



## My Favorite Quotes

### FAVORITE QUOTES

#### JANUARY

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As we start a new year—one year older—I am sharing some quotes on “Aging,” as well as some interesting thoughts to take us through each day. Hope you will find them inspirational!

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Start If life becomes dull and routine and we’re tempted to admit that we’re feeling the impact of aging, there’ll be no doubt as to the fact that it’s time to make a change. But as long as every day is exciting and challenging, as long as what we’re doing keeps us young and healthy....we won’t have to go searching for the right pattern....we’ll know that we’re squarely in the middle of it.

—Catherine Chapman Pacheco, *Breaking Patterns: Redesigning Your Later Years*

In youth the days are short and the years are long. In old age the years are short and the day’s long...

—Pope Paul VI



It’s never too late—in fiction or in life—to revise.

—Nancy Thayer

Age does not protect you from love, but love to some extent protects you from age...

—Jeanne Moreau

God give us the grace to accept with serenity the things that cannot be changed;  
Courage to change the things that should be changed;  
And the wisdom to distinguish the one from the other.

—Reinhold Niebuhr

It’s only when we truly know and understand that we have a limited time on earth—and that we have no way of knowing when our time is up—that we will begin to live each day to the fullest, as if it was the only one we had.

—Elisabeth Kübler-Ross



You only live once—but if you work it right, once is enough.

—Joe E. Lewis

Let me remember that each life must follow its own course, and that what happens to other people has absolutely nothing to do with what happens to me.

—Marjorie Holmes, *I've Got to Talk to Somebody, God*. New York: Doubleday, 1968

When I look into the future, it's so bright it burns my eyes

—Oprah Winfrey



The secret of genius is to carry the Spirit of the child into old age, which means never losing your enthusiasm.

—Aldous Huxley

Among all my patients in the second half of life...there has not been one whose problem in the last resort was not that of finding a religious outlook on life.

—Carl Jung

All you need is deep within you waiting to unfold and to reveal itself. All you have to do is be still and take time to seek for what is within, and you will surely find it.

—Eileen Caddy. *Opening Doors Within. Forres, Scotland: The Findhorn Press, 1987*

Some see a hopeless end, while others see an endless hope.

—Author Unknown



“Prayer of an Anonymous Abbess:

Lord, thou knowest better than myself that I am growing older and will soon be old. Keep me from becoming too talkative, and especially from the unfortunate habit of thinking that I must say something on every subject at every opportunity.

Release me from the idea that I must straighten out other people's affairs. With my immense treasure of experience and wisdom, it seems a pity not to let everybody partake of it. But thou knowest, Lord, that in the end I will need a few friends.

Keep me from the recital of endless details; give me wings to get to the point.

Grant me the patience to listen to the complaints of others; help me to endure them with charity. But seal my lips on my own aches and pains—they increase with the increasing years and my inclination to recount them is also increasing.

I will not ask thee for improved memory, only for a little more humility and less self-assurance when my own memory doesn't agree with that of others. Teach me the glorious lesson that occasionally I may be wrong.

Keep me reasonably gentle. I do not have the ambition to become a saint—it is so hard to live with some of them—but a harsh old person is one of the devil's masterpieces.

Make me sympathetic without being sentimental, helpful but not bossy. Let me discover merits where I had not expected them, and talents in people whom I had not thought to possess any. And, Lord, give me the grace to tell them so.

Amen”

—Margot Benary-Isbert

