

A Week in Images and Quotes

March - 2023

Poster text is the Golden Rule as it appears in 8 religions.

Christianity: Do unto others as you would have them do unto you.

Judaism: What is hateful to you do not do to your neighbor. That is the entire Torah. The rest is commentary. Go and learn.

Islam: No one is a believer until you desire for another that which you desire for yourself.

Baha'i: Blessed are those who prefer others before themselves.

Zoroastrianism: Human nature is good only when it does not do unto another whatever is not good for its own self.

Sikhism: Be not estranged from one another for God dwells in every heart.

Jainism: In happiness and suffering/in joy and grief/regard all creatures as you would your own self.

Buddhism: Hurt not others in ways that you yourself would find harmful.

As I was reviewing resources from a Courage to Teach weekend retreat from 9 years ago, I noticed this poster on the wall, and it felt like an appropriate place here among my images and quotes.

WEDNESDAY

01

THURSDAY

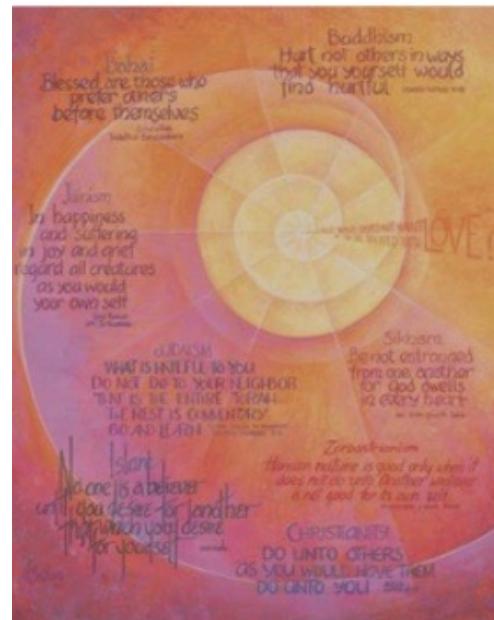
02

FRIDAY

03

SATURDAY

04



Natyra's
Birthday
March 3rd
to be celebrated
on Sunday

ELP

Found in a book – *The Joy of Words* –
received by Marsha in 1966

*It's the little things we do and say
That mean so much as we go our way.*

*A kindly deed can lift a load
From weary shoulders on the road,
Or a gentle word, like summer rain,
May soothe some heart and banish pain.*

*What joy or sadness often springs
From just the simple little things!*

Willa Hoey

*I can't say as ever I
was lost, but I was
bewildered once
for three days.*

Daniel Boone
(as found in a recent
acrostic puzzle)

*Today is the oldest
you've ever been,
and the youngest
you'll ever be
again.*

Eleanor Roosevelt

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SUNDAY

05



An Italian Fruit Cake was enjoyed by Natyra and her mom & dad

I feel like I'm at a crossroads, where dozens of roads are crossing and there are no signposts.

Written by Marsha in a series of reflections on her 50th birthday.

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

Carl Sandburg

MONDAY

06



Do or do not. There is no try.

Everything falls away, except the thread you've followed, unknowing, all along. The thread that strings together all you've been and done, the thread you didn't know you were tracking until toward the end, you see that the thread is what stays as everything else falls away.

Parker Palmer

We were watching several travel shows that featured Lisbon, Portugal, where cod is king. Therefore, we decided on a meal that would represent some of the options shared on these shows.



TUESDAY

07

The two most important days in your life are the day you are born and the day you find out why.

Mark Twain

WEDNESDAY

08



Happy International Women's Day



THURSDAY

09

Radical empathy ... means putting in the work to educate oneself and to listen with a humble heart to understand another's experience from their perspective, not as we imagine we would feel.

Isabel Wilkerson

Throw away all ambition beyond that of doing the day's work well. The travelers on the road to success live in the present, heedless of taking thought for the morrow. Live neither in the past nor in the future, but let each day's work absorb your entire energies, and satisfy your wildest ambition.

William Osler

There is nothing to prove and nothing to protect. I am who I am and it's enough.

Richard Rohr

FRIDAY

10

Oh, I've had my moments, and if I had to do it over again, I'd have more of them. In fact, I'd try to have nothing else. Just moments, one after another, instead of living so many years ahead of each day.

