

# A Week in Images and Quotes

## October - 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																									
01	02	03	04	05	06	07																									
<p><i>Living with a spouse who has a different perspective on what is real versus what is perceived to be real, results in equally strong convictions. My aim is not to negate Marsha’s perceptions but to find out how to negotiate daily interactions in a mutually fulfilling way - - - when possible. She has told me that she needs to get back to Illinois to the job she has there taking care of young children with disabilities, reconnect with her husband who is looking for her, and get back to her home in Illinois. I have taken the approach that I will do my best to look for ways she can return to Illinois in a safe way while living moment-to-moment in a loving relationship. In reality, driving to Illinois is unlikely to occur. This part of the journey has become the most difficult to manage and much creative energy needs to be employed.</i></p> <hr/> <p><i>Since no one can ever know for certain whether or not his own view of life is the correct one, it is absolutely impossible for him to know if someone else’s is the wrong one.</i> Gore Vidal</p>		<p><i>I am alone here in my own mind. There is no map and there is no road. It is one of a kind just as yours is.</i></p> <p>Anne Sexton</p> <hr/> <p><i>Then summer fades and passes and October comes. We'll smell smoke then, and feel an unexpected sharpness, a thrill of nervousness, swift elation, a sense of sadness and departure.</i></p> <p>Thomas Wolfe</p> <hr/> <p><i>As it turns out, now is the moment you've been waiting for.</i></p> <p>Lucinda Williams</p>	<p><i>I, not events, have the power to make me happy or unhappy today. I can choose which it shall be. Yesterday is dead, tomorrow hasn't arrived yet. I have just one day, today, and I'm going to be happy in it.</i> Groucho Marx</p> <hr/> <p><i>Every journey into the past is complicated by delusions, false memories, false namings of real events.</i></p> <p>Adrienne Rich</p> <hr/> <table><tr><td>Being <b>Less</b> Mindful</td><td>Being <b>More</b> Mindful</td></tr><tr><td>It’s a maze</td><td>.... It’s a labyrinth</td></tr><tr><td>Day-by-Day</td><td>.... Minute-by-Minute</td></tr><tr><td>Emergencies</td><td>.... Emergences</td></tr><tr><td>Anger</td><td>.... Calmness</td></tr><tr><td>Stress</td><td>.... Contentment</td></tr><tr><td>Solid Memories</td><td>.... Fluid Memories</td></tr><tr><td>Arguing</td><td>.... Validating</td></tr><tr><td>Rigidity</td><td>.... Flexibility</td></tr><tr><td>Permanence</td><td>.... Ever-Changing</td></tr><tr><td>Either-Or</td><td>.... Both-And</td></tr><tr><td>Chaos</td><td>.... Routines</td></tr><tr><td>Rapid Movement</td><td>.... Centered Breaths</td></tr></table>	Being <b>Less</b> Mindful	Being <b>More</b> Mindful	It’s a maze	.... It’s a labyrinth	Day-by-Day	.... Minute-by-Minute	Emergencies	.... Emergences	Anger	.... Calmness	Stress	.... Contentment	Solid Memories	.... Fluid Memories	Arguing	.... Validating	Rigidity	.... Flexibility	Permanence	.... Ever-Changing	Either-Or	.... Both-And	Chaos	.... Routines	Rapid Movement	.... Centered Breaths	<p><i>We breathe the light, we breathe the music, we breathe the moment as it passes through us.</i></p> <p>Anne Rice</p> <hr/> <p><i>Experience is not what happens to you; it's what you do with what happens to you.</i></p> <p>Aldous Huxley</p> <hr/> <p><i>You have to learn to take rejection not as an indication of personal failing but as a wrong address.</i></p> <p>Ray Bradbury</p> <hr/> <p><i>Long live uncertainty!</i> ELP</p>	<p><i>When I was young and bold and strong, The right was right, the wrong was wrong.</i></p> <p><i>With plume on high and flag unfurled, I rode away to right the world.</i></p> <p><i>But now I'm old - and good and bad, Are woven in a crazy plaid.</i></p> <p><i>I sit and say the world is so, And wise is s/he who lets it go.</i></p> <p>Dorothy Parker (influenced by another quote by this author in my Acrostic puzzle)</p>
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08	09	10	11	12	13	14
<p>On Friday morning, October 6<sup>th</sup>, Marsha and I both tested positive for the covid virus. The following statement best summarizes this overall experience:</p> <p><i>I'll take Pain &amp; Misery for \$1600, Ken!</i></p> <p>Marsha slept quite a lot and, interestingly, she handled the whole ordeal magnificently and was a great support as I experienced more of the symptoms.</p> <p><i>After two takes you're imitating yourself.</i></p> <p>Thelonious Monk</p>	<p><i>It's not the note you play that's the wrong note - it's the note you play afterwards that makes it right or wrong.</i></p> <p>Miles Davis</p> <p><i>I'm trying to play the truth of what I am. The reason it's difficult is because I'm changing all the time.</i></p> <p>Charles Mingus</p> <p><i>Simplicity is a most complex form.</i></p> <p>Duke Ellington</p> <p><i>Are you living the life you chose? Are you living the life that chose you?</i> Jason Isbell</p>	<p><i>There are only four kinds of people in the world. Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers, and those who will need a caregiver.</i></p> <p><i>Being a caregiver requires infinite patience, physical and emotional strength, health care navigation skills, and a sense of humor - which can be hard to come by after sleepless nights and demanding days.</i></p> <p>Rosalynn Carter</p>	<p><i>As I walk through this wicked world Searchin' for light in the darkness of insanity I ask myself, "Is all hope lost? Is there only pain and hatred and misery?"</i></p> <p><i>And each time I feel like this inside There's one thing I wanna know What's so funny 'bout peace, love and understanding? What's so funny 'bout peace, love and understanding?</i></p> <p>Nick Lowe</p> <hr/> <ul style="list-style-type: none"> <li><i>Much of life is about failure, whether we acknowledge it or not, and your destiny is profoundly shaped by how effectively you learn from and adapt to failure.</i></li> <li><i>Live life as a series of revelations.</i></li> </ul> <p>David Brooks</p>	<p>An awkward phrasing, but it entered my consciousness this morning:</p> <p><i>But Oz never did give nothing to the Tin Man That he didn't, didn't already have.</i></p> <p>America</p> <p><i>The mark of a good book is it changes every time you read it.</i></p> <p>Anderson Cooper</p> <p><i>The future has a way of arriving unannounced.</i></p> <p>George Will</p>	<p><i>Life's challenges are not supposed to paralyze you; they're supposed to help you discover who you are.</i></p> <p>Bernice Johnson Reagon</p>	<p><i>There are lessons to learn each minute of the day. Most of them unplanned as I journey on my way. Being open to each possibility. Will certainly add great quality</i></p> <p><i>If I stop and 5 deep breaths I do take Even Yoda would be proud of the rhymes I do make. ELP</i></p> <hr/> <p><i>It's paradoxical, that the idea of living a long life appeals to everyone, but the idea of getting old doesn't appeal to anyone.</i></p> <p>Andy Rooney</p>

