

# A Week in Images and Quotes

## January - 2024

MONDAY

01

### A Toast for 2024

The verses may change slightly  
over the years, but the genuine  
friendships remain from a  
group of CCSU colleagues.

Here's to the men  
Who meet now and again  
To raise up their glasses & toast.  
It's that time of year  
To bring on good cheer  
Just when we need it most.

To eat and to drink  
To talk and to think  
Among most pleasant a friend.  
From hither and yon  
From darkness toward dawn  
From now right up till the end.

Our lives do change  
Nothing is strange  
As we meet each challenge head on.  
We support each other  
As we would do a brother  
From the darkness to the dawn.

TUESDAY

02

We search for inner peace  
On a journey that will never cease  
And we must continue on.  
Lend your support  
So you can report  
How your days have gone.

We raise our glasses to Tony  
He was the first of us to go  
To the Great Beyond and wait for us  
To join him and to show  
That a life well lived and a love of friends  
Is the ultimate victory in the end!

One never knows what difficulties dwell  
Before the tolling of our bell.  
So live each day with love and hope  
And find healthful ways to cope  
With the challenges and unexpected difficulties  
As we use all our mindful strategies.

Here's to the men  
Who meet now and again  
To raise up their glasses & toast  
It's that time of year  
To bring on good cheer  
Just when we need it most.

WEDNESDAY

03

THURSDAY

04



A Circle of Support surrounds you  
Whether you are aware of who they are:  
People who are in your life  
Who love you both near and far.

They have a commitment and purpose  
To provide more choices for you  
To lead a life of dignity  
And to be content in all you do.

The challenges will be many  
In the weeks and months ahead.  
But, we are here to guide you  
And be your golden thread.

FRIDAY

05

SATURDAY

06

*We must be willing  
to let go of the life  
we have planned,  
so as to have the  
life that is waiting  
for us.*

E. M. Forster

*About mistakes it's  
funny. You got to  
make your own;  
and not only that,  
if you try to keep  
people from  
making theirs,  
they get mad.*

Edna Ferber

*The most exciting  
phrase to hear in  
science, the one  
that heralds new  
discoveries, is not  
'Eureka!' but  
'That's funny . . .'*

Isaac Asimov

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07	08	09	10	11	12	13
<p>There are years that ask questions and years that answer.</p> <p>Zora Neale Hurston</p> <p>How do you know what is the right path to choose to get the result that you desire? The honest answer is this: You won't. And accepting that greatly eases the anxiety of your life experience.</p> <p>Jon Stewart</p> <p>Taking care is one way to show your love. Another way is letting people take good care of you when you need it.</p> <p>Fred Rogers</p>	<p>What do we do now? What do we do now? What do we do now? What do we do now?</p> <p>John Hiatt</p> <p>You don't understand the reason That this icy and snowy season Restricts what we are able to do You are angry and unhappy too.</p> <p>ELP</p> <p>What do we do now? What do we do now? What do we do now? What do we do now?</p> <p>Every day you must be able to say, I have to get up because I'm needed by someone. As long as you have that, you're healthy.</p> <p>Quincy Jones</p>	<p>Often care of the soul means not taking sides when there is a conflict at a deep level. It may be necessary to stretch the heart wide enough to embrace contradiction and paradox.</p> <p>Thomas Moore</p> <p>But what is happiness except the simple harmony between a man and the life he leads?</p> <p>Albert Camus</p> <p>The good life is a process, not a state of being. It is a direction, not a destination.</p> <p>Carl Rogers</p>	<p>A quote from Victor Hugo appeared in my acrostic puzzle. I wondered if he had any advice for my current experiences.</p> <ul style="list-style-type: none"><li>When grace is joined with wrinkles, it is adorable. There is an unspeakable dawn in happy old age.</li><li>He, who every morning plans the transactions for the day, and follows that plan, carries a thread that will guide him through a labyrinth of the most busy life.</li><li>Have courage for the great sorrows of life and patience for the small ones; and when you have laboriously accomplished your daily task, go to sleep in peace.</li></ul> <p>Marsha: Who are you? Why are you here?</p> <p>These are two questions that are difficult to answer. Today, I replied, "I'm your best friend. I don't want to be alone, so I am living here with you. Is that OK?</p> <p>Marsha: Yes, that's OK. I don't want to be alone either.</p>	<p>It's hard to explain the unexplainable, but here's is an honest attempt.</p> <p>Some of the reasons I am prepared to be a care provider for Marsha connect to my overall career path. I have had a personally satisfying set of professional and personal achievements / experiences that have taken me from Maine to Illinois to Oregon back to Illinois on to Ohio and eventually to Connecticut. I enjoyed opportunities to use my creative energies in the preparation of individuals to be teachers and support persons in the lives of people with disabilities. I met incredible friends and colleagues on this path. I have no regrets about my life plan, or lack of one, to date. Now I have the unique time in a relationship with Marsha to draw on this progression of competencies to support her in the best manner in which I am capable. She has been a strong emotional support over the past 47 years and I look forward to what she has yet to teach me!</p>		

