

A Week in Images and Quotes

June - 2024

You have to pay attention to the moment and make it the best it can be for you. I've been trying to do that. It's really made a major difference for me. I'm a happier person. Tracy Chapman

Even when life challenges us, it's a gift beyond all measure. Parker Palmer

We're taught to be ashamed of confusion, anger, fear and sadness, and to me they're of equal value to happiness, excitement and inspiration. Alanis Morissette

Sometimes timing is everything. It was a rough evening last night with Marsha's determination to try for four hours to leave the house via the front door. Thankfully, the adaptive doorknob covers prevented her success. This morning, Mahlon stopped by with these flowers and made my day!



*When you are old and tired and gray
And wear your overcoat on sunny days
When your brave tales have all been told
I'll ask for them when you are old*

*When you are old and full of sleep
And death no longer makes you weep
When your body aches with cold
I'll warm your heart when you are old*

*And you'll still be the same to me
A comfort and a mystery
And I will be old too, you see
I'll need someone to comfort me*

*When you are old and pale and gaunt
And a gentle hand is all you want
I will give you mine to hold
I'll be here when you are old* Gretchen Peters

Observations While Sitting on the Back Porch with Marsha

*I feel a breeze and see the leaves flowing back and forth;
It's a peaceful and serene feeling, as we are facing north.
I hear a woodpecker, a cardinal and a blue jay.
They have come to welcome us to this one-of-a-kind day.
The shadow lengthens as the afternoon advances.
It's quiet here as the plants do their dances.
The windchimes make a pleasant clatter
This minute - this second - is all that matters.* ELP

SATURDAY

01

*Say not, 'I have found the truth,'
but rather, 'I have found a truth.'*
Khalil Gibran

We didn't win the PowerBall today
and our TV is on the blink!

*The wars still go on, but out of view.
The game show contestants win a fortune or two.
The seconds will tick by
With you by my side
Wondering what will be in store
When the clock approaches quarter to four.
Minute by minute we live our days
Seeking our riches in ordinary ways.* ELP

REVERENCE

Meditation Card

*Treat as sacred, have respect for
and much caring for:
... my relationship with Marsha;
... simplicity and "enough";
... moments by moments;
... the way the lives of
Nadya/Randy/Leo and Natyra
are unfolding and evolving; and
... the mystery of the questions to
which there are no answers.*

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SUNDAY

02

The value of old age depends upon the person who reaches it. To some men of early performance, it is useless. To others, who are late to develop, it just enables them to finish the job.

Thomas Hardy

You don't need many words if you already know what you're talking about.

William Stafford

Learn to be quiet enough to hear the genuine within yourself so that you can hear it in others. Marian Wright Edelman

MONDAY

03



An Inuksuk (plural inuksuit)

... a figure made of piled stones or boulders constructed to communicate with humans throughout the Arctic.
(from Canadian Encyclopedia)

These may be works of art, but more than that, they were markers, signposts. Pointing out where he'd been and where he was going. The route he was traveling, artistically, emotionally, creatively. (Louise Penny – The Long Way Home.)

Each entry of my weekly journal is like a rock in an inuksuk, describing my journey. ELP

We are always looking for the book it is necessary to read next. Saul Bellow

TUESDAY

04

WEDNESDAY

05



The two-dimensional shadow of a plant can be just as magnificent and beautiful as its three-dimensional counterpart.

We do not err because truth is difficult to see. It is visible at a glance. We err because this is more comfortable.

Aleksandr Solzhenitsyn

I like myself better when I'm with you.

Mitch Albom

THURSDAY

06

In our memories the stories of our lives defy chronology, resist transcription: past ambushes present, and future hurries into history.

Anthony Doerr

The number 143 means 'I love you.' It takes one letter to say 'I' and four letters to say 'love' and three letters to say 'you.' One hundred and forty-three. 'I love you.' Isn't that wonderful?

Fred Rogers

Quotation is the highest compliment you can pay an author.

Samuel Johnson

FRIDAY

07

SATURDAY

08

REVERENCE

Meditation Card

My initial reaction to this meditation prompt is Ora Pro Nobis (Pray for Us) from the Litany of the Saints.

Whenever I approach Boston, I pray to Mother Cabrini, the unofficial but recognized patron saint of finding parking spaces. This comes in especially handy on Commonwealth Avenue when visiting one of our daughters. Of course, there is no telling how many of us parking hunting people are all trying to access Mother Cabrini at the same time. So far, she has been most kind and generous, in case she is reading this entry!

