

A Week in Images and Quotes

December - 2024

SUNDAY

01

Know that you are the perfect age. Each year is special and precious, for you shall only live it once. Be comfortable with growing older.

Louise Hay

You must distinguish between what is urgent and what is important. You could accomplish all of the urgent things that you desire without accomplishing anything that is important.

Gary Zukav

You don't get to choose how you're going to die, or when. You can only decide how you're going to live. Now. Joan Baez

MONDAY

02

... I read books I haven't read for decades and they seem very different now than how I remember them. The books haven't changed, but I have.

M.T. Connolly,
p. 294

I'm a background person. J. J. Cale

I feel quite comfortable being a "background person."

Old is that age we are not yet.
M.T. Connolly, *The Measure of our Age*
p. 286

You don't get to choose how you're going to die, or when. You can only decide how you're going to live. Now. Joan Baez

TUESDAY

03

I'm beginning to understand myself. But it would have been great to be able to understand myself when I was 20 rather than when I was 82.

Dave Brubeck

There is no recipe to be a great teacher, that's what is unique about them.

Robert Sternberg

Life is about shifting the balance in favor of change and try as we might to hold on forever to the best of moments, it's simply impossible.

Susan Krauss Whitbourne

WEDNESDAY

04

Life's challenges are not supposed to paralyze you, they're supposed to help you discover who you are. Bernice Johnson Reagon

The ongoing discovery of who I am is enhanced as I experience my role as caregiver for Marsha. This is a gift and one I value immensely.

ELP

I write entirely to find out what I'm thinking, what I'm looking at, what I see and what it means. What I want and what I fear.

Joan Didion

THURSDAY

05

Christina Rossetti was born Dec 5th. I sent her following poem to my two daughters.

*For there is no friend like a sister in calm or stormy weather;
To cheer one on the tedious way,
to fetch one if one goes astray,
To lift one if one totters down,
to strengthen whilst one stands.*

*No straight lines make up my life;
And all my roads have bends;
There's no clear-cut beginnings;
And so far no dead-ends.*

Harry Chapin

Ryan White would have been 54 on this date. He would be on my short list of who a "hero" is.



*RYAN WHITE AND
ANN MARIE CUNNINGHAM
WITH 8 PAGES OF PHOTOS*

FRIDAY

06

SATURDAY

07

I wish to say what I think and feel today, with the proviso that tomorrow perhaps I shall contradict it all. Ralph Waldo Emerson

I do find that there's a fine balance between preparation and seeing what happens naturally.

Timothée Chalamet

Problems arise in that one has to find a balance between what people need from you and what you need for yourself.

Jessye Norman

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SUNDAY

08

When people ask me how they should approach performance, I always tell them the professional musician should aspire to the state of the beginner.

Yo-Yo Ma

There is nothing like looking, if you want to find something. You certainly usually find something, if you look, but it is not always quite the something you were after.

J.R.R. Tolkien

Nothing is a waste of time if you use the experience wisely. Auguste Rodin

MONDAY

09

A lot of my loved one's 15 years with dementia were very positive for me, and my presence seemed always to be a positive thing for him. I miss him very much in both of his modes, pre and post. There was much good in both.

Carol Connolly

知足者は富を知る

Chisokusha wa
tomi wo shiru

Those who know contentment know true wealth.
(Japanese proverb)

Do what you can't and experience the beauty of the mistakes you make. Daniel H. Pink

I am forever on the way.

Maxine Greene

The view after seventy is breathtaking. What is lacking is someone, anyone, of the older generation to whom you can turn when you want to satisfy your curiosity about some detail of the landscape of the past. There is no longer any older generation. You have become it, while your mind was mostly on other matters. William Maxwell

TUESDAY

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WEDNESDAY

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Quotes from *The Creative Act: A Way of Being* by Rick Rubin