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14	15	16	17	18	19	20
<p><i>I have the words already. What I am seeking is the perfect order of words in the sentence. You can see for yourself how many different ways they might be arranged.</i></p> <p>James Joyce</p> <hr/> <p><i>When we honestly ask ourselves which person in our lives mean the most to us, we often find that it is those who, instead of giving advice, solutions, or cures, have chosen rather to share our pain and touch our wounds with a warm and tender hand.</i></p> <p>Henri Nouwen</p>	<p>A Little Humor in the Air</p> <p><b>Ernie:</b> Some stores / places are closed and some are open today. Where would you like to go?</p> <p><b>Marsha:</b> Some place that's open.</p> <hr/> <p><i>I prefer winter and fall, when you feel the bone structure of the landscape. Something waits beneath it; the whole story doesn't show.</i></p> <p>Andrew Wyeth</p> <hr/> <p><i>At different times in my life I met God from a different point of view.</i></p> <p>T Bone Burnett</p>	<p>I happened upon the following quote by Paulo Coelho:</p> <p><i>Maybe the journey isn't so much about becoming anything. Maybe it's about un-becoming everything that isn't really you.</i></p> <p>I wondered if he had additional insights to share:</p> <ul style="list-style-type: none"> <li>• <i>One is loved because one is loved. No reason is needed for loving.</i></li> <li>• <i>Writing means sharing. It's part of the human condition to want to share things – thoughts, ideas, opinions.</i></li> <li>• <i>We have to stop and be humble enough to understand that there is something called mystery.</i></li> </ul> <hr/> <ul style="list-style-type: none"> <li>• <i>I am constantly inspired by the talent and positive attitude of my wife.</i></li> <li>• <i>If you don't look around, if you don't pay attention to the really small things in life, you could miss out on something really big.</i> Ernie Button</li> </ul>		<p>A Moment in Time</p> <p><i>I had prepared a blueberry muffin for Marsha and she ate it at 6:00 PM. Twenty minutes later she asked for a blueberry muffin and I said, "Didn't you have one earlier?" "No," she replied. "Fine, I'll get one ready for you. If you get too full, we can save the rest for tomorrow."</i></p> <p><i>Last year I would have spent time trying to explain to Marsha that she already had a muffin and that she just forgot. That would have been a trigger for the rest of the night for a very unpleasant end to the day.</i></p> <hr/> <p><i>Marsha and I were on the road in the morning completing chores off our list. I was looking forward to a relaxing, quiet afternoon. However, midway through the afternoon Marsha indicated she wanted to go to Goodwill. I wasn't very enthusiastic but went along and tried to remain upbeat. Once at Goodwill, I located a book that I had been seeking for quite some time. My attitude completely changed!</i></p>		<p><i>I am intrigued by how content Marsha seems while engaged in opening and closing small packets of Ritz crackers while I am writing at the computer and how she goes on to other activities in the dining room without any suggestions from me.</i></p> <hr/> 

