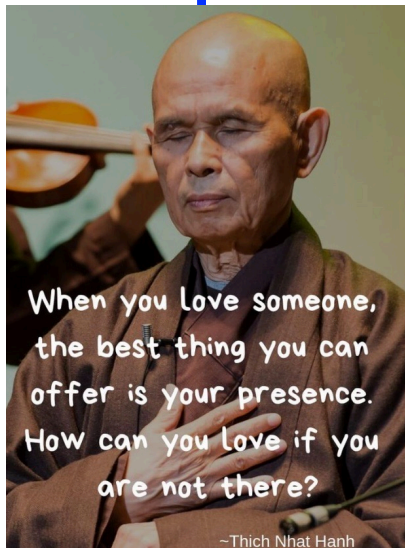


A Week in Images and Quotes

January - 2023

SUNDAY

01



*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

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!

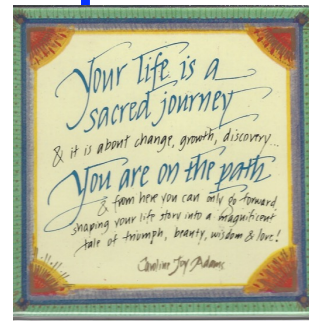
Note to self:

*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 59th Street Bridge Song

WEDNESDAY

04



Current Refrigerator Magnet

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

THURSDAY

05

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

07

The 12 Steps Steps

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.

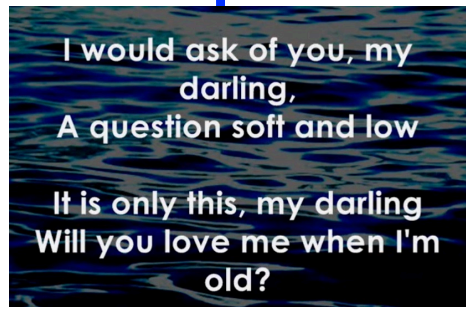


A Week in Images and Quotes

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.



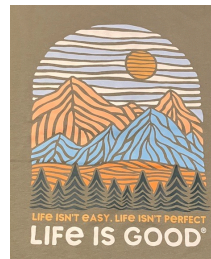
Mystery photographer captures
Marsha "waiting for Goodwill" to
open!

MONDAY

09

TUESDAY

10



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

WEDNESDAY

11



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

Dorothy Parker

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

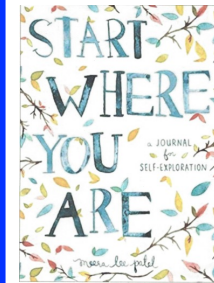
We may not see eye to eye and meet resistance;

But we feel heart to heart at our very core essence.

ELP

FRIDAY

13



SATURDAY

14

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






You can't change the past so don't let it haunt you. You can change the future but first, you've got to want to.

Pat Benatar – born on
January 10, 1953

A Week in Images and Quotes

January - 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15	16	17	18	19	20	21
<p>“ I have a drea M that one day this nation will rise up A nd live out the t R ue meaning of its creed:</p> <p>"We hold T hese truths to be self-ev I dent; that all me N are created equal."</p> <p>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.</p> <p><i>Faith is taking the first step even when you can't see the whole staircase. MLK</i></p>	<p>This is the first of many acrostic style visuals that help me organize my thoughts around a specific person, concept, event etc.</p>	<p>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. ”</p>	<p>UNITED STATES POSTAL SERVICE</p> <p>DOLLAR GENERAL</p> <p></p> <p>BARNES & NOBLE BOOKSTORE</p> <p>paper  store</p> <p><i>Five Stop Journey of Marsha and Ernie when Ernie was in charge of where to go, with Marsha's OK, of course.</i></p>	<p></p> <p><i>An incredible 105 years of age!</i></p> <p><i>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</i></p> <p><i>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.</i></p> <p>Annie Lennox</p>	<p>DOLLAR GENERAL</p> <p>The following perspective has assisted my understanding of contented involvement in my support of Marsha's daily routine.</p> <p>Marsha loves to go to stores to purchase a wide assortment of low-cost items; i.e., Goodwill, Dollar General, OSJL, BJ's, 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.</p>	

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*

Each of us can take time to **J**oin in
Reflection to pause & disc **O**ver the
Learn **N**ing that daily occurs in o **U**r
Lives when we search inwa **R**dly. This
Requires 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