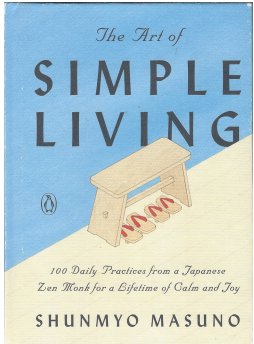
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<div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto; display: flex; align-items: center; justify-content: center;"> <div style="background-color: white; padding: 5px;">15</div> </div>	<div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto; display: flex; align-items: center; justify-content: center;"> <div style="background-color: white; padding: 5px;">16</div> </div>	<div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto; display: flex; align-items: center; justify-content: center;"> <div style="background-color: white; padding: 5px;">17</div> </div>	<div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto; display: flex; align-items: center; justify-content: center;"> <div style="background-color: white; padding: 5px;">18</div> </div>	<div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto; display: flex; align-items: center; justify-content: center;"> <div style="background-color: white; padding: 5px;">19</div> </div>	<div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto; display: flex; align-items: center; justify-content: center;"> <div style="background-color: white; padding: 5px;">20</div> </div>	<div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto; display: flex; align-items: center; justify-content: center;"> <div style="background-color: white; padding: 5px;">21</div> </div>
<ul style="list-style-type: none"> <li><i>The present was an egg laid by the past that had the future inside its shell.</i></li> <li><i>Those that don't got it, can't show it. Those that got it, can't hide it.</i></li> </ul> <p style="text-align: right;">Zora Neale Hurston</p> <hr/> <p><i>In the final analysis there is no other solution to man's progress but the day's honest work, the day's honest decision, the day's generous utterances, and the day's good deed.</i></p> <p style="text-align: right;">Clare Boothe Luce</p>	<p><i>You know what, sometimes it seems to me we're living in a world that we fabricate for ourselves. We decide what's good and what isn't, we draw maps of meanings for ourselves... And then we spend our whole lives struggling with what we have invented for ourselves. The problem is that each of us has our own version of it, so people find it hard to understand each other.</i></p> <p style="text-align: right;">Olga Tokarczuk Drive Your Plow Over the Bones of the Dead</p>	<p><b>Marsha:</b> <i>Where are the people?</i></p> <p><b>Ernie:</b> <i>We are the people!</i></p> <hr/> <p><i>Some people have nothing to say and say it all day long. Other people have a lot to say but need someone near to hear their song.</i></p> <p style="text-align: right;">ELP</p> <hr/> <p><i>I think truth is a layered phenomenon. There are many truths that accumulate and build up. I am trying to peel back and explore these rich layers of truth. All truths are difficult to reach.</i></p> <p style="text-align: right;">Sally Mann</p>	<p>The following quote can be viewed from multiple perspectives:</p> <p><i>I'm nobody. Who are you?</i></p> <p style="text-align: right;">Emily Dickinson</p> <hr/> <p><i>Age considers; youth ventures.</i></p> <p style="text-align: right;">Rabindranath Tagore</p> <hr/> <p><i>I don't measure myself by others' expectations or let others define my worth.</i></p> <p style="text-align: right;">Sonia Sotomayor</p> <hr/> <p><i>Whether it's the best of times or the worst of times, it's the only time we've got.</i></p> <p style="text-align: right;">Art Buchwald</p>	<p>You can't go wrong beginning the day with a tune by James Taylor:</p> <p><i>Just shower the people you love with love Show them the way that you feel Things are gonna work out fine If you only will Do as I say.</i></p> <hr/> <p><i>Every beginning is only a sequel, after all, and the book of events is always open halfway through.</i></p> <p style="text-align: right;">Wislawa Szymborska</p> <hr/> <p><i>Music is the silence between the notes.</i></p> <p style="text-align: right;">Claude Debussy</p>	<p><i>I always love to quote Albert Einstein because nobody dares contradict him.</i></p> <p style="text-align: right;">Studs Terkel</p> <p style="text-align: center;">- - - -</p> <p><i>Don't listen to the person who has the answers; listen to the person who has the questions.</i></p> <p style="text-align: right;">Albert Einstein</p> <p style="text-align: center;">- - - -</p> <p><i>I'm not exactly an Einstein, so I compensate by being more focused.</i></p> <p style="text-align: right;">Peter Munk</p> <hr/> <p><i>A lot can be told from what happens in between the main moments.</i></p> <p style="text-align: right;">Annie Leibovitz</p>	<p><i>There's a certain grace in accepting what your life is and embracing all the good things that have been - but there's still an expectation of good things to come. Not necessarily what you expected.</i></p> <p style="text-align: right;">Emmylou Harris</p> <hr/> <p><i>Doing nothing is very hard to do . . . You never know when you're finished.</i></p> <p style="text-align: right;">Leslie Nielsen</p> <hr/> <p><i>I get my ideas from listening from within.</i></p> <p style="text-align: right;">Thomas A. Edison</p>

