

A Week in Images and Quotes

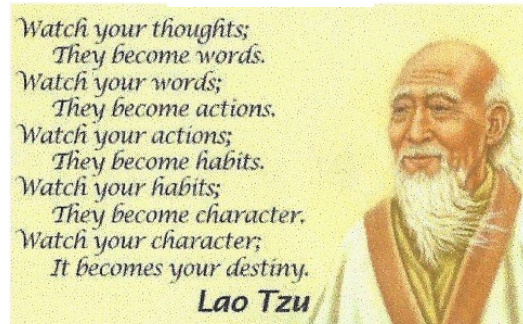
September - 2023

If I have any talent, I think I have an ability to listen to people and also just meet them on their level.

W. Kamau Bell

Marsha and I watched a special filmed by Kamau Bell: 1000% Me about mixed race individuals.

*When I pause and take time to select
Experiences upon which I can reflect,
My thoughts and feelings become more clear
And I'm able to see and to hear
The connections that exist all along
And to compose the verses to my song.
It's an honor and privilege to share these words.
Now I'm off to watch the birds! ELP*



A few days ago, I was having a difficult time trying to figure out where Marsha wanted to go as she described a store/place in the local community. After several stops that did not result in the right location, I deduced that it was the local public library, which she agreed was the intended destination. Later that afternoon, she indicated that the library was not the place she had in mind and that she would give me directions for where to go. I followed her directions and ended up at the Big Y grocery store. After we bought a few items and got back to the car, I asked Marsha if Big Y was her desired location. "No," she replied, "I just wanted to get out of the house for awhile!" I had a good chuckle. ELP

FRIDAY

01

SATURDAY

02

SCRABBLE

*We each pick our tiles
From the same purple box
And place them on the board
And the connections we make
With what's already there
Become our just reward.*

*In life, we also acquire our skills
From the experiences
We have each day.
For when we conclude
This path we've taken
We'll have a lot to say! ELP*

Don't get discouraged if you're hammering away at a sentence or a paragraph or a chapter, and it keeps coming out wrong. You're allowed to get it wrong, as many times as you need to; you only need to get it right once. Tana French

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SUNDAY

03

There is only one kind of shock worse than the totally unexpected: the expected for which one has refused to prepare.

One must live as if it would be forever, and as if one might die each moment ... always both at once.

Mary Renault
(Eileen Mary Challans)

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

MONDAY

04

Experience: While shopping at Goodwill, Marsha reached up to grab a tag to remove from an item. I gently placed my hand on her fingers and said, "People need the tag to know how much the item costs." "Oh," she replied. This is a much better approach, in my opinion, than saying, "No! Don't pull off that tag."

Truth: A gentle approach to a perceived action is preferred over a verbal reprimand.

TUESDAY

05

The folks who know the truth aren't talking.... The ones who don't have a clue, you can't shut them up!

Tom Waits

When you walk with someone, something unspoken happens. Either you match their pace or they match yours.

Sidney Poitier

I try to write a certain amount each day, five days a week. A rule sometimes broken is better than no rule.

Herman Wouk

WEDNESDAY

06

The answers I remember longest are the ones that answer questions that I didn't think of asking.

Jonathan Kozol

A life is made up of a great number of small incidents, and a small number of great ones.

Roald Dahl

It often feels like I'm not so much living for the present as I am busy making memories for the future.

Amy Krouse
Rosenthal
The Book of Eleven

THURSDAY

07

Lord, give me the strength to accomplish what You've given me to do and the faith to trust You that what I haven't been able to accomplish You've already assigned to someone else.

Aleksandr
Solzhenitsyn

It is impossible to live in the past, difficult to live in the present and a waste to live in the future.

Frank Herbert,
Dune

Don't let yesterday use up too much of today.

Will Rogers

FRIDAY

08

If you want to be happy, be.

Leo Tolstoy

The feeling that any task is a nuisance will soon disappear if it is done in mindfulness.

Thích Nhất Hạnh



If I would just remember this truth each day, events would unfold in a more positive manner!

SATURDAY

09

I am more than the sum of my experiences. They form the basis for my emotional intelligences. ELP

Quotes offer a refreshing way to learn from the wisdom of others. ELP

The creative energy exists in the journey to the making, not in the act of constructing.