Attributed to Nadine Stair, age 85

SATURDAY

11

Each day has many ups and downs Happy moods amid the frowns.

Tomorrow, I get to start anew. It's another chance to review all that I do. ELP

- The power of the world always works in circles.*
- Let every step you take upon the earth be as a prayer.*
- Behold this day. It is yours to make. Black Elk*

It was the best of times; it was the worst of times.

Dickens, are you watching me!?

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SUNDAY

12

WE'LL BE FRIENDS
UNTIL WE'RE OLD
AND SENILE...
THEN WE'LL
BE NEW FRIENDS!

Found in a new pile
of memory box
"stuff"

Humility is a way
of approaching
ourselves, other
people, and the
world around us
with a sense of
enoughness—an
unconditional
worth and value—
that opens us to
the world as it is.

Daryl Van
Tongeren,
*Humble: The Quiet
Power of an
Ancient Virtue*

MONDAY

13

*This is my wish for you:
Comfort on difficult days,
smiles when sadness intrudes,
rainbows to follow the cloud,
laughter to kiss your lips,
sunsets to warm your heart,
hugs when spirits sag,
beauty for your eyes to see,
friendships to brighten your being,
faith so that you can believe,
confidence for when you doubt,
courage to know yourself,
patience to accept the truth,
love to complete your life.*

Ralph Waldo Emerson

*How can a man's life keep its course if
he will not let it flow?
Those who flow as life flows know
They need no other force:
They feel not war, they feel no tear,
They need no mending, no repair.*

Lao Tzu, *Tao Te Ching*

*When I use a calm, soft voice, Marsha is
more apt to cooperate with an activity I
am suggesting; i.e., breakfast. ELP*

TUESDAY

14

WEDNESDAY

15

*You don't have to
do great things, but
the little things you
do in your sphere of
influence can be
done with great
conviction, great
wisdom, great
beauty and great
love.*

Ruth Krehbiel Jacobs
*The Whole
Community
Catalogue.* p. 98

Marsha and I
recently watched
*To Kill a
Mockingbird*. One
of my all-time
favorite quotes is:
*Miss Jean Louise,
stand up. Your
father's passin'.*

Harper Lee

THURSDAY

16

*Putting one piece of paper in the
recycling bag – taking my time and
walking one step at a time –
A significant task in and of itself as I
focus on the present and not on the
anguish of a partner who is upset by my
help to meet her needs.*

Let it Be.

*Do not respond in any negative way for
this too will pass.*

*Take something else from the pile on
the table*

*And find a place for an item as I am able
To focus on a path of compassion:*

*Inch-by-inch
Step-by-step
ELP*



Popularized by
Pete Seeger

*Inch by inch, row by row
Gonna make this garden grow
All it takes is a rake and a hoe
And a piece of fertile ground.*

David Mallett

FRIDAY

17

SATURDAY

18



*When your heart
speaks, take good
notes.* Judith
Campbell

*Cease to inquire
what the future
has in store, and
take as a gift
whatever the day
brings forth.*

Horace, as
recently found in
my acrostic puzzle

*It is not from
ourselves that we
learn to be better
than we are.*

Wendell Berry

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SUNDAY

19

You do not need to know precisely what is happening, or exactly where it is all going. What you need is to recognize the possibilities and challenges offered by the present moment, and to embrace them with courage, faith and hope.

