

# A Week in Images and Quotes

## April - 2025

- *We can't expect anything in life to be easy or entirely enjoyable.*
- *In a busy life, if you're moving too fast, it's incredibly easy to ask other people's questions, and accept other people's answers. To pause in those moments and say, 'Okay, so this is what I'm being told, but what is my question about this moment I'm inside of and how might I want to navigate it differently?'*
- *It's the most four-dimensional experience I've ever had - the gratitude and sorrow and exhaustion and love all knotted together and pulsing pulsing pulsing under the din of your days with no clear end in sight.*

Courtney Martin

*Everything that slows us down and forces patience, everything that sets us back into the slow circles of nature, is a help. Gardening is an instrument of grace.* May Sarton

TUESDAY

01

*Words do not express thoughts very well. They always become a little different immediately after they are expressed, a little distorted, a little foolish.*

Hermann Hesse



I had a piña colada smoothie as a way of honoring Marsha's favorite food.

WEDNESDAY

02

*Resiliency ... not an emotional response to circumstances of the moment, but a way of being that can meet the range of emotions and experiences, light and dark, that add up to a life.* Krista Tippett, *Becoming Wise*, p. 252

*... the fundamental tenets of the photographers' code: the ability to look at the familiar everyday scene and see it as if you were viewing it for the very first time, with the freshness and innocence of a new discovery.*

Fergus Bourke

THURSDAY

03

*Ernie's Inner Voice: What is the most important thing to do right now? Be in the moment, came back the wise reply.*

*How about when that moment has passed, the Voice continued. There is always a new present, the wise one said.*

*You need the chutzpah to know that you have a voice worth speaking and things worth saying, and you need the humility to know that it's vital to listen because you may not have it right at all or only a very partial grasp on the truth.* Parker J. Palmer

- *We are the only authority on what is good for us. Once we see this, we feel an enormous peace and freedom.*
- *I must act now without knowing the results. Thus, I give my actions their only possible meaning for me.*

Hugh Prather

FRIDAY

04

SATURDAY

05

*In the rush of daily living, it's easy to forget all the remarkable people, real or fictional, who have been a part of your life. But if you just imagine they are near for a moment, you will realize that anyone who ever touched your heart is always with you, patiently waiting to emanate warmth and support whenever you remember to think of them.*

Barbara Sher

*I might be in the basement. I'll go upstairs and check.*

M. C. Escher

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SUNDAY

06

*These are really terribly rough times, and we really should try to be as nice to each other as possible.*

Lou Reed

*Ultimately, time is all you have and the idea isn't to save it, but to savor it.*

Ellen Goodman

*The only measure of what you believe is what you do. If you want to know what people believe, don't read what they write, don't ask what they believe, just observe what they do.*

Ashley Montagu

MONDAY

07

- Hope is not optimism, which expects things to turn out well, but something rooted in the conviction that there is good worth working for.*
- I might enjoy being an albatross, being able to glide for days and daydream for hundreds of miles along the thermals. And then being able to hang like an affliction round some people's necks.*
- Write whatever you like!*

Seamus Heaney

*Renoir was the answer to a clue in a recent acrostic puzzle so I decided to investigate if this great painter had a quote that could relate to my current writings:*

*Nothing costs so little, goes so far, and accomplishes so much as a single act of merciful service.* Pierre-Auguste Renoir

*To travel hopefully is a better thing than to arrive.*

Robert Louis Stevenson

TUESDAY

08

WEDNESDAY

09



*A Grief Observed*

C.S. LEWIS

*Recommended by a member of the caregiver support group.*

THURSDAY

10

- For in grief nothing stays put. One keeps on emerging from a phase, but it always recurs. Round and round. Everything repeats. Am I going in circles, or dare I hope I am on a spiral?*

*But if a spiral, am I going up or down it?*

- Once very near the end I said, 'If you can -- if it is allowed -- come to me when I too am on my deathbed.' 'Allowed!' she said. 'Heaven would have a job to hold me; and as for Hell, I'd break it into bits.'*

- The best is perhaps what we understand the least.*

FRIDAY

11

- Still, there's no denying that in some sense I 'feel better,' and with that comes at once a sort of shame, and a feeling that one is under a sort of obligation to cherish and foment and prolong one's unhappiness.*

- Kind people have said to me, 'She is with God.' In one sense, that is most certain. She is, like God, incomprehensible and unimaginable.*

- For a good wife contains so many persons in herself.*

- ... the ultimate purpose of God's love for all of us human creatures is love.*

SATURDAY

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SUNDAY

13

*When the road is  
rocky and you  
got a heavy load,  
Wait for the light to  
shine.*

Fred Rose

*Sorrow, however, turns out to be not a state but a process. It needs not a map but a history, and if I don't stop writing that history at some quite arbitrary point, there's no reason why I should ever stop. There is something new to be chronicled every day.*

C.S. Lewis, *A Grief Observed*

*Life is not a problem to be solved, but a reality to be experienced.*

Søren Kierkegaard

MONDAY

14

*The reward of one  
duty is the power  
to fulfill another.*

George Eliot

*If you think of this world as a place intended simply for our happiness, you find it quite intolerable: think of it as a place of training and correction and it's not so bad.*

C.S. Lewis

*This is the key to time management - to see the value of every moment.*

Menachem Mendel Schneerson

TUESDAY

15

*We are learning, if fitfully and always imperfectly, to nurture inner wisdom that shapes outer life and accordingly enlivens the part of the world that we can see and touch.*