Rick Rubin,

If you wait, all that happens is that you get older.

Larry McMurtry

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SUNDAY

10

The love of family and the admiration of friends is much more important than wealth and privilege.

Charles Kuralt



Marsha: I'm glad you're here with me!

I like myself better when I'm with you.

Mitch Albom
Tuesdays with Morrie

MONDAY

11

Yesterday, I was looking forward to a relaxing Sunday afternoon and told Marsha I would like to stay home to read and do some chores. About 20 minutes later, she remarked, "I want to go somewhere today." I could tell I was about to engage with a disgruntled spouse, so I replied, "We do need a few groceries for making a salad for lunch. Let's go to the grocery store." She quickly agreed. I then said, "Doesn't that make me the best husband, ever?" She immediately responded, "Not yet!" ELP

I believe my current experiences with Marsha have been shaped by my initial career choice of working with children and adults with severe disabilities with an emphasis on abilities and the enhancement of one's quality of life.
ELP

Each of us contributes our own piece to the whole, each in our own way, each in our own time with the gifts and talents that are ours. Terry Tempest Williams

TUESDAY

12

WEDNESDAY

13

The teacher is the one who gets the most out of the lessons, and the true teacher is the learner.

Elbert Hubbard

The past isn't fixed and frozen in place. Instead, its meaning changes as life unfolds.

Parker J. Palmer

The most important reason for going from one place to another is to see what's in between, and they took great pleasure in doing just that.

Norton Juster,
The Phantom Tollbooth

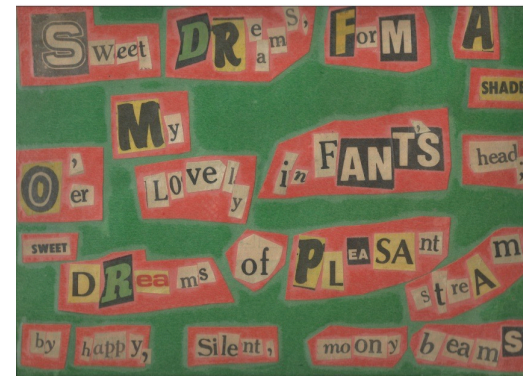
THURSDAY

14

Below is the first stanza of a poem by William Blake. From the Eugene Register Guard, (Eugene, Oregon) on 9/14/77, I cut out the letters to replicate this poem to celebrate the birth of our older daughter. I then made a large poster to hang in our apartment:

*Sweet dreams form a shade,
O'er my lovely infant's head.
Sweet dreams of pleasant streams,
By happy silent moony beams.*

William Blake, A Cradle Song



FRIDAY

15

SATURDAY

16

Whatever you are thinking right now, that's what's on your mind. Whatever has happened to you, it has already happened. The important question is, how are you going to handle it? In other words, "Now what?"

Jon Kabat-Zinn

Keep on beginning and failing, Each time you fail, start all over again, and you will grow stronger until you accomplished a purpose - not the one you began with perhaps, but one you'll be glad to remember.

Anne Sullivan

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>17</div> <p><i>The most important things are the hardest things to say. They are the things you get ashamed of because words diminish your feelings - words shrink things that seem timeless when they are in your head to no more than living size when they are brought out.</i></p> <p>Stephen King</p>	<div>18</div> <p><i>Sometimes people say unkind or thoughtless things, and when they do, it is best to be a little hard of hearing — to tune out and not snap back in anger or impatience.</i></p> <p>Ruth Bader Ginsburg</p> <p><i>You are never strong enough that you don't need help.</i></p> <p>Cesar Chavez</p>	<div>19</div> <p><i>The answer is never the answer. What's really interesting is the mystery. If you seek the mystery instead of the answer, you'll always be seeking. I've never seen anybody really find the answer, but they think they have. So, they stop thinking. But the job is to seek mystery, evoke mystery, plant a garden in which strange plants grow and mysteries bloom. The need for mystery is greater than the need for an answer.</i></p> <p>Ken Kesey</p> <p><i>Everyone you meet is fighting a battle you know nothing about. Be kind. Always.</i></p> <p>Brad Meltzer</p>	<div>20</div>	<div>21</div> <p><i>Some days, you tell me you want to visit your mom; And she died 12 years ago.</i></p> <p><i>Some days, our daughters call; And when you hang up you wonder who they are and where we know them from.</i></p> <p><i>Some days, your friend calls on the phone; And you wonder why you can't see her today since she sounds so close.</i></p> <p><i>Some days, you buy food from the grocery store; And when we get home, you wonder how they got in the grocery bags.</i></p> <p><i>Some days, you ask me if I will ever leave you; And the answer is always the same, "Never!"</i></p> <p><i>Some days, you tell me where you want to go in the car on an outing; And when we get there, you tell me that was not the place you meant.</i></p> <p><i>Some day, I will look back on this point in my life And thank you for making each day a blessed opportunity to share our love for each other. (ELP)</i></p> <ul style="list-style-type: none"><i>We are the ones we have been waiting for.</i><i>Time moves slowly but passes quickly.</i><i>Anybody can observe the Sabbath but making it holy surely takes the rest of the week.</i> <p>Alice Walker</p>	<div>22</div>	<div>23</div>