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21	22	23	24	25	26	27
<p><i>One of the strategies that works for me in my daily interactions with Marsha is to divide activities into much smaller steps and check to see what she is doing after each step. For example, washing dishes is often 5-6 steps each consisting of washing, rinsing and putting 5-6 items on the drying rack and then stopping. Or, when I work on an Acrostic Puzzle, I only complete one clue at a time, stop to see what Marsha is doing, and continue with another activity. Books are read in this manner, one page at a sitting. This micro-processing of activities may not work for someone else, but I am quite comfortable with this style of activity management. I can adjust what I am doing when I am needed.</i></p> <hr/> <p><i>Each generation imagines itself to be more intelligent than the one that went before it, and wiser than the one that comes after it.</i></p> <p>George Orwell</p>	<p><i>There are lessons to learn and voices to hear Each minute of the day – both far and near. ELP</i></p>	<p>Here is a quote by one of the all-time great baseball announcers, Ernie Harwell. When I lived in Bowling Green, Ohio, I would listen to the Detroit Tigers and hear Ernie's famous line when a batter struck out without swinging the bat: <i>He stood there like the house at the side of the road!</i> More appropriate to my current circumstances:</p> <p><i>Whatever happens, I'm ready to face it.</i></p> <hr/> <p><i>Just to be is a blessing. Just to live is holy.</i></p> <p>Abraham Joshua Heschel</p>	<p><b>RECIPROCITY</b></p> <p><i>Mediation Card</i></p> <p>From the dictionary according to ELP ... <i>a mutually beneficial relationship in which both individuals are enriched by their shared presence and participation.</i></p> <p><i>Love is that condition in which the happiness of another person is essential to your own.</i> Robert A. Heinlein</p> <p><i>The concept of hospitality arose in ancient times when the reciprocity was easier to see: in nomadic cultures, the food and shelter one gave to a stranger yesterday is the food and shelter one hopes to receive from a stranger tomorrow.</i> Parker J. Palmer</p> <p><i>I feel contented when Marsha is content. I feel loved when I give love. I feel satisfied when Marsha is having a good day. ELP</i></p> <hr/> <p><i>I'm thinking about reducing/eliminating the news as an option for TV viewing. It seems as though there are killings and unrest highlighted and Marsha does not distinguish where they are happening and asks if these events are near us. I don't believe she has an understanding of near and far.</i></p>	<p><b>RECONNECT</b></p> <p><i>Meditation Card</i></p> <p><i>I chose to reconnect with some writing I kept in a journal during my late teen years as this prompt surfaced in my meditation cards.</i></p> <p><i>I took the road less traveled by And often since have wondered why. I could have gone the other way But then what would my conscience say? (5/3/1969)</i></p> <p><i>I do not know. I do not care How far it is to anywhere. I only know that where I'm not Is always the alluring spot. (5/3/1969)</i></p> <p><i>I try my best to be just as I am But everyone wants you to be just like them (Dylan)</i></p> <p><i>Prayer is simply talking to God as a friend. (9/8/1970)</i></p> <hr/> <p><i>I'm thinking about reducing/eliminating the news as an option for TV viewing. It seems as though there are killings and unrest highlighted and Marsha does not distinguish where they are happening and asks if these events are near us. I don't believe she has an understanding of near and far.</i></p>	<p><i>I chose to reconnect with some writing I kept in a journal during my late teen years as this prompt surfaced in my meditation cards.</i></p> <p><i>I took the road less traveled by And often since have wondered why. I could have gone the other way But then what would my conscience say? (5/3/1969)</i></p> <p><i>I do not know. I do not care How far it is to anywhere. I only know that where I'm not Is always the alluring spot. (5/3/1969)</i></p> <p><i>I try my best to be just as I am But everyone wants you to be just like them (Dylan)</i></p> <p><i>Prayer is simply talking to God as a friend. (9/8/1970)</i></p>	<p><i>I chose to reconnect with some writing I kept in a journal during my late teen years as this prompt surfaced in my meditation cards.</i></p> <p><i>I took the road less traveled by And often since have wondered why. I could have gone the other way But then what would my conscience say? (5/3/1969)</i></p> <p><i>I do not know. I do not care How far it is to anywhere. I only know that where I'm not Is always the alluring spot. (5/3/1969)</i></p> <p><i>I try my best to be just as I am But everyone wants you to be just like them (Dylan)</i></p> <p><i>Prayer is simply talking to God as a friend. (9/8/1970)</i></p>



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SUNDAY

28

PEACE  
HOPE  
-----  
HOPEACE

*Never be in a hurry; do everything quietly and in a calm spirit. Do not lose your inner **PEACE** for anything whatsoever even if your whole world seems upset.* Saint Francis de Sales

***HOPE** is the thing with feathers that perches in the soul – and sings the tunes without the words – and never stops at all.* Emily Dickinson

***HOPE** is important because it can make the present moment less difficult to bear. If we believe that tomorrow will be better, we can bear a hardship today.*

Thích Nhất Hạnh

*All we are saying is give **PEACE** a chance.*

John Lennon

MONDAY

29

TUESDAY

30

*We are so obsessed with doing that we have no time and no imagination left for being. As a result, men are valued not for what they are but for what they do or what they have - for their usefulness.*

Thomas Merton

This long-distance runner was revered in Eugene, Oregon, where I was living a year after his death in 1976. Eugene was considered the running capital of the United States.

*To give anything less than your best, is to sacrifice the gift.*

Steve Prefontaine

WEDNESDAY

31

*I was listening to a song by Jackson Browne and was more intrigued by the title than the actual lyrics: My Stunning Mysterious Companion.*

*Failures give us wisdom. Your failures are just as valuable and rich in blessings. But you must be willing to contemplate them, ask what lesson they have for you, and apply it the next time around.*

Derek Rydall



Quotes inspired by watching CBS Sunday Morning

- *It seems to me that if God calls us to anything it's to a life of integrity.*
- *Only God is the same yesterday, today and tomorrow. The Church has always been changing.*

Bishop Gene Robinson

### SPEAK FROM THE HEART

#### Mediation Card

When this meditation card surfaced, I was thinking of the quote from *The Little Prince* and, incidentally, this same passage appeared in the Louise Penny novel I am currently reading.

*And now here is my secret, a very simple secret. It is only with the heart that one can see rightly; what is essential is invisible to the eye.*

*Helen Keller echoes this theme.*

*The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart.*

*Here is a final quote from another favorite author – Barbara Kingsolver.*

*Pain reaches the heart with electrical speed, but truth moves to the heart as slowly as a glacier.*