Krista Tippett,  
*Becoming Wise*, p. 195

*Rivers know this:  
there is no hurry.  
We shall get there  
some day.*

A. A. Milne

*I became aware of this author as mentioned in *Becoming Wise*:*

*If the present is  
really all we have,  
then the present  
lasts forever.*

Anne Lamott

WEDNESDAY

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THURSDAY

17

FRIDAY

18

SATURDAY

19

*The Circle Again*

*Do not stand at my grave and weep,  
I am not there, I do not sleep.  
I am a thousand winds that blow,  
I am the diamond glints on snow,  
I am the sunlight on ripened grain,  
I am the gentle autumn rain.  
When you awaken in the morning's hush,  
I am the swift uplifting rush  
of quiet birds in circled flight,  
I am the soft stars that shine at night.  
Do not stand at my grave and cry,  
I am not there, I did not die.*

*Surfaced atop a pile of papers that  
Marsha had collected and is  
attributed to Clare Harner (1934)*

# A Week in Images and Quotes

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SUNDAY

20

*As I go back and revise and update previous journal entries for clarity, format, spelling etc., I am reminded of this quote I happened upon this morning:*

*If a teacher told me to revise, I thought that meant my writing was a broken-down car that needed to go to the repair shop. I felt insulted. I didn't realize the teacher was saying, 'Make it shine. It's worth it.' Now I see revision as a beautiful word of hope. It's a new vision of something. It means you don't have to be perfect the first time. What a relief!*

Naomi Shihab Nye

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Continue Reading

- ❖ [Radical Acceptance](#) by Tara Brach
- ❖ [Bob Dylan in America](#) by Sean Wilentz
- ❖ [The Gift of Imperfection](#) by Brené Brown
- ❖ [Coming Into Eighty](#) – poems by May Sarton
- ❖ [Here If You Need Me](#) by Kate Braestrup

MONDAY

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TUESDAY

22

*I was intrigued to look up quotes by Dietrich Bonhoeffer after hearing him referenced in Krista Tippett's book, On Becoming Wise. These are four quotes that connect with my current experiences:*

- *Gratitude changes the pangs of memory into a tranquil joy.*
- *It is very easy to overestimate the importance of our own achievements in comparison with what we owe others.*
- *The biggest mistake you can make in your life is to be always afraid of making a mistake.*
- *There is meaning in every journey that is unknown to the traveler.*

*Mindfulness is the aware, balanced acceptance of the present experience. It isn't more complicated than that. It is opening to or receiving the present moment, pleasant or unpleasant, just as it is without either clinging to it or rejecting it.* Sylvia Boorstein

WEDNESDAY

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THURSDAY

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Once again, Krista Tippett (On Becoming Wise) brings a person to my attention with wise perspectives, especially at this point in my life:

- *Hope is not a matter of waiting for things outside of us to get better. It is about getting better inside about what is going on outside.*
- *The secret of life is to let every segment of it produce its own yield at its own pace. Every period has something new to teach us. The harvest of youth is achievement; the harvest of middle-age is perspective; the harvest of age is wisdom; the harvest of life is serenity.*
- *Goodness is a process of becoming, not of being. What we do over and over again is what we become in the end.*

Joan D. Chittister (Benedictine nun)

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Quotes by Jay Leno on his role as caregiver for his wife, Mavis:

*Well, that's the challenge, isn't it? When you have to feed someone and change them and carry them to the bathroom and do all that kind of stuff every day. It's a challenge. And it's not that I enjoy doing it . . . but I guess I enjoy doing it.*

*All jokes aside, I always tell guys when they meet a woman, 'Marry your conscience. Marry someone who's that person you wish you could be and it works out okay.'*

SATURDAY

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SUNDAY

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- *This game is obviously about failure. You're going to fail most of the time. It's how you handle it.*
- *I don't want to try and be something I'm not.* Mookie Betts

*Some people come in our life as blessings. Some come in your life as lessons.*

Mother Teresa

*Marsha was both a blessing and provided me with many lessons.*

*Eventually all things fall into place. Until then, laugh at the confusion, live for the moments, and know EVERYTHING HAPPENS FOR A REASON.*

Albert Schweitzer

MONDAY

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*And the person you're with, In this moment you share, Give them all of your focus; Be totally there.*

Pat A. Fleming

TUESDAY

29

*Someone showed me a picture and I just laughed – Dignity never been photographed.*

Bob Dylan

*The job is to ask questions - it always was - and to ask them as inexorably as I can. And to face the absence of precise answers with a certain humility.* Arthur Miller

*Interestingly, during a recent discussion of an on-line support gathering of caregivers, there was agreement that this advice is not valued by individuals whose loved one is experiencing dementia or who has recently passed.*

WEDNESDAY

30

*My yesterdays walk with me. They keep step, they are gray faces that peer over my shoulder.* William Golding



*Marsha loved the abundance of wildflowers that blossomed in our back yard such as the photo I took today. It coincides nicely with the thought of the day from Thich Nhat Hanh.*

*My joy is like Spring  
so warm  
It makes flowers bloom  
All over the Earth.*

*And I want to thank you  
For giving me the best day of my life.  
Oh, just to be with you  
Is having the best day of my life.* Dido

*I know that I am intelligent, because I know that I know nothing.* Socrates

*The biggest break in my career was getting into the Beatles in 1962. The second biggest break since then is getting out of them.* George Harrison

*There's a place in my heart,  
I got room to spare  
There's a place in my heart,  
I'll make room for you there ...  
No matter what you do  
I want you to know that  
You have a place in my heart.*

Lucinda Williams –  
Place in My Heart

*For every expert, there is an equal and opposite expert.*

Sir Arthur C. Clarke

*Follow me, the wise man said, but he walked behind.*

Leonard Cohen