

JANUARY 2023

New Beginnings

PRESENTED BY STOP BREATHE BELIEVE® & DIANNE MORRIS JONES



NEW BEGINNINGS

A POEM BY ROGER C JONES

CONTINUED ON THE NEXT SLIDES

I

Day One

We begin
with a healthy cry.
Little wonder

leaving that dark,
quiet, peaceful place

for a bright and bold
beginning, that we
didn't ask for and have
much to learn about.

II

First Day of Grade School

It's been way too long ago for me
to recall much of the first day
of grade school.

As a beginning, I guess it was
all right. I remember telling a
classmate, we have a long time
in school ahead, and maybe
we should learn to like it
before it comes to an end.

III

High School Graduation

We sit in rows
awaiting our turn for
the handshake and the handout.

I wonder if I'm the only one
wondering—which of
you will I never see again
in this wide, vast world?

IV
New Job

Every new job, or even
new task seems daunting
at first.

That's why I keep trying to put an
end to new jobs and new tasks...
but they just keep coming
forcing me to new paradigms.

V
Moving

Moving can be hard, expensive,
risky, and scary, yet
moving offers new ways,
new paths, new friends.

Plus, we get to move
all that stuff in closets
that we might need...someday.

VI
Retirement

You might not be there yet,
but it will arrive before you
know it.

Like so many other transitions,
it's an ending and a beginning.

And sometimes it's not so easy,
if we cling to the comfortable,
and resist a new genesis.

VII
Today

Our dog doesn't have a calendar.
She doesn't care what appointments
or to-do's she has.

She's content with whatever
this day brings and showers on her,
and she's happy with however many
treats she gets.

VIII
Any Day

Get up early in the dark
and find a place you can
watch the sun rise gracefully
above the horizon, spreading
golden rays across the
landscape, unveiling the
canvas of a sacred new day.

IX
Last Day

Inevitably it comes,
and we shall enter the mystery,
the doubts, the darkness
and the light of yet another
new beginning.

“Each day holds a surprise. But only if we expect it can we see, hear, or feel it when it comes to us. Let’s not be afraid to receive each day’s surprise, whether it comes to us as sorrow or as joy. It will open a new place in our hearts, a place where we can welcome new friends and celebrate more fully our shared humanity.”

– Henri Nouwen

What is it like to begin something new? We are beginners at many things all along our way. Even if we didn’t want to, we will be beginners with new technology, new relationships, new environments, new journeys; even something as simple as beginning a new book. As we step into the threshold of this new year, let’s consider “new beginnings.”

Day 1



"It is not death that a man should fear, but he should fear never beginning to live." – Marcus Aurelius

Photo taken in Thanksgiving Square, Dallas, Texas.