- The goal of art isn't to attain perfection. The goal is to share who we are. And how we see the world.* (p. 177)
- Each new project is another opportunity to communicate what's coming through you. It's another chance at bat. Another opportunity to connect. Another page filled in the diary of your inner life.* (p. 196)
- We can only flow with the challenges as they come and keep an open mind, with no baggage, no previous story to live up to. We simply begin from a neutral place, allow the process to unfold, and welcome the winds of change to guide the way.* (p. 286)
- As Arn Anderson once noted: "I'm both a professor and student, because if you're no longer a student, you don't have the right to call yourself a professor."* (p. 332)

I just completed reading Rick Rubin's The Creative Act and now have embarked on The Book Thief by Markus Zusak:

- Don't be afraid to fail. I fail every day. I failed thousands of times writing The Book Thief, and that book now means everything to me. I had many doubts and fears about that book, but some of what I feel are the best ideas in it came to me when I was working away for apparently no result.*
- Failure has been my best friend as a writer. It tests you, to see if you have what it takes to see it through.* Markus Zusak

A question is a pursuit, an invitation to envision and explore a series of possibilities, to struggle and empathize and doubt and believe. The question moves, whereas our sense of what an answer is can often be static, a stopping point. Tracy K. Smith

FRIDAY

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I am embarking on a project to share excerpts of this journaling experience in a 16-page newsletter. I will include this item as an attachment to a future weekly update. ELP

The power of finding beauty in the humblest things makes home happy and life lovely.

Louisa May Alcott

In three words I can sum up everything I've learned about life: it goes on.

Robert Frost

MONDAY

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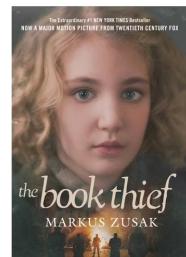
You must be the best judge of your own happiness.
Jane Austen
(Happy Birthday, Jane)

Every mystery solved brings us to the threshold of a greater one.

Rachel Carson

I think I'm constantly in a state of adjustment.

Patti Smith



TUESDAY

17

One of my favorite philosophical tenets is that people will agree with you only if they already agree with you. You do not change people's minds.

Frank Zappa

As you get older, the days have gone, and the years have gone, and it's 'whoosh!'

Jeff Lynne

I just finished this book and would certainly rate it among the more poignant and enriching of the historical fiction I have read. I highly recommend it. Equally valuable was my viewing of the film based on this book.

WEDNESDAY

18

All of us every single year, we're a different person. I don't think we're the same person all our lives.

Steven Spielberg

I feel the capacity to care is the thing which gives life its deepest significance.

Pablo Casals

It's never too late to be what you might have been.

George Eliot

THURSDAY

19

The best way to deal with that is to live in a fully conscious, compassionate, loving way. Don't wait until you're on your deathbed to recognize that this is the only way to live.

Morrie Schwartz

I like myself better when I'm with you.

Mitch Albom,
Tuesdays with Morrie

Ernie Pancsofar
Date of Retirement
8/15/21

R efreshment
E mbrace
T estament
I mprovement
R ecommitment
E nchantment
M ovement
E mpowerment
N ourishment
T emperament

FRIDAY

20

I keep thinking of the late John O'Donohue's counsel that as much as we like to plan and project and imagine the future rolling out on planes of predictability and progress, life is marked by thresholds. We are thrust — sometimes by choice, but more often not — from a reality we believed we understood to a new planet we must learn to breathe in and traverse. The point with thresholds, John said, is how we cross them. The challenge — the question to live — is this: How to cross them worthily.

Krista Tippett

I plan to develop my "additions" to my RETIREMENT elements without going back to read what I originally wrote back in 2021. My new reality of being a caregiver for Marsha will certainly affect the flavor of each element, but I suspect all elements can still be accounted for in a satisfying manner.

I think the best thing I ever did with my life was stand up and say I've got Alzheimer's.

Terry Pratchett

SATURDAY

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WEDNESDAY

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THURSDAY

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SATURDAY

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To love someone long-term is to attend a thousand funerals of who they used to be.

The people they're too exhausted to be any longer.

The people they don't recognize inside themselves anymore.

The people they grew out of, the people they never ended up growing into.

We so badly want the people we love to get their spark back when it burns out, to become speedily found when they are lost.

But it is not our job to hold anyone accountable to the people they used to be. It is our job to travel with them between each version and to honor what emerges along the way.