The opposite of a fact is a falsehood, but the opposite of one profound truth may very well be another profound truth. Niels Bohr

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June - 2024

SUNDAY

09

MONDAY

10

TUESDAY

11

WEDNESDAY

12

THURSDAY

13

FRIDAY

14

SATURDAY

15

- When a day passes, it is no longer there. What remains of it? Nothing more than a story. If stories weren't told or books weren't written, man would live like the beasts, only for the day.*
- Night is a time of rigor, but also of mercy. There are truths which one can see only when it's dark.*
- A story to me means a plot where there is some surprise... Because this is how life is - full of surprises.*
- Every creator painfully experiences the chasm between his inner vision and its ultimate expression.*

Isaac Bashevis Singer

Becoming mature means learning to accept what you cannot change, facing unresolved sorrows and learning to love life as it really happens, not as you would have it happen. Barbara Sher

Acceptance doesn't mean resignation; it means understanding that something is what it is and that there's got to be a way through it. Michael J. Fox

Shared by online support group facilitator:
I am pieces of all the places I have been, and the people I have loved. I've been stitched together by song lyrics, book quotes, adventure, late night conversations, moonlight and the smell of coffee.

Brooke Hampton

I am a plodder, I make an appointment with my computer every day and I have no idea where I am going.

Wally Lamb

Speaking of "stitches", when our grandson, Leo, was a baby, Marsha embroidered a baby blanket filled with animals. I then wrote some verses to go along with each quilt square. I wouldn't have located this "treasure" if not for the quote from yesterday. Here is a sample

Where's Leo?

Words by Poppy
Quilt Squares by Nana



I think I'll go inside this house and rest a while today.

But first I'll watch two dogs outside run and jump and play!

Shared by an online support member:
Most people live, whether physically, intellectually or morally, in a very restricted circle of their potential being. They make very small use of their possible consciousness, and of their souls, resources in general, much like a man who, out of his whole bodily organism, should get into a habit of using and moving only his little finger.

William James

I can't believe I've turned into a typical old man. I can't believe it. I was young just minutes ago.

Maurice Sendak

If my doctor told me I had only six minutes to live, I wouldn't brood. I'd type a little faster.

Isaac Asimov

Marsha: When will you be back?

Ernie: I'm not going anywhere. I'm staying here with you.

Marsha: (With tears in her eyes and a big hug) I'm glad you're staying here.

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SUNDAY

16



*I am thankful for all the events from my past;
I am aware of the events of today;
I anticipate the events of the future with cautious optimism! ELP*

I am in the present. I cannot know what tomorrow will bring forth. I can know only what the truth is for me today. That is what I am called upon to serve, and I serve it in all lucidity.

Igor Stravinsky

MONDAY

17

Marsha: You told me you'd come to bed now. (5:00 PM)!

Ernie: I'll be right in.

After laying down for about 10 minutes.

Marsha: I'd like to get up now.

Ernie: OK.

Lesson: Even if I don't want to go to bed for the night, I do so because in just a short while Marsha is apt to want to get back up. The alternative may well be a trigger to a disgruntled partner who might stay agitated for quite some time.

To my retired and retiring friends:
In seed time learn, in harvest teach, in winter enjoy.

William Blake

TUESDAY

18

I sometimes take my cues from things that Marsha brings to my attention. For example, while I was typing in a quote for my journaling, she showed me a watering can and asked what it was for. After explaining what it was, I added watering the flowers on the deck to my list, which we did about 45 minutes later. ELP

*To my retired and retiring friends:
In seed time learn, in harvest teach, in winter enjoy.*

William Blake

WEDNESDAY

19

COURAGE

Meditation Card

As I reviewed some quotes on the topic of courage, the following caught my attention:

Meditation Card

The only courage that matters is the kind that gets you from one moment to the next. Mignon McLaughlin

Being deeply loved by someone gives you strength, while loving someone deeply gives you courage. Lao Tzu

I don't know how to function without music. When I'm not making it, I'm listening to it. It gives me courage and takes care of my mind. Billie Eilish

Courage is fear you ignore. Kristin Hannah

To be really great in little things, to be truly noble and heroic in the insipid details of everyday life, is a virtue so rare as to be worthy of canonization.

Harriet Beecher Stowe (seconded by Saint Ernie!)

THURSDAY

20

FRIDAY

21

Let them vent. Rest assured this, too, shall pass, because in the middle stages the person doesn't think anything is wrong with them. It gets easier for them because they don't remember that they don't remember. Jolene Brackey

People with Alzheimer's can't change the way it makes them act any more than a cancer patient can keep the cancer cells from spreading.

Brandy Shoemaker

Interesting quote from my Acrostic today:

The real truth is I probably don't want to be too happy or content. Because, then what? I actually like the quest: the search. That's the fun. The more lost you are, the more you have to look forward to. Ally McNeal

Before his death, Rabbi Zusya said "In the coming world, they will not ask me: 'Why were you not Moses?' They will ask me: 'Why were you not Zusya?'