Day 2

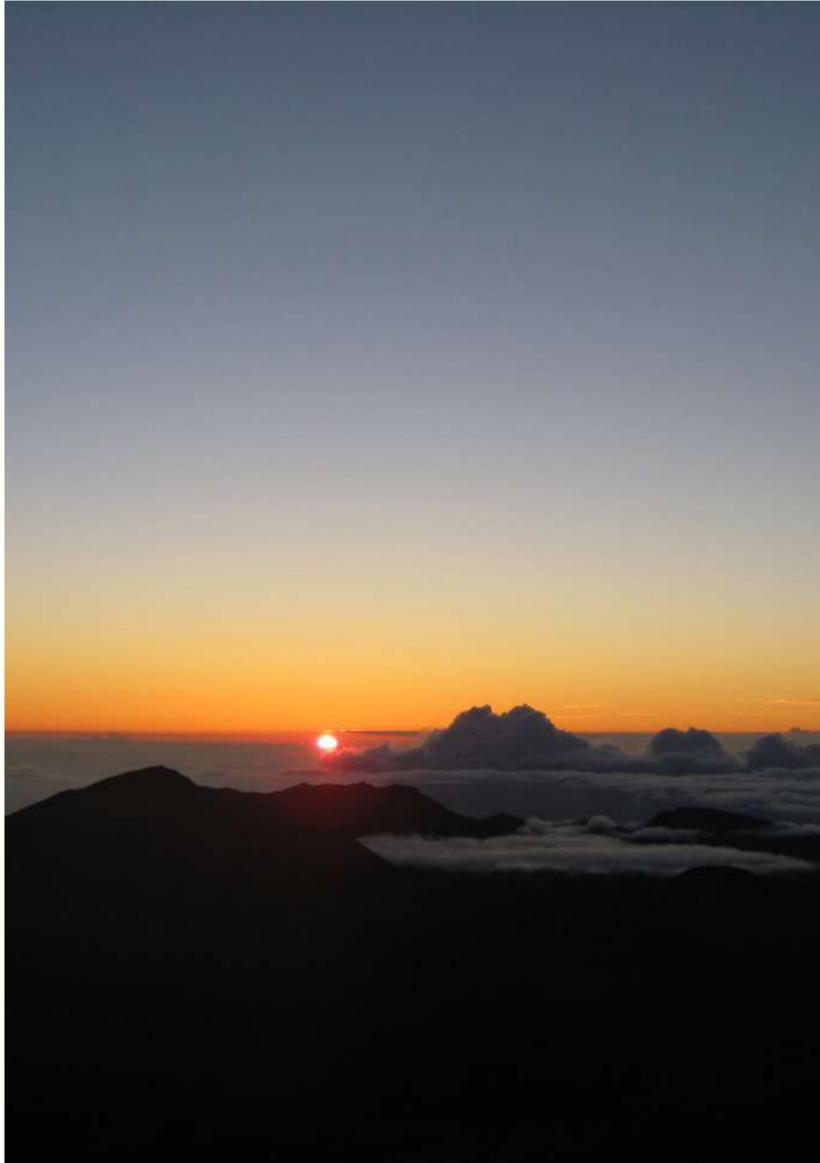


Photo taken in Anchorage, Alaska.

“Let us always meet each other with smile, for the smile is the beginning of love.”

– Mother Teresa

Day 3



“Imagination is the beginning of creation. You image what you desire, you will what you imagine and at last you create what you will.”

– George Bernard Shaw

Photos taken in Haleakalā, Maui, Hawai'i.

Day 4



“Begin at the beginning and go on till you come to the end; then stop.”

– Lewis Carroll

Photo taken in Lucas, Texas.

Day 5



“Beginning today, treat everyone you meet as if they were going to be dead by midnight. Extend to them all the care, kindness and understanding you can muster, and do it with no thought of any reward. Your life will never be the same again.”

– Og Mandino

Photo taken in the Illiad Bookstore, North Hollywood, California.

Day 6



Photo taken in Atlanta State Park, Texas.

“It is our attitude at the beginning of a difficult task which, more than anything else, will affect its successful outcome.”

– William James

Day 7



Photo taken on Everest Base Camp Trail, Nepal.

“Forgiveness says you are given another chance to make a new beginning.”

– Desmond Tutu

Day 8



Photo taken in Big Bend National Park, Texas.

"Perplexity is the beginning of knowledge."

– Khalil Gibran

Day 9



Photo taken in Salzburg, Austria.

“Kindness is more important than wisdom, and the recognition of this is the beginning of wisdom.”

