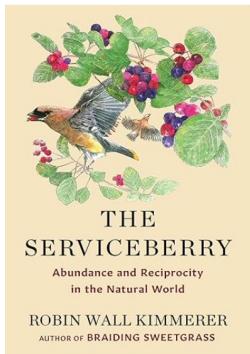


A Week in Images and Quotes

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Book I am currently reading

Last week I was just about to help Marsha drink a smoothie made from sorbet, yogurt and oat milk when she said, "That's exactly what I was thinking about!" ELP

Every successful person I have heard of has done the best he could with the conditions as he found them, and not waited until next year for better.

E. W. Howe

He leaned back and sat as still as he possibly could and waited for the world to present itself. Brian Doyle, Martin Marten, p. 17

You slow down when you get older.
Stephen Stills



I had a conversation with Marsha today. I asked her to listen carefully to what I had to say. "I think you know some changes are happening to you. And that I will always be here to see you through. We are in this life together - - - I will always be there To support, comfort and provide you with my loving care. You talk with your eyes and the way you squeeze my hand. I can sense your love and I think that's just grand!" After I was through talking to Marsha, I heard her whisper, "Be careful," as I went on my way. ELP

WEDNESDAY

01

However difficult life may seem, there is always something you can do and succeed at. Stephen Hawking

THURSDAY

02

We live in two worlds - order and chaos. In the world of order, we plan, reflect, and think about what to do next. In the world of chaos, things happen, we get things done, yet unpredictability persists. In one world, we like to think we are in control. In the other, we mingle together with increasing complexity, conflict, and uncertainty.

David Spangler

Idling is important. Most people don't know how. They're afraid of it. This explains why they turn on the television set or pick up the newspaper. They think they have to be doing something.

Mortimer Adler

Is this why we write and read, in the end, in order to find new words for the things we feel but do not have words for?

Brian Doyle

I am an idealist. I don't know where I'm going but I'm on my way.

Carl Sandberg

If I waited for perfection ... I would never write a word.

Margaret Atwood

FRIDAY

03

SATURDAY

04

How can I know what I think till I see what I say?

E. M. Forster

Impart as much as you can of your spiritual being to those who are on the road with you and accept as something precious what comes back to you from them.

Albert Schweitzer

Most of the change we think we see in life is due to truths being in and out of favor.

Robert Frost

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SUNDAY

05

You're trying to write about something that's sacred. You're trying to bring the seriousness of life and death to it, and you're trying to find a way to dramatize it, and you're trying to give language to it, which is inadequate. But it's important to try. Edward Hirsch

I pick my favourite quotations and store them in my mind as ready armour, offensive or defensive, amid the struggle of this turbulent existence. Robert Burns

MONDAY

06

Daniel Dennett is quoted as saying: *The secret of happiness is: Find something more important than you are and dedicate your life to it.*
He inspired me to write: *The secret of happiness is: Find someone as important as you are and dedicate your life to them.*

You lay in your bed across the room. Music is playing softly in the air. It's peaceful, calm and quite serene. I appreciate your presence being there.

ELP

But isn't it often the case that when we cease to move and think, we see and hear and understand a great deal?

Brian Doyle, *Martin Marten*, p. 100,

Whatever inspiration is, it's born from a continuous "I don't know."

Wisława Szymborska

I have retired, but if there's anything that would kill me, it is to wake up in the morning not knowing what to do.

Nelson Mandela

TUESDAY

07

WEDNESDAY

08

Every book is a quotation . . . and every man is a quotation from all his ancestors.

Ralph Waldo Emerson

We are not the same persons this year as last; nor are those we love. It is a happy chance if we, changing, continue to love a changed person. W. Somerset Maugham

In school, you're taught a lesson and then given a test. In life, you're given a test that teaches you a lesson. Tom Bodett

I think things happened the way they did for a reason. Aaron Neville

THURSDAY

09

People are stories, aren't they? And their stories keep changing and opening and closing and braiding and weaving and stitching and slamming to a halt and finding new doors and windows through which to tell themselves, isn't that so? Isn't that what happens to you all the time?