A few mornings ago, I awoke to listen to "Give Yourself to Love" by Kate Wolf. The following words resonated with me:

Love is born in fire; it's planted like a seed.

Love can't give you everything, but it gives you what you need.

And love comes when you're ready, love comes when you're afraid;

It'll be your greatest teacher, the best friend you have made.

So give yourself to love, if love is what you're after;

Open up your hearts to the tears and laughter,

And give yourself to love, give yourself to love.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
24	25	26	27	28	29	30
<p><i>Patience asks us to live the moment to the fullest, to be completely present to the moment, to taste the here and now, to be where we are. When we are impatient, we try to get away from where we are. We behave as if the real thing will happen tomorrow, later, and somewhere else. Let's be patient and trust that the treasure we look for is hidden in the ground on which we stand.</i> Henri Nouwen</p> <hr/> <p><i>You do not need to know precisely what is happening, or exactly where it is all going. What you need is to recognize the possibilities and challenges offered by the present moment, and to embrace them with courage, faith and hope.</i> Thomas Merton</p> <hr/> <ul style="list-style-type: none"> <i>What we do is more important than what we say or what we say we believe.</i> <i>Love is a combination of care, commitment, knowledge, responsibility, respect and trust.</i> <p style="text-align: right;">bell hooks</p>		<ul style="list-style-type: none"> <i>In three words I can sum up everything I've learned about life: it goes on.</i> <i>Come grow old with me, for the best is yet to come!</i> Robert Frost <hr/> <p><i>You can have the other words — chance, luck, coincidence, serendipity. I'll take grace. I don't know what it is exactly, but I'll take it.</i> Mary Oliver</p> <hr/> <p><i>I've had a very good life and a very good career. I have no regrets.</i> Gene Wilder</p>	<p><i>T. S. Eliot was once asked what a line of Ash Wednesday meant, "Lady, three white leopards sat under a juniper tree". The answer, "Lady, three white leopards sat under a juniper tree".</i></p> <p style="text-align: right;">Ricks, C. (2003). <i>Dylan's vision of sin.</i> (p. 329)</p> <hr/> <p><i>Thank you for your presence. I value your very essence As we enter our later years of life From a devoted husband to a beautiful wife.</i></p> <p><i>Thank you for the warmth and care That I daily feel in the air When you're around I can plainly see Just how much you mean to me.</i></p> <p><i>Thank you for our present and what will be; Our life is rich for both you and me. It's now a time for daily reflection To renew our love and daily affection.</i> ELP</p> <hr/> <p><i>You are not going to be perfect every day. It's about turning up the next day and doing it again.</i> Krista Tippett</p>		<ul style="list-style-type: none"> <i>As long as there are memories, yesterday remains. As long as there is hope, tomorrow awaits. As long as there is friendship, today is beautiful.</i> <i>I have a theory that the only original things we ever do are mistakes.</i> <i>It's OK if you mess up. You should give yourself a break.</i> <i>The joy of life is made up of obscure and seemingly mundane victories that give us our own small satisfactions.</i> Billy Joel <hr/> <p><i>I'll love you till the ocean Is folded and hung up to dry And the seven stars go squawking Like geese about the sky.</i> W. H. Auden</p>	