– Theodore Isaac Rubin

Day 10

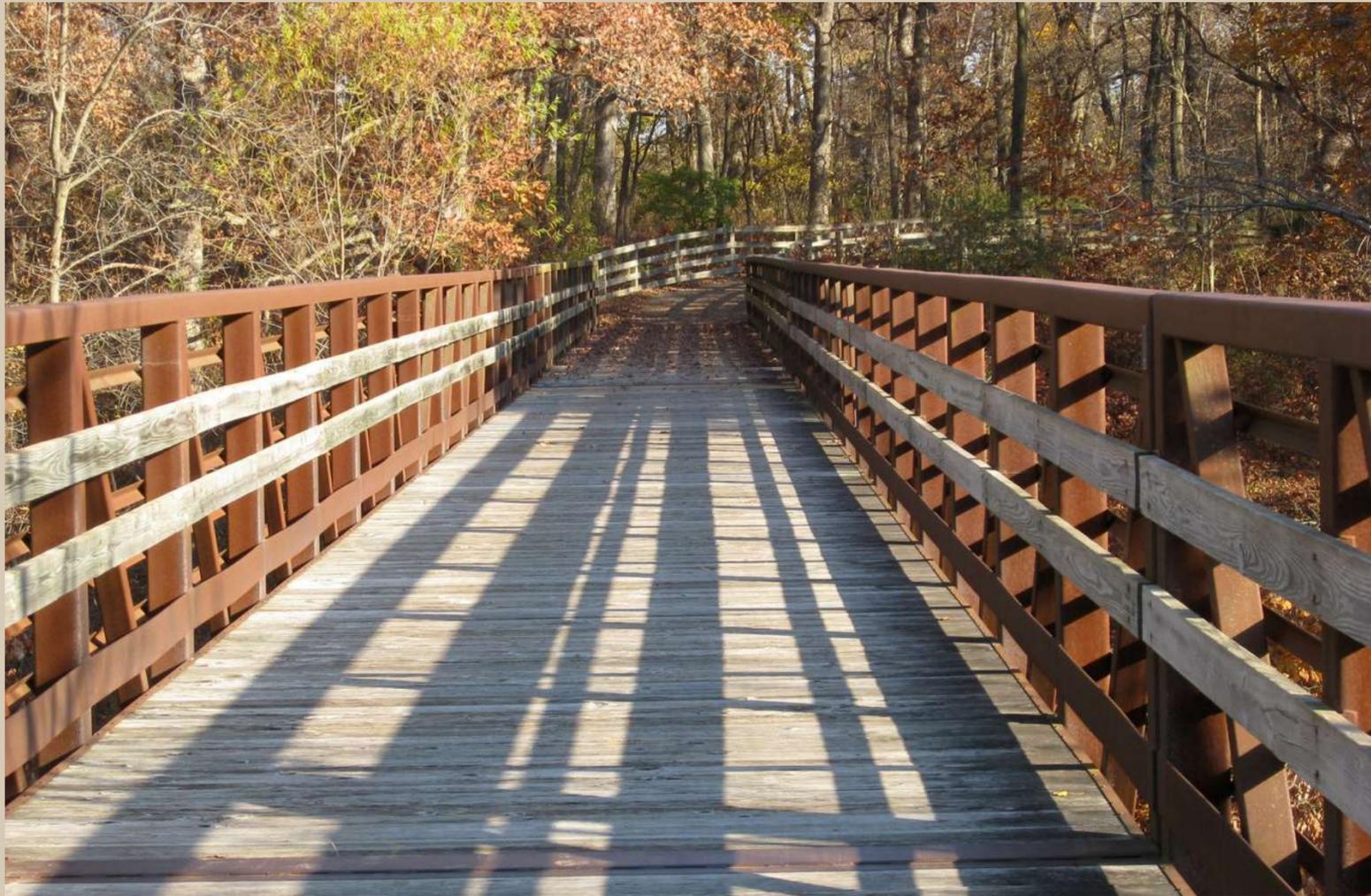


Photo taken in Red Rock Lake, Iowa.

“It is easier to resist at the beginning than at the end.”

– Leonardo da Vinci

Day 11



Photo taken in Dallas, Texas.

"The first step towards getting somewhere is to decide you're not going to stay where you are."

– J.P. Morgan

Day 12



Photo taken of Des Moines River, Des Moines, Iowa.

“Celebrate endings – for they precede new beginnings.”

– Johathan Lockwood Huie

Day 13



Photo taken in Des Moines, Iowa.

“Keep on beginning and failing. Each time you fail, start all over again, and you will grow stronger until you have accomplished a purpose – not the one you began with perhaps, but one you’ll be glad to remember.”

– Anne Sullivan

Day 14



Photo taken on Mackinac Island, Michigan.

“There will come a time when you believe everything is finished; that will be the beginning.”

– Louis L’Amour

Day 15



Photo taken in Olympic National Park, Washington.

“Perhaps that is where our choice lies – in determining how we will meet the inevitable end of things, and how we will greet each new beginning.”

– Elana K Arnold

Day 16



Photo taken in Vienna, Austria.

“Do not wait until the conditions are perfect to begin. Beginning makes the conditions perfect.”

– Alan Cohen

Day 17



Photo taken in Suter Wildlife Refuge,
Corpus Christi, Texas.

“Every moment is a fresh
beginning.”

– T.S. Eliot

Day 18



Photo taken in Sofia, Bulgaria.

“Failure is the opportunity to begin again more intelligently.”

– Henry Ford

Day 19



Photo taken in Big Bend National Park Texas.

“Take the first step in faith. You don’t have to see the whole staircase, just take the first step.”

– Martin Luther King Jr.

