

A Week in Images and Quotes

June - 2025

SUNDAY

01

Every day holds something to be thankful for, even if it's just the air you breathe or the sun on your face. Gratitude doesn't have to be grand - it's in the little moments that make life beautiful. Embrace those moments, and you'll find endless reasons to feel blessed. Author Unknown

There are no sacred and unsacred places; there are only sacred and desecrated places. My belief is that the world and our life in it are conditional gifts. Wendell Berry

Everybody has a different kind of talent and a different timetable as to when they develop.

Itzhak Perlman

MONDAY

02

Gratitude doesn't have to be grand - it's in the little moments that make life beautiful. Embrace those moments, and you'll find endless reasons to feel blessed. Author Unknown

Learning how to be still, to really be still and let life happen - that stillness becomes a radiance.

Morgan Freeman

TUESDAY

03

You take stuff from different places, and sometimes you stick a line in because it rhymes, not because it makes sense.

Van Morrison

There is almost nothing in your house that does not tell something about you.

Julian Fellowes

We are what we repeatedly do. Excellence, then, is not an act, but a habit. Will Durant

The relationship between reader and writer is reciprocal in a way. We co-create each other. We are constantly emerging out of the relationship we have with others. Ruth Ozeki

WEDNESDAY

04

Reframing dementia as a different way of being, as a window into another reality, lets people living in that state be our teachers — useful, true humans who contribute to our collective good ...

Dana Walrath

"Who are we, if not a combination of experiences, information, books we have read, things imagined?

Each life is an encyclopedia, a library, an inventory of objects, a series of styles, and everything can be constantly reshuffled and reordered in every conceivable way. Italo Calvino,

Six Memos for the Next Millennium
Excerpt From: Suze Rotolo. A Freewheelin' Time.

Now this is a person who knows what he's talking about:

The replenishing thing that comes with a nap - you end up with two mornings in a day. Pete Hammill

FRIDAY

06

Another morning comes. It always does. Time always moves at the same rate, only feelings have different speeds. Every day can mark a whole lifetime or a single heartbeat, depending on who you spend it with. Fredrik Backman

I had two little daughters - I think they were 7 and 4 at the time - and I said, 'I'll write you a story. What do you want it to be about?' One of them said 'a princess' and the other one said 'a bride.' I said, 'That'll be the title.'

William Goldman

For me, there are no answers, only questions, and I am grateful that the questions go on and on. I don't look for an answer because I don't think there is one. I'm very glad to be the bearer of a question.

P. L. Travers

SATURDAY

07

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SUNDAY

08

Written after reading an essay by Courtney Martin when describing her interactions with her father who lives with Alzheimer's.

Questions

*It all seems like a dream
And I wonder as you seem
To stare vacantly at the wall
What are you thinking? Is it all
A mixture of sounds and sights:
A cacophony of lights
Impinging on your mind
To create a kind
Of magical world in which you play a part?
What's my role in this art
Of reality and imagination?
There is a temptation
Of just letting you be,
But what of me?
I used to hold a special place
Years ago but there is still a space
Between us now that I can enter
When I slow my breath and center
Myself to be in the moment with you.
It's a peaceful feeling as you do
Your thing and I do mine
And enjoy each other's presence at this
somber time. ELP*

MONDAY

09

TUESDAY

10

"First, my child," said Old Turtle, "remember that there are truths all around us, and within us. They twinkle in the night sky and bloom upon the earth. They fall upon us every day, silent as the snow and gentle as the rain. The people, clutching their one truth, forget that it is a part of all the small and lovely truths of life." Douglas Wood, Old Turtle and the Broken Truth

*I chuckled when I read this quote:
He had decided to live forever or die in the attempt.*

Joseph Heller

I do believe in an everyday sort of magic -- the inexplicable connectedness we sometimes experience with places, people, works of art and the like; the eerie appropriateness of moments of synchronicity; the whispered voice, the hidden presence, when we think we're alone. Charles de Lint

WEDNESDAY

11

Start where you are with what you have, knowing that what you have is plenty enough. Booker T. Washington

THURSDAY

12

I think your self emerges more clearly over time.

