

A Week in Images and Quotes

November - 2025

SATURDAY

01



Voici une carte de Trois-Pins, au Québec, où vit le commandant Gamache, le détective interprété par Louise Penny. En 2024, j'ai lu les 19 livres de cette série. À cette époque, j'étais l'aidante de Marsha. Ces livres m'ont offert l'évasion dont j'avais besoin pour faire une pause et reprendre mon soutien à Marsha, revigorée.

I was scanning the Book Review section of the *New York Times* and noticed a new biography on the life and works of Ludwig Wittgenstein. I was curious what wisdom this philosopher could provide:

- *If we take eternity to mean not infinite temporal duration but timelessness, then eternal life belongs to those who live in the present.*
- *When we can't think for ourselves, we can always quote.*
- *Just improve yourself; that is the only thing you can do to better the world.*
- *This is how philosophers should salute each other: Take your time.*
- *Perhaps what is inexpressible (what I find mysterious and am not able to express) is the background against which whatever I could express has its meaning.*
- *In art it is hard to say anything as good as saying nothing.*

Ludwig Wittgenstein

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November - 2025

SUNDAY

02

MONDAY

03

TUESDAY

04

WEDNESDAY

05

THURSDAY

06

FRIDAY

07

SATURDAY

08

I am adopting a new format to a previous edition of Lessons Learned by framing each lesson in the following four questions:

E = What is the **Experience**?

P = **Pause/Process** - what is the essence of what is happening?

R = How can I **respond** in the gentlest manner taking the processing question into account?

R = What brief **reflection** can summarize my learning?

Each **experience** is an event that occurred spontaneously between Marsha and me and which presented a challenge for how I should/could best respond.

As each experience unfolded, I **paused** by building in a “wait time” to understand what was going on and **processed** what approaches to try next in my role as caregiver.

When I did **respond**, I wanted my reaction to be the gentlest way I could enter into the challenge given my past experiences and current feeling of what to do.

Finally, after I captured the learning moment in my daily journaling practice, I developed a very brief **reflection**; not always right away.

An example of this new format is presented below:

Experience

After arriving back home from a brief trip in the car, Marsha told me she was not going in the house.

Pause/Process

I decided this was not an emergency and tugging on her or using loud words were not in order. I went in the house and invited her to join me. After five minutes with no movement, I went back out and sat in the driver’s seat and told her I would wait for her to go in the house. After 5 minutes, I got out and invited her to join me in the house.

After another 5 minutes elapsed ...

Respond

I poured a drink of juice, went out to the car and gave it to Marsha with the words, “Bring this glass back in the house when you’re through,” and I went back into the house. About 5 minutes later, I noticed Marsha getting out of the car and heading into the house. Success!

Reflection

There’s more than one way.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
09	10	11	12	13	14	15
<p>Five quotes by Margaret Atwood that capture my attention ... today:</p> <ul style="list-style-type: none">• <i>Sooner or later, I hate to break it to you, you're gonna die, so how do you fill in the space between here and there? It's yours. Seize your space.</i>• <i>Younger people have the greatest fears. Why is that? Because they don't know the plot. They don't know their own individual plot... they don't know what's going to happen to them.</i>• <i>Like many modern poets, I tend to conceal rhymes by placing them in the middle of lines, and to avoid immediate alliteration and assonance in favor of echoes placed later in the poems.</i>• <i>If you're waiting for the perfect moment, you'll never write a thing because it will never arrive. I have no routine. I have no foolproof anything. There's nothing foolproof.</i>• <i>For years I wanted to be older, and now I am.</i>		<p><i>Writing is rewriting and rethinking.</i> John Irving</p> <hr/> <ul style="list-style-type: none">• <i>I'm a very interior person. I love silence. I revel in it. I'm happy that way.</i>• <i>We're all performing for someone.</i>• <i>Happiness is a mysterious concept. It seems to work best as futurity: at that point I will be happy, et cetera. I feel like I experience small pieces of joy day to day.</i> <p>Rachel Kushner</p>	<p>After viewing a short clip on the recent documentary by Ken Burns on the American Revolution, I wanted to find quotes by Burns that are meaningful to me at this time.</p> <ul style="list-style-type: none">• <i>Read. The book is still the greatest manmade machine of all—not the car, not the TV, not the smartphone.</i>• <i>There's always the certainty that the opposite of what I might believe in might also be true.</i>• <i>Grief is a part of life and if you explore its painful precincts, it will make you stronger.</i>• <i>I have come to the realization that history is not a fixed thing, a collection of precise dates, facts and events (even cogent commencement quotes) that add up to a quantifiable, certain, confidently known, truth. It is a mysterious and malleable thing.</i>• <i>We all think that an exception is going to be made in our case and we're going to live forever. Being a human is actually arriving at the understanding that that's not going to be. Story is there to remind us that its just OK.</i> <hr/> <div><div>11/08/25 Tout Finis!</div></div> <p><i>I don't ever want the art to be still, finished [...] I want it to be available for somebody to do something else with it... [something] that I wouldn't have thought of. Alison Knowles, 2003</i></p>		<p><i>We learn, grow and become compassionate and generous as much through exile as homecoming, as much through loss as gain, as much through giving things away as in receiving what we believe to be our due. David Whyte</i></p> <hr/> <p><i>Always in search of the question that might make you ask me one in return. Matthew Zapruder</i></p> <hr/> <p><i>I like taking care of her. I enjoy her company, and we have a good time. We have fun with it, and it is what it is. Jay Leno</i></p>	