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22	23	24	25	26	27	28
<p><i>The great secret that all old people share is that you really haven't changed in seventy or eighty years. Your body changes, but you don't change at all. And that, of course, causes great confusion.</i></p> <p style="text-align: right;">Doris Lessing</p> <hr/> <p><i>My sister-in-law is a painter, and I'll say, how long did it take you to paint that painting. She'll say, It took me maybe three days, but it took me all my life to get the skills to paint that painting.</i></p> <p style="text-align: right;">Anthony Doerr</p>	<p><i>Enjoyment appears at the boundary between boredom and anxiety, when the challenges are just balanced with the person's capacity to act.</i></p> <p style="text-align: right;">Mihaly Csikszentmihalyi</p> <hr/> <p><i>I keep thinking, we teach children to use language to solve their disputes. We teach them not to hit and fight and bite. Then look what adults do!</i></p> <p style="text-align: right;">Naomi Shihab Nye</p> <hr/> <p><i>We are all apprentices in a craft where no one ever becomes a master.</i></p> <p style="text-align: right;">Ernest Hemingway</p>	<p><i>You can't go back and change the beginning, but you can start where you are and change the ending.</i></p> <p style="text-align: right;">C. S. Lewis</p> <hr/> <p><i>Enjoy the journey and try to get better every day. And don't lose the passion and the love for what you do.</i></p> <p style="text-align: right;">Nadia Comaneci</p> <hr/> <p><i>Zen pretty much comes down to three things -- everything changes; everything is connected; pay attention.</i></p> <p style="text-align: right;">Jane Hirshfield</p>	<p><i>Let it chill. Let us be still.</i></p> <p><i>Let it show. Let us grow.</i></p> <p><i>Let it be me. Let us be.</i></p> <p><i>Let it sit for awhile. Let us smile.</i></p> <p><i>Let it be enough. Let us not be gruff.</i></p> <p><i>Let it be known. Let us be shown.</i></p> <p style="text-align: right;">ELP</p> <hr/> <p><i>The right word may be effective, but no word was ever as effective as a rightly timed pause.</i> Mark Twain</p> <hr/> <p><i>I'd like to live as a poor man with lots of money.</i></p> <p style="text-align: right;">Pablo Picasso</p>	<p><b>Late Evening:</b> <i>I think I'll wait and do the dishes in the morning.</i></p> <p><b>Next Morning:</b> <i>Now, why didn't I do these dishes last night!</i> ELP</p> <hr/> <p><i>Experience is the hardest kind of teacher. It gives you the test first and the lesson afterward.</i></p> <p style="text-align: right;">Oscar Wilde</p> <hr/> <p><i>I look in the mirror, my only opponent.</i></p> <p style="text-align: right;">Jay-Z</p> <hr/> <p><i>I don't think you can ever do your best. Doing your best is a process of trying to do your best.</i></p> <p style="text-align: right;">Townes van Zandt</p>	 <p><i>I have been reading through this book. As I reflect on the title, I would opt for a different wording: <b>The Art of Living Simple Moments.</b> Being a caregiver, I don't see my days as "simple living."</i></p> <hr/> <p><i>Friends know the right time to write, speak, do and act.</i></p> <p style="text-align: right;">ELP</p>	<p><i>Simple Moments</i></p> <p><i>Breakfast made of scrambled egg; Trimmed a rose bush down a peg.</i></p> <p><i>Dishes in the draining rack Laundry finished – sort and pack.</i></p> <p><i>Sitting on the deck and holding hands</i></p> <p><i>Looking over our backyard lands.</i></p> <p><i>These peaceful moments of content</i></p> <p><i>When I focus on each moment of the day to see what's next</i></p> <p><i>And add some new words to my text.</i> ELP</p>