Sometimes, it will be an even more luminescent flame.

Sometimes, it will be a flicker that disappears and temporarily floods the room with a perfect and necessary darkness. John Butler Yeats

What a beautiful testament to the creative spirit and its true motives, to creative contribution coming from a place of purpose rather than a hunger for profit.

Leonard Cohen

Plan to be better today, but don't ever plan to be finished. Carol Ann Tomlinson

To write is to look for very particular, specific points of view on reality.

Olga Tokarczuk

"The mind is its own place, monsieur." said Reine-Marie. *"Can make a heaven of hell, a hell of heaven. This is heaven. Always will be."*

"This place? Manoir Bellechasse?" "No," she put her arm around him. "This place." Louise Penny – *A Rule Against Murder* pp. 73-74

When you're finished changing, you're finished. Benjamin Franklin

What can I know? What ought I to do? What can I hope? Immanuel Kant



- We're all blessed and we're all blighted, Chief Inspector," said Finney. "Everyday each of us does our sums. The question is, what do we count?*

- Life can be cruel, as you know, but it can also be kind, filled with wonders.*

Louise Penny

Write it on your heart that every day is the best day in the year.

Ralph Waldo Emerson

I was having a greater than usual sense of frustration in coaxing/ inviting Marsha to stand up and follow me to the bathroom to begin her evening routine. I began using elements from a Tai Chi practice that I had abandoned over the past 10 years. I slowly raised my arms up in a gentle motion and said, "You are standing up." Then I brought my arms closer to my body and said, "You are coming with me." Finally, I slowly lowered my arms down by my side ready to begin again. I did this about 20 times. Did it work? No. Was there a silver lining? Yes, I exercised and practiced my balance and breathing.

I meant what I said and I said what I meant. Dr. Seuss

The nature of good fiction is that it dwells in ambiguity.

E.L. Doctorow

Every man's memory is his private literature. Aldous Huxley

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When I speak at my local church, which I try to do 35 to 40 times a year, I try in every lesson to take the Old Testament text or New Testament text and apply them to what is happening to me or how that applies to the audience that I'm teaching in a modern, fast-changing, technological world. I use headlines, interfaith and that sort of thing. Jimmy Carter

Jimmy Carter died today on 12/29/24

Family caregiving has become a predictable crisis. Americans are living longer and longer but dying slower and slower.

Gail Sheehy

But he that dares not grasp the thorn should never crave the rose.
Anne Brontë

MONDAY



... silence is a part of music. But just because something is silent doesn't mean you aren't hearing it. Mitch Albom - *The Magic Strings of Frankie Presto*, p. 95

The process is the most beautiful part.

Quincy Jones

TUESDAY



VOLUNTARY SIMPLICITY

Meditation Card

Voluntary simplicity means going fewer places in one day rather than more, seeing less so I can see more, doing less so I can do more, acquiring less so I can have more.

Jon Kabat-Zinn

When I think of "Simplicity" I think of ...

Our life is frittered away by detail. Simplify, simplify. Thoreau

Possessions, outward success, publicity, luxury - to me these have always been contemptible. I believe that a simple and unassuming manner of life is best for everyone, best for both the body and the mind. Einstein

Let us not look back in anger, nor forward in fear, but around in awareness. James Thurber

We Are More Alike Than We Are Different

Earlier this year, late into the evening, I would encourage Marsha to come into the bedroom and go to sleep for the night. I was frustrated that she didn't see the advantages of a good night's sleep in bed. Equally, Marsha was asking me to go out into the living room and stay up as she rested on the couch. I sensed her frustration when I didn't comply and saw things from her point of view.

HARMONY

Meditation Card

Happiness is when what you think, what you say, and what you do are in harmony. Mahatma Gandhi

I trust if your life is right, the right things will happen at the right time. If the chords are in harmony inside, I think other things will happen in the same way. That sounded highfalutin' to me once, but I believe it now. Gene Wilder

Maybe I just never learned my harmony part, because what everybody says sounds odd to them sounds perfectly natural to me. Elvis Costello

Martin Luther
King, Jr.