

# A Week in Images and Quotes

## September - 2026

TUESDAY

01

Wendell Berry died on August 31<sup>st</sup>. I had just watched an [interview on YouTube](#) by Bill Moyers that caught my attention and embodied much of what he stood for. His words that were inserted at the beginning of this interview stuck with me as well as two additional quotes I found:

- *We don't have a right to ask whether we're going to succeed or not. The only question we have a right to ask is what's the right thing to do?*
- *All right, every day ain't going to be the best day of your life, don't worry about that. If you stick to it, you hold the possibility open that you will have better days.*
- *It may be that when we no longer know what to do, we have come to our real work, and that when we no longer know which way to go, we have begun our real journey.*

While reading through the comment section that accompanied the *NY Times* obituary, I was drawn to this quote:

- *And the world cannot be discovered by a journey of miles, no matter how long, but only by a spiritual journey, a journey of one inch, very arduous and humbling and joyful, by which we arrive at the ground at our own feet, and learn to be at home.*

WEDNESDAY

02

I read a wonderful article in the *NY Times* this morning centered on one of my heroes, Yo-Yo Ma:

*But why, at an age when musicians wind down their careers, is he expanding his reach? Despite maintaining a full performance calendar, Ma has a running joke that he is retired, and that "when you're retired, you only do what you want to do." The truth is that his brain may not be wired for a life at rest. "I hope," he said, "that I will stay curious until I die."*

*(Emanuel) Ax described their collaboration as a kind of endless search, saying, "We've played the Beethoven sonatas for almost 50 years, and we're still finding ways to do them differently each time."*

THURSDAY

03

Gloria Steinem:

- *The first problem for all of us, men and women, is not to learn, but to unlearn.*
- *Power can be taken, but not given. The process of the taking is empowerment in itself.*
- *We need to remember across generations that there is as much to learn as there is to teach.*
- *Writing is the only thing that, when I do it, I don't feel I should be doing something else.*
- *The first resistance to social change is to say it's not necessary.*
- *Logic is in the eye of the logician.*

And, interestingly, a final quote read the day after Gloria Steinem died:

- *Everything about aging in my experience so far has been a plus. Except the death part!*

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Barbara Kingsolver wrote remarks in the *NY Times* pertaining to Wendell Berry's passing: *A giant tree has surrendered to gravity. No, not surrendered. Accepted. I'll take Wendell's instruction to stay here, in these fragments of the earth that are still me, and use them while I can, to nurture a place, a family, a spiritual trust, a neighbor: To call that home, and carry on.*

FRIDAY

04

SATURDAY

05

# A Week in Images and Quotes

## September - 2026

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WEDNESDAY

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THURSDAY

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SATURDAY

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### *The Missing Puzzle Piece (Part 1)*

*I am flustered, but don't call the police.  
My puzzle is missing its 1,000th piece.  
I looked high and low - I've searched hither and yon  
From the dark of night right to the waking dawn.  
Well - perhaps a little exaggeration on my part.  
If I had known this from the start,  
Would I have taken on this task?  
It's a hypothetical question I ask,  
Since maybe it's lurking somewhere near  
And soon it may just reappear.  
I could pray to the Goddess of Puzzle Pieces  
Or look in the nooks and numerous crevices  
Where it just may be hiding.  
How long should I wait before deciding  
To break up the puzzle and look no more  
And put the puzzle back into a drawer?  
But wait! Maybe this is a sign from above  
To clean my floor and put on rubber gloves  
To wipe down the surface and get rid of the dust  
And put some faith in my detective skills and trust  
That the puzzle piece is there to find,  
If only I am so inclined  
To not give up and just plough ahead.  
This poem is too long - I'm off to my bed!*



Can you spot the missing piece?