Day 20

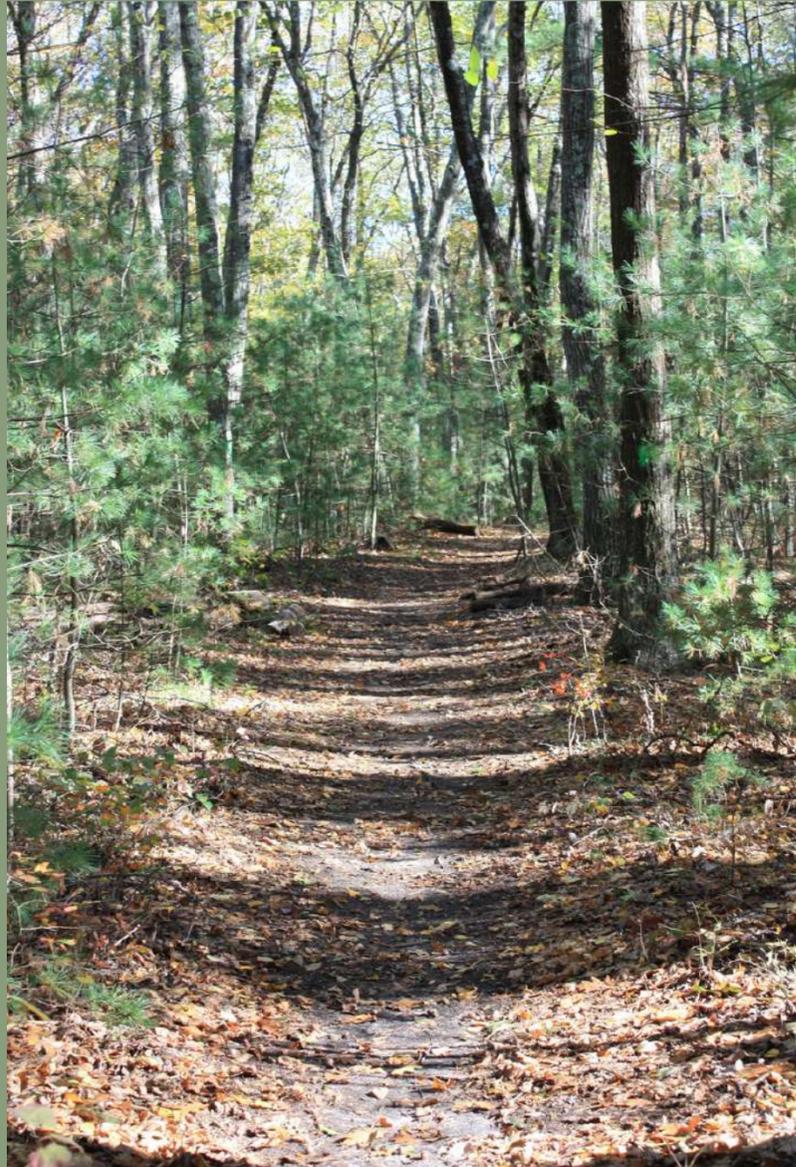


Photo taken in Yellow River State Forest, Iowa.

"The beginning is the most important part of the work."

– Plato

Day 21



“Beginning well or beginning poorly, what is important is simply to begin, but the ability to make a good beginning is also an art form, beginning well involves a clearing away of the crass, the irrelevant and the complicated to find the beautiful, often hidden lineaments of the essential and the necessary.”

– David Whyte

Photo taken at Arc de Triomphe, Paris, France.

Day 22



Photo taken at Lake Caddo, Texas.

“Each day holds a surprise. But only if we expect it can we see, hear, or feel it when it comes to us. Let’s not be afraid to receive each day’s surprise, whether it comes to us as sorrow or as joy. It will open a new place in our hearts, a place where we can welcome new friends and celebrate more fully our shared humanity.”

– Henri Nouwen

Day 23



Photo taken in Des Moines, Iowa.

"You don't think your way into a new kind of living. You live your way into a new kind of thinking."

– Henri Nouwen

Day 24



Photo taken in Lake Kemp, Seymour, Texas.

“Don’t despair over your shortcomings. Start over each day. You make spiritual progress by beginning again and again.”