Brian Doyle, *Martin Marten*, p. 152

I always have a quotation for everything - it saves original thinking. Dorothy L. Sayers

Conversation would be vastly improved by the constant use of four simple words: I do not know.

Andre Maurois

I have an announcement to make. I have years of writing to review, give or take. I "say" I need to watch closely over your fate. But, in reality, you have given me a clean slate To delve deeply into all my creative works. By being in your presence, one of my perks Is to review, edit, revise and rewrite And bring the past into a new light. You are calm, peaceful, content and serene As I sit in front of my computer screen. I am blessed by your presence every day. Thank you for everything! What more can I say! ELP

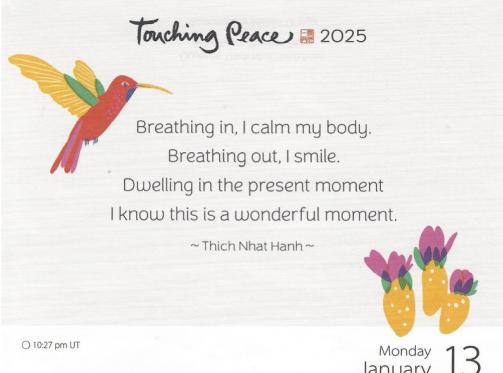
ELP

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SUNDAY

12



Let's see what Thích Nhất Hạnh has to say at the beginning of this week.

You can't get it all right all the time, but you can try your best. If you've done that, all that's left is to accept your shortcomings and have the courage to try to overcome them.

Idina Menzel

I'm not a very good writer, but I'm an excellent rewriter.
James A. Michener

I don't exactly know what I mean by that, but I mean it. J. D. Salinger

MONDAY

13

TUESDAY

14

*Breathe --- Read --- Edit --- Create
It's a cycle of being in a mindful state.*

*Read --- Digest --- Create --- Invest
The best things in life are not on the test!*

*Eat --- Drink --- Asleep --- Awake
Know the process of give and take.*

*Music --- News --- Sports --- TV
Doesn't make much sense to me.*

*Come --- Go --- Stay --- Depart
Love's the answer heart-to-heart. ELP*

The following quote intrigues me as I connect it to my relationship with Marsha:

*They attend.
They see.
They witness.*

Brian Doyle, *Martin Marten*, p. 249

I am a witness to the ongoing time in which both Marsha and I exist. Being mindful brings with it the ability to witness the "being" of each other.

WEDNESDAY

15

THURSDAY

16

I found the following exchange very poignant between a daughter and mother, who is experiencing a brain changing illness:

"Do you know how much I love you?"

"Oh Mama, I do know."

"You can have no idea."

"Well, I sure do feel how much you love me."

"You can't imagine. You cannot imagine how much I love you."

"I love you too Mama."

*"Of course, you love me. I'm your mother. But do you know how much I love you?" Kim Chernin, *In My Mother's House*, p. 432*

FRIDAY

17

Begin at the beginning and go on till you come to the end; then stop.
Lewis Carroll

If you are under the impression you have already perfected yourself, you will never rise to the heights you are no doubt capable of. Kazuo Ishiguro

The great thing about getting older is that you don't lose all the other ages you've been.
Madeleine L'Engle

I don't pretend we have all the answers. But the questions are certainly worth thinking about.
Arthur C. Clarke

SATURDAY

18

There are no classes in life for beginners; right away you are always asked to deal with what is most difficult.
Rainer Maria Rilke

As long as I am acting out of love, I feel I am doing the best I know how.
Donna Tartt, *The Goldfinch*

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SUNDAY

19



Today, my dad is 107 years old.

MONDAY

20

OUR YOUTH GROUP HELPS SPREAD CHRISTMAS CHEER!