Martin Buber

SATURDAY

22

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>23</p> <p>As I am currently reading <i>Demon Copperhead</i> by Barbara Kingsolver, the following quote caught my attention:</p> <p><i>The way a book is read, which is to say, the qualities a reader brings to a book can have as much to do with its worth as anything the author puts into it.</i></p> <p>Norman Cousins</p> <p><i>Love doesn't mean doing extraordinary or heroic things. It means knowing how to do ordinary things with tenderness.</i></p> <p>Jean Vanier</p>	<p>24</p> <p><i>I am an ordinary person who has been blessed with extraordinary opportunities and experiences. Today is one of those experiences.</i></p> <p>Sonia Sotomayor</p> <p><i>Interesting perspective:</i></p> <p><i>You will never be happy if you continue to search for what happiness consists of. You will never live if you are looking for the meaning of life.</i> Albert Camus</p> <p><i>Faith consists in believing when it is beyond the power of reason to believe.</i> Voltaire</p>	<p>25</p> <p><i>While sitting on our deck yesterday, I pondered on the elements of INTROSPECTION.</i></p> <p>Inner Voice</p> <p>Networking</p> <p>Tender Moments</p> <p>Reframing</p> <p>Ongoing Experience</p> <p>Stress Reduction</p> <p>Positive Feedback</p> <p>Exploration</p> <p>Commitments</p> <p>Tension</p> <p>Inspirations</p> <p>Opportunities</p> <p>Never Say Never</p>	<p>26</p> <p><i>My inner voice speaks – No one hears but me. Wisdom and guidance Are offered for free.</i></p> <p><i>Networking online With caregiving friends Provides me resources Some odds and ends.</i></p> <p><i>Tender moments occur at unexpected times Be on the lookout Compose some rhymes</i></p> <p><i>Reframing can put Events in a new light Turning a wrong Into a right.</i></p> <p><i>Our life consists of Ongoing Experiences Let's not get stuck Focusing on differences.</i></p>	<p>27</p> <p><i>Stress reduction breaths Relax my mind Calm my spirit From the daily grind.</i></p> <p><i>Give positive feedback And set the tone With affirming words In a negative-free zone.</i></p> <p><i>This Alzheimer's condition Needs more exploration Just how do I fit in Amid this situation.</i></p> <p><i>My commitments To you made long ago I am here by your side Forever --- you know.</i></p> <p><i>For no apparent reason Tension is in the air I go with the flow From here to there.</i></p>	<p>28</p> <p><i>Inspiration's knocking At my kitchen door. I welcome its presence I could use some more.</i></p> <p><i>There are opportunities To figure out what to do I'll slow down and listen To feedback from you.</i></p> <p><i>Never Say Never! Be open to the call. There are no ANSWERS But options for us all!</i></p>	<p>29</p> <p><i>As I was listening to a song while laying down beside Marsha, I was captivated by these brief lyrics by John Denver:</i></p> <p><i>The gift you are The gift of you</i></p>

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SUNDAY

30

Nearly everyone I met, worked with, or read about was my teacher one way or another.

Loretta Young

You have to love what you're doing in order to find the energy.

Steven Van Zandt

I just had to let it go. I just had to let it go. I just had to let it go.

John Lennon

- Fear:** *I'm not doing enough!*
Release: *It is not "enough" that is the standard. Rather, doing the best I can with the resources I have or know about is an achievement.*
- Fear:** *What if I die first?*
Release: *Relax. My daughters are more than capable of providing the love and support that their mom will need.* ELP

No one should be ashamed to admit he is wrong, which is but saying, in other words, that he is wiser today than he was yesterday.

Alexander Pope

... we're all so fascinated with history. We're in a rowboat. We move forward, but we're always looking back.

p. 108. Louise Penny,
Bury Your Dead

CENTERING

Meditation Card

When thinking about this word, I am drawn to the contrast between self-centered and centered-self. Self-centered conjures up a mainly negative image. However, centered-self reminds me of breathing and mindfulness. It's a focus on my current experiences without judgement or criticism. Things are what they are. How am I going to react to the current "are?"

(Amarante) Cordova awakens, pulls himself out of bed and shuffles to the mirror. "Thank you, God, for letting me have another day."

Milagro Bean Field War
(Mitch, I believe you are the person who first directed me to this quote. I would add . . . with Marsha.)

I always entertain the notion that I'm wrong, or that I'll have to revise my opinion. Most of the time that feels good; sometimes it really hurts and is embarrassing. Anthony Bourdain

*As your brain changes, I am changing too.
As we age together, I pledge my love to you.
My life is different than what I had expected
Much richer and meaningful as we are connected
To the beauty life has to offer each and every day
As we live together in a mutually contented way.* ELP

I reached in my bowl of rocks with different words printed on each one and randomly selected seven that would form the basis for my comments below.



I try to remember my current ways to balance the activities throughout the days. I need to remember where my strength originates When I develop my goals and not eliminate A place for Hope --- but I digress In my moment-to-moment view of success. ELP