Thomas Merton

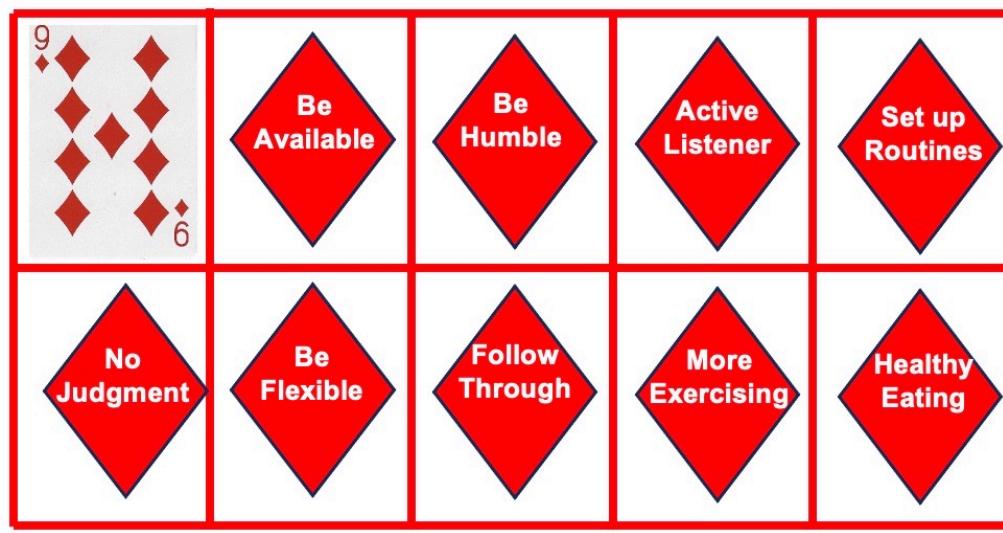
The greatest compliment that was ever paid me was when one asked me what I thought; and attended to my answer.

Thoreau

MONDAY

20

One of the creative connections I have used in the past is to associate a playing card with what is happening in my life at the moment. The 9 of diamonds surfaced yesterday and I decided to identify 9 “gems” of advice I would give myself for the upcoming few months to foster contented involvement for both Marsha and me.



*All my life's a circle;
Sunrise and sundown;
Moon rolls thru the nighttime;
Till the daybreak comes around.*

*All my life's a circle;
But I can't tell you why;
Season's spinning round again;
The years keep rollin' by.*

Harry Chapin

TUESDAY

21

WEDNESDAY

22

THURSDAY

23

FRIDAY

24



A simple play on words or simply words at play

*What's it mean
In the extreme?*

*Think then ponder
– ponder then
think;*

*Art is in the eyes of
the beholder and
Each beholder has
the eyes of an
artist.*

*It is what it is.
What is that?*

*The meaning is
plain to see only
when you see the
meaning.*

SATURDAY

25

*There's more than
one way.
There's got to be
more.
I bet you could
think of at least
three or four.
Some people will
tell you what
worked yesterday.
Don't limit yourself
to the things that
they say.
'Cause finding a
way of your own is
okay
And maybe there's
more than one
way.*



Bob Blue

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SUNDAY

26

Food for Thought

... the key variable in helping one another change is the mutuality of our relationships; how we cannot change others in a real way without ourselves in turn being changed; that difficult behaviors call us to listen to the person and to reflect what we need to change in our own lives and practices.

Herb Lovett

When I was younger, I wanted to be older. Now I am older, I am not quite so sure.

Tom Waits

MONDAY

27

*You never tossed anything away.
Look what I found today.
Memories come flooding back
When I read this I can track
The journey that leads me to here;
Thanks for this gift, my dear. ELP*



18 years ago we were married by Father G in Carbondale, Ill./Mo. We've traveled to Oregon & Ohio & Connecticut & watched our girls develop into two great people. Thank you for your love & companionship - You help bring out the best in me - even though I may not realize it at the time -

Luc
Ernie

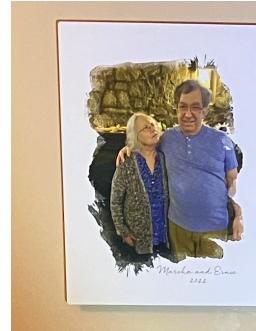
TUESDAY

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WEDNESDAY

29

This quote has long resonated with me: I was looking for myself and asking everyone except myself questions which I, and only I, could answer. It took me a long time and much painful boomeranging of my expectations to achieve a realization everyone else appears to have been born with: That I am nobody but myself. — Ralph Ellison, Invisible Man



Every strike brings me closer to the next home run.

Babe Ruth
In honor of opening day of baseball season!

The scientific nature of the ordinary man is to go out and do the best you can.

John Prine

Everything may be labelled- but everybody is not. Edith Wharton

When I pronounce the word Future, the first syllable already belongs in the past. When I pronounce the word Silence, I destroy it -

Wislawa Szymborska