– Saint Francis de Sales

Day 25

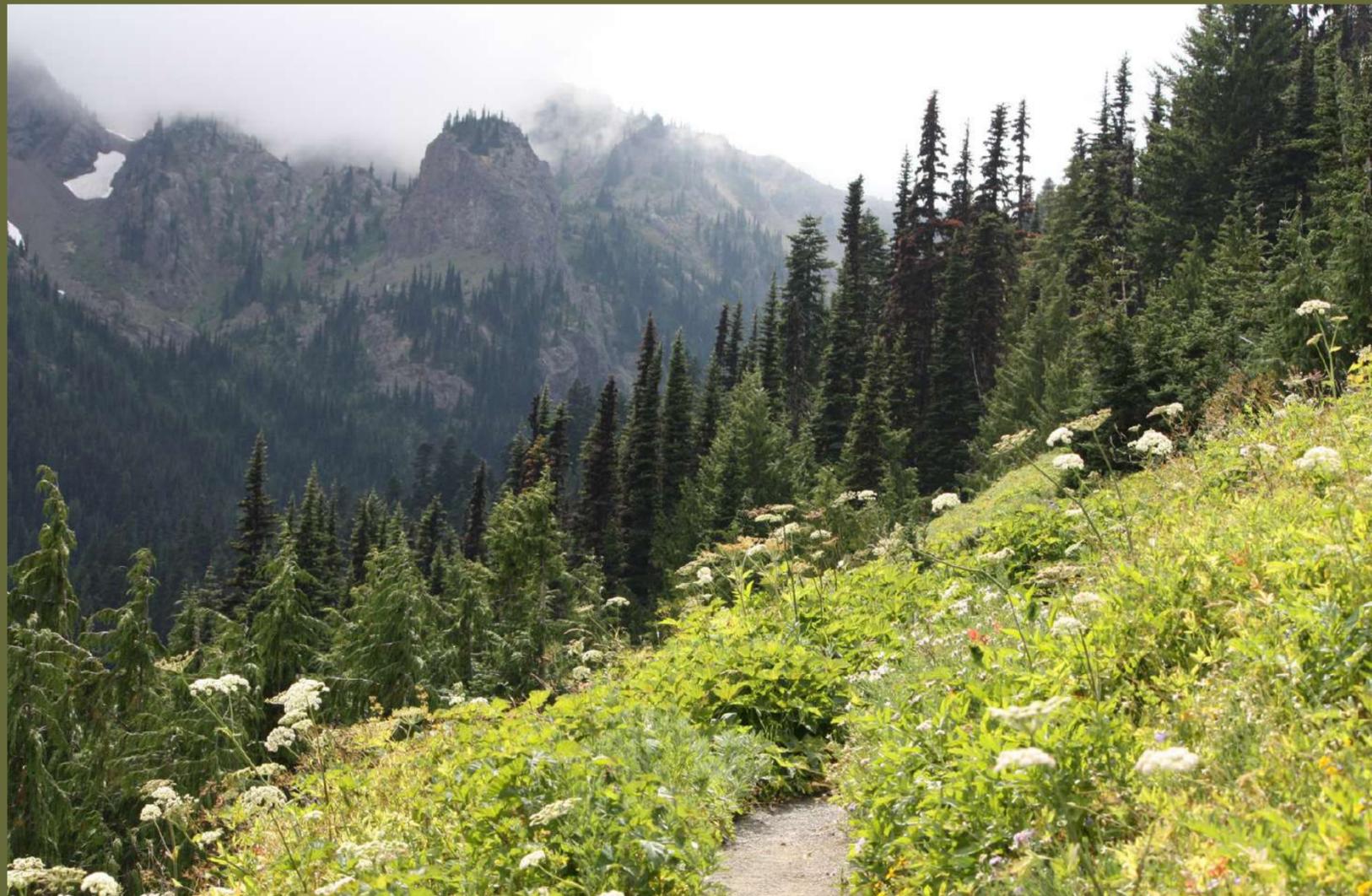


Photo taken at Marmot Pass, Washington.

“You aspire to great things?
Begin with little ones.”

– Saint Augustine

Day 26



Photo taken Salzburg, Austria.

“When you have nothing left but God, you have more than enough to start over again.”