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## October - 2023

SUNDAY

29

*There ain't no answer.  
There ain't going to be any answer.  
There never has been an answer.  
That's the answer.*

Gertrude Stein

**A Truth about Lists**  
*Usually when I have a list of seven things to do at the beginning of the day, no matter how much I do, I still have a list of seven different things to do at the end of the day!* ELP

*A goal is not always meant to be reached; it often serves simply as something to aim at.* Bruce Lee

MONDAY

30



The Witch, the Lion and the Wardrobe



*Marsha's creativity shone forth in her Halloween costumes coordinating with what Leo was wearing.*

TUESDAY

31



**C**aring  
**A**lways there  
**R**eady to give their all  
**E**ncouraging  
**G**racious  
**I**ncredible  
**V**aluable  
**E**xceptional  
**R**espectable

*If you are with the right person, it brings out the best version of you.*

Beyoncé

*Begin at the beginning and go on till you come to the end; then stop.* Lewis Carroll

*What are the things that you can't see that are important? I would say justice, truth, humility, service, compassion, love. ... They're the guiding lights of a life.* Jimmy Carter

**Marsha:** *What do you want to do today?*

**Ernie:** *Let's see what the next five minutes has to offer.*

Thomas, R. F. (2017). *Why Bob Dylan matters*. New York: HarperCollins

- Just as it can mean something different every time he sings it, so it can mean something different every time I hear him sing it, depending on what images, all generally mysterious, are flashing by. (p. 81)
- As captured in an interview with Mikal Gilmore ... "I only know what I told you. You'll have to go and do the work yourself to find out what it's about." (p. 125)
- Dylan has said of this and by extension of all song, "it doesn't really matter where a song comes from,. It just matters where it takes you." (p. 297)

*Old age, to the unlearned, is winter; to the learned, it's harvest time.*

Yiddish Proverb