Not about jigsaw puzzles,  
but wisdom none-the-less

### *The Missing Puzzle Piece (Part 2)*

*We are always "becoming" ... in motion - transforming.  
We are the pause between our incoming and outgoing breath,  
Yet it's never a fixed point.  
It's a transition from - to.  
There are "missing pieces" to our movements:  
We are never "whole" but reaching toward wholeness.  
Perfection is a myth - a perfect self is a myth.  
Normal is a myth.  
There can be pleasantness and satisfaction  
On the journey to a better understanding of who we are.  
We are on a current path leading to our physical death.  
But, as we take our final breath, we are still becoming - - -  
That which is the essence of who we are  
Is not restricted by our bodies.  
It moves on.  
Where it moves is a mystery: a becoming of another existence -  
We take with us, within that transition, all our past experiences - - -  
To our next adventure - even with all our missing pieces!*

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I was reading a SubStack posting by Austin Kleon and he writes: *A personal motto of mine cribbed from (Wendell) Berry: "Every day do something that won't compute."*

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| SUNDAY                                                                                                                                                                                                                                                                                                                                                                                                                                              | MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | TUESDAY | WEDNESDAY | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | FRIDAY | SATURDAY |
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| <p><i>If you define something, what something is, it is no longer that something. My preference is not to talk about or put words to my work. It either works for you or doesn't work for you and my explaining it isn't going to make it work for you.</i></p> <p><b>Rita Ackermnn</b></p> <hr/> <p><i>When solutions are offered us by the people who originally brought us the problem, we do well to be suspicious.</i> <b>Robin Morgan</b></p> | <p>Charlotte Grinberg, an end-of-life doctor, was interviewed in <i>Oldster Magazine</i> and I captured some of her wisdom from this article as well as when she was interviewed by Barry Shore on a podcast.</p> <ul style="list-style-type: none"> <li><i>Through witnessing hundreds of births and thousands of deaths, I have learned something that sounds simple but is actually very hard. The best way to be with someone at a threshold is not to ignore strong emotions, add chaos, or rush to solve what cannot be solved. It has something to do with presence, though I know that word can sound vague and overused. What I mean is simpler and harder: staying close without taking over.</i></li> <li><i>While we cannot be in control, birth and death teach us that human connection changes the feeling in a room. It makes space for the love and fear that remain when medicine has reached its edge. The more presence, the more calm. The more anxiety, well, the more anxiety.</i></li> <li><i>Death, when approached with presence and intention, becomes a tool for transformation for everyone involved.</i></li> </ul> <hr/> <p><i>Doesn't matter how old you are. As a matter-of-fact, I believe that the older you are, the better, because you bring life experience and a degree of wisdom with you. We oldsters often glance at each other, and there's an implicit "understanding". "We 'get it.'" Patricia Ross</i></p> |         |           | <ul style="list-style-type: none"> <li><i>In Japan we have the phrase, "Shoshin," which means "beginner's mind." Our "original mind" includes everything within itself. It is always rich and sufficient within itself. This does not mean a closed mind, but actually an empty mind and a ready mind. If your mind is empty, it is always ready for anything. It is open to everything. In the beginner's mind there are many possibilities; in the expert's mind there are few.</i></li> <li><i>Everything is perfect, but there is a lot of room for improvement.</i></li> <li><i>Wherever you go you will find your teacher, as long as you have the eyes to see and the ears to hear.</i></li> <li><i>Life is like stepping onto a boat which is about to sail out to sea and sink.</i></li> <li><i>Strictly speaking, there is no such thing as an enlightened person. There is only enlightened activity.</i></li> <li><i>Faith is a state of openness or trust...In other words, a person who is fanatic in matters of religion, and clings to certain ideas about the nature of God and the universe, becomes a person who has no faith at all. Instead they are holding tight. But the attitude of faith is to let go, and become open to the truth, whatever it might turn out to be.</i></li> </ul> <p style="text-align: right;"><b>Shunryu Suzuki</b></p> |        |          |