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SUNDAY

16

Interesting quotes by Brian Eno, who was referenced in a blog I was reading:

- *People assume that the meaning of a song is vested in the lyrics. To me, that has never been the case. There are very few songs that I can think of where I remember the words.*
- *I feel extremely uncomfortable as the focal point, in the spotlight. I really like the behind the scenes role, because all my freedom is there.*
- *Set up a situation that presents you with something slightly beyond your reach.*
- *I do sometimes look back at things I've written in the past and think, "I just don't remember being the person who wrote that."*

Recently viewed the documentary – *Come See Me in the Good Light* – about the final years of Andrea Gibson. This was a beautifully poignant look into the experiences of living one's remaining days with grace & dignity.

MONDAY

17

TUESDAY

18

These quotes by Robert Bly speak to me today:

- *My feeling is that poetry is also a healing process, and then when a person tries to write poetry with depth or beauty, he will find himself guided along paths which will heal him, and this is more important, actually, than any of the poetry he writes.*
- *Every noon as the clock hands arrive at twelve, I want to tie the two arms together and walk out of the bank carrying time in bags.*
- *Grief is the doorway to a man's feelings.*
- *Two birds fly past. They are needed somewhere.*

Think of your life as Gandhi did, as a series of "experiments with truth." Experiment as you must, knowing that failed experiemnts are just as valuable as those that succeed, often more so. Find out what works for you and what doesn't – and be ready for the next test of your truth, which might happen this afternoon. Parker Palmer

WEDNESDAY

19

THURSDAY

20

I was drawn to a website by Austin Kleon and selected 5 quotes from writers about writing:

- *The things you do badly are as much part of your style as the things you do well.* Martin Scorsese
- *We don't write what we know exactly, but rather we write to know. Writing in that sense becomes better understood as a kind of prayer, a kind of inquiry, something best done over time, repetitively, day after day.* Anthony Doerr
- *The impulse to keep to yourself what you have learned is not only shameful; it is destructive. Anything you do not give freely and abundantly becomes lost to you. You open your safe and find ashes.* Annie Dillard
- *This is what I know: that the small is huge, that the tiny is vast, that pain is part and parcel of the gift of joy, and that this is love, and then there is everything else. You either walk toward love or away from it with every breath you draw. Humility is the road to love. Humility, maybe, is love.* Brian Doyle
- *It's funny: I always imagined when I was a kid that adults had some kind of inner toolbox, full of shiny tools; the saw of discernment, the hammer of wisdom, the sandpaper of patience. But then when I grew up I found that life handed you these rusty, bent old tools--friendships, prayer, conscience, honesty--and said, do the best you can with these, they will have to do. And mostly, against all odds, they're enough.* Anne Lamott

FRIDAY

21

SATURDAY

22

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SUNDAY

23

- *Ethics are not necessarily to do with being law-abiding. I am very interested in the moral path, doing the right thing.*
- *I think you have to learn for yourself how to write. I'm slightly mystified by creative writing courses – God love them – because I can't understand how you can explain a process that I find so baffling.*
- *The past is what you take with you.*
- *Life wasn't about becoming, was it? It was about being.*

Kate Atkinson

"The problems you see — and sometimes the problems you hear," he says, wryly, as he adjusts the operational shaft, "are not always the real problem." Paul Lundy quoted in a New York Times article How To Fix a Typewriter and Your Life

If history were taught in the form of stories, it would never be forgotten.

