

AGING IN COMMUNITY -- Selected Quotations

Community is not a goal to be achieved but a gift to be received.
Parker Palmer

By sharing common space, pooling and sharing resources,
and fostering reciprocity and mutual support,
we give up some privacy and the illusion of 'independence'
in exchange for deeper human connections
and potentially a more meaningful quality of life.

~J. Stambolian & J. Blanchard, 2013, Aging in Community

Perhaps ironically, while the oldest old may live alone and emphasize independence,
many are only able to be autonomous because they ask for help. They, like all of us,
balance dependence with independence.

~ Meika Loe

Connecting with another person is a deeply fulfilling experience.
When a group of people purposefully stretch themselves,
by connecting to each other beyond the borders of selectivity and commonality,
a profoundly hospitable community is created.

- a community in which belonging, contribution and accomplishment
occur regularly and naturally.

Now that's something to look forward to during one's second journey through life!

~ E Headley

Sitting around a table is not just a way of passing time.
It is the way the wisdom gets passed along.

~ Rachel Naomi Remen

Community is where humility and glory touch.

~ Henri J.M. Nouwen.

We are not made for an exclusive self-sufficiency but for interdependence,
and we break the law of our being at our own peril.

~ Desmond Tutu

We hunger for communities for meaning that can transcend
the individualism and selfishness that we see around us.

~ Michael Lerner

Alone we can do so little; together we can do so much.

~ Helen Keller

It is possible that the next Buddha will not take the form of an individual.
 The next Buddha may take the form of a community,
 a community practicing understanding and loving kindness,
 a community practicing mindful living.
 This may be the most important thing we can do for the survival of the earth.
 ~ Thich Nhat Hahn

The fundamental quality of human beings is to be in relationship.
 ~ Jean Vanier

Life is much less a competitive struggle for survival
 than a triumph of cooperation and creativity.
 ~ Fritjof Capra

We are all so much together, but we are all dying of loneliness.
 ~ Albert Schweitzer -

The most terrible poverty is loneliness, and the feeling of being unloved.
 ~ Mother Teresa

Our separateness is a painful fiction. Each of us is necessary. When we isolate and withdraw from humanity through our technologies, our imagined differences, our fear of being hurt or rejected, we actually deny ourselves the very love, comfort and nurture so readily available from those who love and care for us. Even worse, we deny others our gifts, our wisdom, the fruits of our life that we have to offer, what we bring to the common table, for the common wealth of all.
 ~ Wayne Muller

The most important thing in life is to learn how to give out love, and to let it come in.
 The only time we waste is the time we spend thinking we are alone.
 You're not a wave, you're a part of the ocean.
 ~ Mitch Albom

Individually, we are one drop. Together, we are an ocean.
 ~ Ryunosuke Satoro

There is no doubt that a small group of committed citizens can change the world.
 Indeed, it is the only thing that ever has.
 ~ Margaret Mead

There is great power in individuals working together to discover and live their most cherished values. ... With a bit of courage, creativity, and willingness to step outside the cultural mold and your present comfort zone, you can grow in love, passion, and service in community with others. Together you can be one of those small groups of committed citizens changing the face of aging in the world.
 ~ Ron Pevny in Conscious Living, Conscious Aging

To be creative in later life provides an invaluable model of what is possible as we age, for our children, grandchildren, great grandchildren, and society. ... Historically, creativity has distinguished elders as 'keepers' of the culture, those who pass the history and values of family and community on to the next generation.

~ Gene Cohen

We are all just walking each other home.

~ Ram Dass

Mentoring brings us together - across generation, class, and often race - in a manner that forces us to acknowledge our interdependence, to appreciate, in Martin Luther King, Jr.'s words, that 'we are caught in an inescapable network of mutuality, tied to a single garment of destiny.' In this way, mentoring enables us to participate in the essential but unfinished drama of reinventing community, while reaffirming that there is an important role for each of us in it.

~ Marc Freedman

You may not think that living with others is an art, but it is the finest and most difficult of arts.

~ Mary Mercedes

Like water, the bond of community is necessary for life to sustain itself.

~Mark Nepo

A mysterious power appears when people tend to each other beyond any sense of self-advantage.

~Mark Nepo

From generation to generation, all that we learn and create adds to this living work of art we call a quality of life.

~Mark Nepo

Community exists only when people know each other's stories.

~ Wendell Berry

Since the Renaissance, we've been exalting the individual and not the community... Therefore, the need for community and the re-learning of the skills to build community around the world is essential.

~ Rabbi Zalman Schachter-Shalomi

We must love one another or die.

~ W. H. Auden

Man did not weave the web of life,
he is merely a strand in it.

Whatever he does to the web,
he does to himself.
~ Chief Seattle

Community is like a large mosaic ... a fellowship of ...
People who together make God visible in the world.
~ Henri Nouwen

Senior Cohousing

The basic tenet of our work is, "If it doesn't work socially, why bother?"
makes life more convivial, more practical, more convenient,
more economical, more interesting, healthier, and fun is the goal.
What could be better?
~ Charles Durrett

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