

## 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 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

## **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

[Writing, Aging and Spirit](#)

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