Rudyard Kipling

MONDAY

24

TUESDAY

25

I happened upon the following quote by Brian D. McLaren and realized how true these words are when living with a loved one with dementia:

- *We may live in the same country, the same city, or even under the same roof, but we live in different realities.*

I sought out more quotes that caught my attention by McLaren:

- *If Jesus, Moses, the Buddha and Mohammed were to bump into each other along the road and go to have a cup of tea or whatever I think we all know they would treat one another far different and far better than a lot of their followers would.*
- *We need not a new set of beliefs, but a new way of believing, not simply new answers to the same old questions, but a new set of questions.*
- *I'm sure I am wrong about many things, although I'm not sure exactly which things I'm wrong about. I'm even sure I'm wrong about what I think I'm right about in at least some cases.*
- *Acknowledging how little we know is, I think, at the core of mature faith. What we boast of as great faith may merely be a boatload of indoctrination and overconfidence.*

WEDNESDAY

26

THURSDAY

27

FRIDAY

28

Pat sent me the following excerpt from Oscar Romero's vision.

This is what we are about.

We plant the seeds that one day will grow. We water the seeds already planted, knowing that they hold future promise. We lay foundations that will need further development. We provide yeast that produces effects far beyond our capabilities.

We cannot do everything and there is a sense of liberation in realizing that. This enables us to do something and to do it well. It may be incomplete, but it is a beginning, a step along the way, an opportunity for the Lord's grace to enter and do the rest. We may never see the end results, but that is the difference between the master builder and the worker.

We are workers, not master builders; ministers, not messiahs.

We are prophets of a future not our own.

The world is full of magical things patiently waiting for our wits to grow sharper. Bertrand Russell

SATURDAY

29

A Week in Images and Quotes

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SUNDAY

30

- *While we may hesitate, not knowing many things, it is the unknown that holds the most powerful possibilities. So, take a breath. Take a step.*
- *... leaping is transformative evolution in which there is evolving transformation.*
- *... internal resolve to weather the most confusing and chaotic days without losing our way and ways.*
- *Thus, it can be said our beingness both precedes and permeates our doingness.*
- *... interdependence, a way in which each person is important to every other person for collective existence and thriving.*

Norma Wong

I find Norma Wong to be quite insightful about how predetermined, outcomes-based measurements take away from the individuality of each student's wholeness with what gifts they have to offer that are not contained in the artificial assessments. ELP

November Delights

- 01: World Series – Game 7
 - 02: Walk at Lebanon Green
 - 03: Moved back into my new/old bedroom
 - 04: UConn Women's Basketball game
 - 05: Read A STITCH IN TIME at Duet Writing group
 - 06: Continuing to read *The Black Wolf*
 - 07: Listening to Jesse Welles on daily walk
 - 08: Engrossed in *The Black Wolf* by Louise Penny
 - 09: Finished *The Black Wolf*!
 - 10: WORDLE in 2! (It's the little things in life.)
 - 11: Putting up curtain rod using new electric drill from Home Depot
 - 12: Sharing writing with Duet group
 - 13: Clean bill of health from Dr. Kang, periodontist
 - 14: Back to walk at Lebanon Green
 - 15: Documentary on Apple+ / *Come See Me in the Good Light* – Andrea Gibson
 - 16: Watched Dylan's set from Farm Aid
 - 17: Norma Wong's presentation on YouTube
 - 18: Breakfast with Pat and George
 - 19: EPN LiveWell Zoom call
 - 20: 7Garden Salad Company – lunch at the Detroit airport
 - 21: First day visiting mom & dad, Mary and Gene and relatives in North Carolina
 - 22: 2nd day at Country Park for 3.33 mile walk
 - 23: Read Courtney Martin's post about her relationship with her dad who has dementia
 - 24: Haircut courtesy of my sister, Mary
 - 25: Sent recent writing to friends in Columbia
 - 26: Support Group meeting via LiveWell
 - 27: Thanksgiving evening meal at Mary & Gene's
 - 28: Bought gift for niece's baby shower – car seat
 - 29: Visit with my sister Margie and her husband Roger
 - 30: UConn's Women's basketball game
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- *To fully and authentically affirm life, we must affirm all of life, including dying, death, and grief.*
 - *Caring for a dying loved one is a powerful way to express love, devotion, and reverence. Allowing a spouse or grown child to care for one becomes a final gift from the person dying. The physical acts of caring can help family members in their own grief. Ira Byock*