat Benatar – born on  
January 10, 1953

# A Week in Images and Quotes

## January - 2023

SUNDAY

15

"I have a dream **M** that one day this nation will rise up **A** nd live out the **t R** ue meaning of its creed: "We hold **T**hese truths to be self-ev **I** dent; that all **m e N** are created equal."

I have a dream ... that one day even the state ... of Mississippi, a state swe **L** tering with the heat of inj **U** stice, swel **T** ering with the **H** eat of oppression, will b **E** transformed into an oasis of f **R** eedom and justice.

*Faith is taking the first step even when you can't see the whole staircase.* MLK

MONDAY

16

TUESDAY

17

Let freedom ring from the mighty mountains of New Yor **K**. Let freedom **r I** ng from the **heighte N** ing Alle **G** henies of Pennsylvania. "

WEDNESDAY

18



**Five Stop Journey of Marsha and Ernie when Ernie was in charge of where to go, with Marsha's OK, of course.**

THURSDAY

19



*An incredible 105 years of age!*

*What happens in the morning is often forgotten later in the day. What happens by night is a mystery unfolding in its own way.* ELP

FRIDAY

20

**DOLLAR GENERAL**

**The following perspective has assisted my understanding of contented involvement in my support of Marsha's daily routine.**

Marsha loves to go to stores to purchase a wide assortment of low-cost items; i.e., Goodwill, Dollar General, OSJL, BJs, etc. I worry about the cost and accumulation of "stuff" and it results in my commenting on what she buys and ends up a trigger for a rather unpleasant experience for both of us. When a person goes to a museum, movies or an evening out to dine, there is a cost to the "entertainment." Going to stores is Marsha's choice of entertainment and I now don't feel badly about disposing of those items at a later time.

*The future hasn't happened yet and the past is gone. So, I think the only moment we have is right here and now, and I try to make the best of those moments, the moments that I'm in.*

Annie Lennox

**This is the first of many acrostic style visuals that help me organize my thoughts around a specific person, concept, event etc.**

# A Week in Images and Quotes

## January - 2023

SUNDAY

22



"Hi, Ernie. Let me introduce myself to you: Marsha Lynn Brantley. I'm going to be your future wife!"

Things that really matter are the things that gold can't buy, So let's have another cup o'coffee and let's have another piece of pie.

Irving Berlin

MONDAY

23

*Neither snow, nor rain, nor heat, nor gloom of night Will keep Marsha from the sight Of the welcome sign at the Goodwill store Which beckons her to enter through its door!*



*First measurable snow of the winter season!*

TUESDAY

24

*A bird doesn't sing because he has an answer - he sings because he has a song.*

Joan Walsh Anglund *A Cup of Sun: A Book of Poems* retrieved from a collection of poems in Marsha's files

*The great thing about getting older is that you don't lose all the other ages you've been.*

Madeleine L'Engle

*Everything will pass. The wise man knows this from the start and has no regrets.*

Olga Tokarczuk

WEDNESDAY

25



*Marsha asked me today if I remembered this photo. "Yes," I replied, "it's one of my favorites of all time!"*



*I often marvel at what items may draw Marsha's attention as she does not attend to words on the objects that she purchases.*

THURSDAY

26

I decided to randomly select a book from one of the bookcases and chose *Henry David Thoreau: A Biography* by Walter Harding. I was drawn to the following quote:

*... a departure is a sort of future introduction and meeting ...*

I now relate this to a departure from my anticipated activities in my retirement and to be open to new experiences as they unfold each day. Who will I be and to what activities will I be introduced in the future?

FRIDAY

27



*January 27, 1945*  
He explained to me with great insistence that every question possessed a power that did not lie in the answer.  
— Elie Wiesel, *Night*

*My life is what it is, and I can't change it. I can change the future, but I can't do anything about the past.*

Alex Trebek

SATURDAY

28

*There is no other way to find ourselves but in each other's faces.*

Rod McKuen

*Our mind abhors ambiguity, and as long as a patient's memory flickers on and off, we tend to see what we want to see.* Dasha Kiper



*I'm not sure why this quote caught my attention as I look upon all my unfinished projects!*

# A Week in Images and Quotes

## January - 2023

SUNDAY

29

*I yearn to write,  
As day becomes night,  
of the existence  
of my persistence  
Each and every day;  
I continue on my way.* ELP

After all is said and done,  
this much I know is true:

**THERE IS NO  
"ANSWER"  
BUT THERE ARE MANY**

choices reactions  
suggestions  
responses options  
Questions Ideas  
thoughts  
strategies feelings  
approaches beliefs  
connections

MONDAY

30

TUESDAY

31

*We always did feel the same.  
We just saw it from  
a different point of view -  
Tangled up in blue.* Bob Dylan

**E**ach of us can take time to **J**oin in  
**R**eflection to pause & disc **O**ver the  
Learn **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.

*There's beauty in the silver singin' river.  
There's beauty in the sunrise in the sky.  
But none of these and nothing else can  
match the beauty  
That I remember in my true love's eyes.*  
Tomorrow is a Long Time – lyrics by Bob Dylan

*What is the cost of contented involvement  
When the day starts off already in descent?*

*What could I do to counteract  
This atmosphere and positively impact ...*

*The interactions between Marsha and Ernie?  
Perhaps it's time for a short little journey  
To Marlboro and Hebron for a ride not so far  
And stop by CVS in our Subaru car!*

*More often than not,  
there are no right  
answers, just different  
perspectives.*

R. Rubin, p. 112,  
*The Creative Act: A  
Way of Being*



Cost: \$27.08

*I try to avoid  
looking forward or  
backward, and try  
to keep looking  
upward.*

Charlotte Brontë

*Yesterday I was  
clever, so I wanted to  
change the world.  
Today I am wise, so I  
am changing myself.*

Rumi

*One should live  
every single  
moment according  
to their best  
knowledge and  
conscience because  
one day we will see  
clearly what has a  
real value.*

Jan Langer