Meryl Streep

I'm never absolutely sure of anything, and I don't want to be. You're either right and you'll pull through, or you're not. We're never going to be right about everything, and we've certainly been wrong. Barry Diller

Things come to you without you necessarily knowing what they mean.

Maurice Sendak

FRIDAY

13

I don't spend a lot of time thinking about dying, but I like to think that I've - if it did occur - that I would die peacefully and not make too much of a fuss about it.

Edmund Hillary

Hillary died at the age of 88 in 2008, without much of a fuss, I am told. ELP

No one goes on, but what we leave behind keeps us alive for someone else. Adam Silvera, *They Both Die at the End*

To begin, begin.

William Wordsworth

SATURDAY

14

Action isn't a burden to be hoisted up and lugged around on our shoulders. It is something we are. The work we have to do can be seen as a kind of coming alive. More than some moral imperative, it's an awakening to our true nature, a releasing of our gifts.

Joanna Macy

Restore your attention or bring it to a new level by dramatically slowing down whatever you're doing. Sharon Salzberg

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SUNDAY

15

Faith

When you walk to the edge of all the light you have and take that first step into the darkness of the unknown, you must believe that one of two things will happen:

There will be something solid for you to stand upon, or, you will be taught how to fly.

Patrick Overton

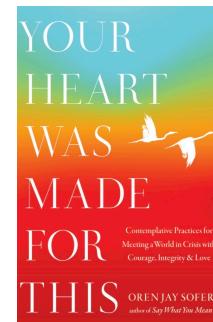
I am standing on the seashore. A ship spreads her white sails to the morning breeze and starts for the ocean. I stand watching her until she fades on the horizon, and someone at my side says, She is gone. Gone where? The loss of sight is in me, not in her. Just at the moment when someone says, She is gone, there are others who are watching her coming. Other voices take up the glad shout, Here she comes! That is dying. Henry Scott Holland

MONDAY

16

TUESDAY

17



... reflect on hardships you've endured. Notice how they eventually shifted. What got you through those times? Think of those who have faced similar struggles or worse. If you could offer something to others who are struggling, what would that be?

Oren Jay Sofer
p. 31

WEDNESDAY

18

As I am reading from this book, I am formulating my plans for the future as I continue this series of entries for my journaling. Perhaps, my experiences and reflections could have a place in providing feedback and commentary on issues and concerns by caregivers as I share my "truths" and "beliefs."

Sometimes the asking of a powerful question is the true gift, rather than any discrete cognitive response. p. 86

THURSDAY

19

The question is not 'Can you make a difference?' You already do make a difference. It's just a matter of what kind of difference you want to make during your life on this planet.

Julia Butterfly Hill

The past, the present and the future are really one: they are today. Harriet Beecher Stowe

• Life is very short and what we have to do must be done in the now.
• We are all in the process of becoming.

Audre Lorde

FRIDAY

20

As I drink my cup of coffee this morning:

I don't know why it is, how it is, but it's the authentic, the unique, the different that makes us feel enriched when we encounter it. And a bland, plastic, synthetic, universal can't-tell-one-brand-of-coffee-from-another-brand-of-coffee by contrast makes life flat, uninteresting, and essentially uncreative.

Krista Tippett

We try, and we try, and we fail; and then we go deeper. Shunryu Suzuki

SATURDAY

21

Below is the first stanza of a poem by Naomi Shihab Nye: Feeling Wise: A lady was quoted in the newspaper. "It is not so hard to feel wise. Just think of something dumb you could say, Then don't say it."

Let me give you a wonderful Zen practice. Wake up in the morning... look in the mirror, and laugh at yourself. Bernie Glassman

It's got to be the going, not the getting there, that's good. Harry Chapin

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SUNDAY

22

From my daily calendar of quotes from Thich Nhất Hạnh:

Please write the words "Are you sure?" on a large piece of paper and hang it where you will see it often. Ask yourself this question again and again.

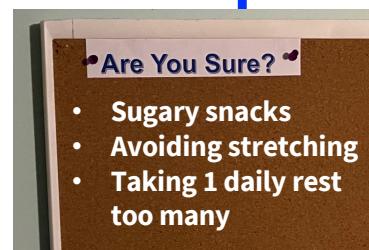
You teach best what you most need to learn.