– Saint Teresa of Calcutta

Day 27

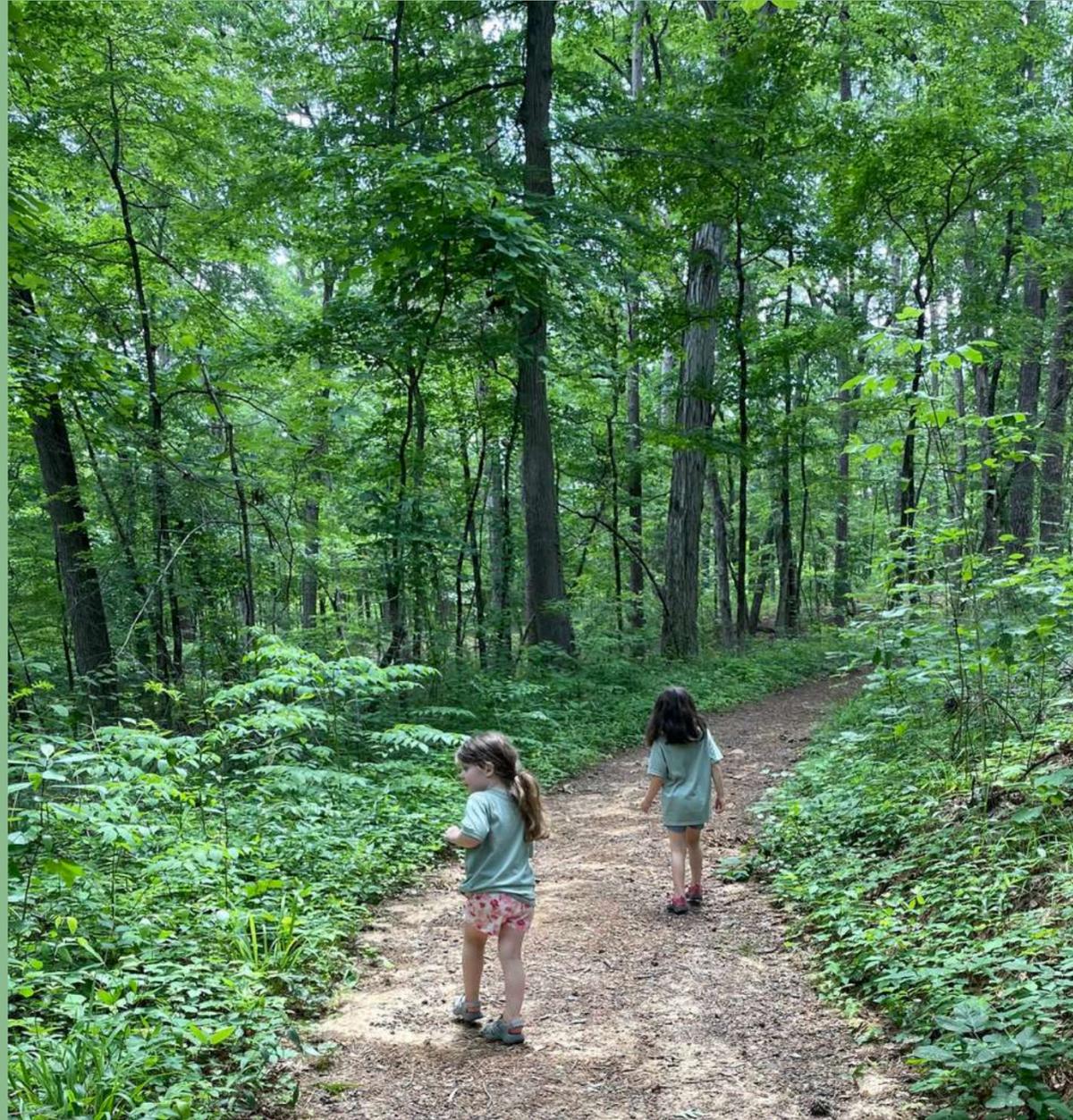


Photo taken in Atlanta State Park, Texas.

“Every day I say to myself, today I will begin.”

– Saint Anthony of the Desert

Day 28



Photo taken in Vienna, Austria.

“It is right that you should begin again every day. There is no better way to complete the spiritual life than to be ever beginning it over again.”

– Saint Francis de Sales

Day 29



Photo taken in Big Bend National Park, Texas.

“We can only become something new when we have released the old faces we have been wearing, even if it means not knowing quite who we are in the space between.”

– Christine Valters Paintner

Day 30



Photo taken in Phoenix, Arizona.

"Be willing to be a beginner every single morning."

– Meister Eckhart

Day 31



"A good beginning is half
the work."

– Irish Proverb

Photo taken on UCLA Campus, California.