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| SUNDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                     | MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | TUESDAY | WEDNESDAY | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | FRIDAY | SATURDAY |
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| <ul style="list-style-type: none"> <li><i>I want to tell people approaching and perhaps fearing old age that it is a time of discovery. If they say "Of what?" I can only answer "We must find out for ourselves, otherwise it wouldn't be discovery."</i></li> <li><i>Claim the events of your life! When you possess all you have been and done, you are fierce with reality.</i></li> </ul> <p style="text-align: right;">Florida Scott<br/>Maxwell</p> | <p>The following quote originates from a SubStack by Parker Palmer who is commenting on a poem <i>To Hayden Carruth</i> by Wendell Berry:</p> <p><i>I'm especially fond of Berry's line "And let us have no careers, lest one day we be found dead in them." I've often been tempted to confuse my career with my identify, my doing with my being. But that's a delusion and a snare. My identify does not lie in what I do, but in who and how I am in the world. My legacy is not one of books and programs, which will fade and disappear, but of relationships of care whose resonance has a chance to live on.</i></p> <hr style="border: 1px solid red;"/> <ul style="list-style-type: none"> <li><i>We are responsible for the quality of our vision, we have a say in the shaping of our sensibility. In the many thousand daily choices we make, we create ourselves and the voice with which we speak and work.</i></li> <li><i>If I just work when the spirit moves me, the spirit will ignore me.</i></li> <li><i>A thing may in itself be the finest piece of writing one has ever done, and yet have absolutely no place in the manuscript one hopes to publish.</i></li> <li><i>Spiritual growth is achieved with passion, difficulty, and intensity as much as it is achieved by peace, silence, and love.</i></li> </ul> <p style="text-align: right;">Carolyn Forché</p> |         |           | <p>I may have already included some of the quotes below by Margaret Atwood in previous entries, but they bear repeating:</p> <ul style="list-style-type: none"> <li><i>Younger people have 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></li> <li><i>There may not be one truth – there may be several truths – but saying that is not to say that reality doesn't exist.</i></li> <li><i>Another belief of mine: that everyone else my age is an adult, whereas I am merely in disguise.</i></li> <li><i>The answers you get from literature depend on the questions you pose.</i></li> <li><i>For years I wanted to be older, and now I am.</i></li> <li><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></li> </ul> <hr style="border: 1px solid red;"/> <ul style="list-style-type: none"> <li><i>Spend the afternoon. You can't take it with you.</i></li> <li><i>Write as if you were dying.</i></li> <li><i>I wake expectant, hoping to see a new thing.</i></li> <li><i>Our life is a faint tracing on the surface of mystery.</i></li> </ul> <p style="text-align: right;">Annie Dillard</p> |        |          |

# A Week in Images and Quotes

## September - 2026

SUNDAY

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MONDAY

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TUESDAY

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WEDNESDAY

30

From a recent SubStack by Parker Palmer:

*Looking back, I see how often my losses laid the ground for new life. The job I got fired from when I was 25 opened me to look for work that was mine to do; the “road closed” sign turned me toward terrain I’m glad I traveled; failures that felt irredeemable forced me to find new sources of meaning.*

*I think of similar situations in my own life as now witnessed from the age of 75: loss of employment in 1991 and seven subsequent years earning income as a private consultant traveling around the country not knowing where and when my next paycheck would come. Upon retirement, coming face-to-face with Marsha’s diagnosis of dementia and entering another period of uncertainty. These thresholds, as well as numerous other occasions, have come and gone and, I believe, I am a better person for them. (ELP)*

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- *The truth is always something that is told, not something that is known. If there were no speaking or writing, there would be no truth about anything. There would only be what is.*
  - *The only interesting answers are those that destroy the questions.*
  - *The truth is balance. However, the opposite of truth, which is unbalance, may not be a lie.*
  - *The taste for quotations (and for the juxtaposition of incongruous quotations) is a Surrealist taste.*
  - *What we need is to use what we have.* Susan Sontag

- *Everybody just wants to appreciate time as it’s passing, to be in the moment. It’s the hardest thing to do. You’re either in the unknown future that you’re working toward, or you’re in the past that becomes a little abstract.*
- *The truth will only be told over a career.*