Richard Bach

We are who we're going to be when we're very old, and when we're very old we are who we were when we were 8. Meryl Streep

MONDAY

23



Bulletin Board above my computer

I remembered what Thoreau had written in his journal about thinking nothing of walking eight miles to greet a tree. Robert Macfarlane

*Some socks are loners. They can't live in pairs. Wendy Cope
The answer to my laundry woes all these years! ELP*

TUESDAY

24



WEDNESDAY

25

I miss you more than I remember you. Ocean Vuong

The deepest personal defeat suffered by human beings is constituted by the difference between what one was capable of becoming and what one has in fact become.

Ashley Montagu

A bird does not sing because it has an answer.

It sings because it has a song. Joyce Walsh Anglund - often wrongly attributed to Maya Angelou.

THURSDAY

26

File the following under nostalgia when sorting through memory box stuff .. while away on a consulting trip to Kansas City on 4/24/96.

Dear Marsha

I'm here in Kansas City, Kansas City what a sight!

I'm writing you this letter, writing into the night.

Cause I know I want to tell you how I love you alright.

Yes, I'm here in Kansas City, Kansas City to my right.

I'm waiting for my plane now, to take me up out of sight.

I'll be home before you know it so we can hold each other tight.

*Love
Ernie*

*The birds they sang at the break of day.
Start again!!
I heard them say.*

Leonard Cohen

FRIDAY

27

Fail more often in order to find out what you're capable of learning. Milton Glaser

SATURDAY

28

Every five years or so I look back on my life and I have a good laugh. Indigo Girls

Isn't it funny how day by day nothing changes, but when you look back, everything is different. C. S. Lewis

The biggest gift you can give is to be absolutely present, and when you're worrying about whether you're hopeful or hopeless or pessimistic or optimistic, who cares? The main thing is that you're showing up ...

Joana Macy

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SUNDAY

29

In the end you have to choose who you will become. You are your life's work. Every moment of every day makes you. Only at the end, when your story is over, do you know what you have created.

Nicci Gerrard

they ask me to remember but they want me to remember their memories and I keep on remembering mine.

Lucille Clifton

He hadn't done anything. He hadn't needed to. Just being there was enough.

Anthony Horowitz

MONDAY

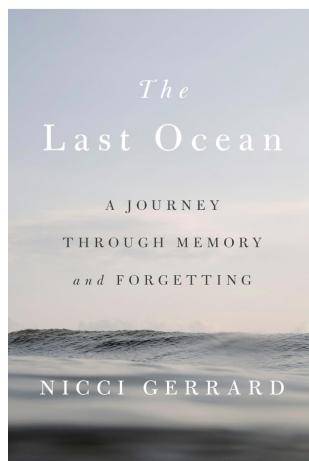
30

Truth has no special time of its own. Its hour is now ---- always.

Albert Schweitzer

Death, of course, is not a failure. Death is normal. Death may be the enemy, but it is also the natural order of things. Atul Gawande

For surely the endeavour—the never-quite-possible endeavour – for a carer is to tread the quicksand strip of middle ground between the abandonment of the self in the name of love and duty and the unyielding protection of the self in the name of survival. To both give and keep hold of the self, to accompany the person who is leaving while also staying behind. To have courage, stamina, compassion, empathy, to be in it for the long haul and yet not to be wrecked to the point of self-extinction...Health and survival can come to seem like acts of infidelity; to have a space for oneself a betrayal. Nicci Gerrard



Reading Now

If things were simple, word would have gotten around.

Jacques Derrida

There was something that endured beyond language and recollection, a trace perhaps, like grooves that life had worn into him the way a river carves into rock. He still had his sweetness; his past lived on in his smile, his frown, the way he raised his bushy silver eyebrows. It lived on in us. He might not have recognized us, but we could recognize him. I don't know what the word for this indelible essence is – once, it would have been 'soul'. Nicci Gerrard, *The Last Ocean*, p. 3.



Nicci Gerrard
What Dementia Teaches Us About Love



To Be Read Next

You might as well ask an artist to explain his art, or ask a poet to explain his poem. It defeats the purpose. The meaning is only clear through the search. Rick Riordan

I was wondering myself where I am going. So I would answer you by saying, first, that I am trying, precisely, to put myself at a point so that I do not know any longer where I am going. Jacques Derrida