Ernie Pancsofar holds a Christmas wreath made for him and his wife Cynthia by the St. Paul's Youth Group (SPY). Ernie and his wife Cynthia hung the wreath in the room where they sit during the day. Ernie is 107 years old and Cynthia is 100 years old. Each Christmas members of the St. Paul's Communion ministry distribute a gift made by the St. Paul's kids to the homebound Catholics who they bring Communion to each week. The St. Paul's communion ministry brings Holy Communion to over sixty Catholics each week who are unable to attend Mass.

I used to be so sure about who I am, what I wanted and where I wished to go. Why is it that after all these years I'm just as concerned now about who I am as I was many years ago? The question is the same: Who am I? But . . . the answers are now found in very different places and under very different circumstances. The common thread is quality of life . . . as I choose to define it. ELP

TUESDAY

21

WEDNESDAY

22

It's being here now that's important. There's no past and there's no future. Time is a very misleading thing. All there is ever, is the now. We can gain experience from the past, but we can't relive it; and we can hope for the future, but we don't know if there is one. George Harrison

It doesn't matter how old someone is, it's what they've experienced that counts. People can get to be a hundred and not experience a thing. Kazuo Ishiguro

THURSDAY

23

FRIDAY

24

SATURDAY

25

REFLECTIONS

1. Being with can be more powerful than doing with.
2. Waiting on can be more important than waiting for.
3. “How” can be a better question than “why.”
4. Holding hands is better than holding a grudge.
5. Feeling one's essence is different than feeling one's presence.
6. Listening to light classical music creates a better atmosphere than listening to the news.
7. Honoring each other's different memories is better than requiring one “correct” memory of the same event.
8. Contented Involvement is different than keeping busy.
9. Appreciating our similarities is more productive than emphasizing our differences.
10. Mindful walking is different than walking mindlessly from room to room.

Judge a man by his questions rather than his answers. Voltaire

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SUNDAY

26

CBS Sunday morning had a segment on Sir Paul Smith - fashion icon. Here are a few quotes by Sir Paul that connect to my journey:



CBS Sunday Morning is known for its inventive connection of the story segment and the sun logo.

The wise man does not grow old, but ripens.

Victor Hugo

MONDAY

27

- There's always an important person who helps support your interests and encourages you.*
- You can find inspiration in everything. If you can't, then you're not looking properly.*
- Great stories happen all around you every day. At the time they're happening, you don't think of them as stories. You probably don't think about them at all. You experience them. You enjoy them. You learn from them. You're inspired by them. They only become stories if someone is wise enough to share them. That's when a story is born.*

The test of a good teacher is not how many questions he can ask his pupils that they will answer readily, but how many questions he inspires them to ask him, which he finds it hard to answer. Alice Wellington Rollins

TUESDAY

28

WEDNESDAY

29

You always think that 70 is the end of the road: 'Somebody died when they were 73; good life. You're closer to death, and you better make sure you don't waste too much of your time doing things you don't want to do. No point in saying things you don't believe in.

Ian McKellen

Endings matter, not just for the person but, perhaps even more, for the ones left behind. Atul Gawande

THURSDAY

30

Each friend represents a world in us, a world not born until they arrive, and it is only by this meeting that a new world is born.

Anaïs Nin

I have never found, in anything outside of the four walls of my study, an enjoyment equal to sitting at my writing desk with a clean page, a new theme, and a mind awake.

Washington Irving

You can't work on everything all the time, so start where you are. Pete Seeger

FRIDAY

31

A Rocking Chair Was There

A rocking chair was there
Inviting me to it;
To close my eyes and feel the sun;
Be still, be quiet, just sit.

A rocking chair was there;
I could have passed it by ---
But tomorrow - when I come back,
Someone else may hear its call;
Taken a seat as they begin to meet
The dawning of that day.

A rocking chair was there.
Its symbol may not be clear.
It was empty and needed a hug;
A person to fill its void.
I sat down - warmed its seat,
Got up and prepared to meet my day.

The things that I do;
The people I meet
Will be influenced by the warmth of
that seat.

They didn't see the rocking chair
At the beach -- out of reach,
But they felt its presence in how
I developed the pattern of my day.

ELP