Richard Linklater

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*Perhaps misguided moral passion is better than confused indifference.* Iris Murdoch

*Even if you’re going to die tomorrow, you can learn something tonight.* Sakyong Mipham

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I enjoyed reading an interview that photographer Bill Owens (age 87) gave to *Oldster Magazine*. Here are some snippets:

- What is your number 1 regret in life? *I don’t have many regrets. I have lived a pretty rich life. If I changed one thing, I wouldn’t be where I am today.*
- What do you like about being your age? *Nothing – well, not being dead! Seriously, I am glad to be in generally good health and only taking seven pills a day.*
- What is difficult about being your age? *Not being wealthy and able to give scholarships to high school and college students.*
- What has aging given you? *Aging has given me time to write and work on my memoirs.*
- What is high up on your “bucket list?” *High on my “bucket list” is to publish my memoir Chicken Heads.*

I like what Bill Owens has to say. He’s grounded and yet takes flight, as well.

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## September - 2026

### Delights on Each Day in September

- 1) Reading comments in obituary for Wendell Berry in NY Times and quotes
  - 2) Reading an article about Yo-Yo Ma in today's *NY Times*
  - 3) Splendid Spoon entre - Creamy Mushroom Risotto - the birthday gift that keeps on giving
  - 4) Continued second round of edits for Then / Now document
  - 5) Posted Week 1 quotes for September with quotes from Wendell Berry and Gloria Steinem
  - 6) Boston completes a 4-game sweep of the Baltimore Orioles
  - 7) Reading Courtney Martin's article that appeared in *The Nation* on worker owned care providers
  - 8) *The Overweight Brain* Study Group via Zoom
  - 9) Send attachment of document Then/Now/Beyond to select contacts for initial feedback
  - 10) Tai Chi Practice begins anew
  - 11) Parker Palmer's weekly posting
  - 12) Watching Women's US Open Tennis Championship Finals
  - 13) Immaculate Inning by Red Sox pitcher Payton Tolle
  - 14) EPN Speakers Bureau Zoom - listening to 3 speakers tell their stories
  - 15) *The Overweight Brain* Zoom discussion group
  - 16) Empowering Partnerships Network Monthly meeting - LiveWell / Listening to Leo's College Radio show / Aging with Purpose - Interview with Parker Palmer via Center for Courage & Renewal
  - 17) Viewing first segments of interview with Parker Palmer and Norma Wong from archives of Center for Courage & Renewal
  - 18) Finished binge watching of all episodes of *Death in Paradise* / good to know two more seasons will be upcoming in 2027 & 2028.
  - 19) Posting update for 3<sup>rd</sup> week in September - quotes & comments
  - 20) Arriving in North Carolina for a visit with Dad and siblings / While at Atlanta airport, Auntie Anne's pretzel - almond flavored with sugar glaze
  - 21) Two-mile walk / first day of visiting with siblings and Dad
  - 22) Week 3 of discussion group for *The Overweight Brain*
  - 23) Going through pictures with siblings
  - 24) Updated files for blog and documents
  - 25) Movie Night: What About Bob? and pizza / 5<sup>th</sup> day in a row of walking 2-mile loop
  - 26) Air Fried Tofu / Reading from recent book by Norma Wong / Due to strong winds and rain and upon the advice of my daughters, I am extending my stay in North Carolina until next Tuesday
  - 27) Continued edits for Then/Now/Beyond document - it's amazing how many corrections still need to be made!
  - 28) Haircut - which is part of my visit's fringe benefits
  - 29) Travel back to Connecticut and looking forward to a reflective October - final edits to two or more documents!
  - 30) Reflecting on the recent trip to North Carolina and being thankful for all the love and support my dad has given me throughout my life
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- I just subscribed to Peter Moore's SubStack after reading one of his musings on the Oldster SubStack. He states *Not all who wander are lost. They're on the road to Elsewhere.*
- Look for what is lost in places where you will find what is not. ELP*