

# Joshua's "Only The Beginning" Observation

Post by "Don" of January 9, 2022 at 8:54 PM

## [Quote from Joshua](#)

1. Keep a journal

Yes! I couldn't agree more! I've been an on again off again journal keeper for going on - oh my - 30(!) years. I started shortly after my daughter was born to remember things she did, but it's grown into more than that over the years. It has been an endless source of joy to look back and relive moments forgotten in the hustle and bustle of daily life.

In the front of my current journal volume, I've written:

τοῦ γεγονότος ἀμνήμων ἀγαθοῦ γέρων τήμερον γεγένηται.

(Which of course is VS19 "He who forgets the good things he had yesterday becomes an old man today.")

I thought it would be appropriate 😊

## [Quote from Joshua](#)

2. Go for a walk.

Yes again!! We've always enjoyed walking, and that has been about all we've been able to do during this pandemic.

For those who enjoy walks, I discovered the AllTrails app and website back around March 2020. We've discovered numerous trails near our house that we never works I have known existed. One of the most used apps on my phone. Can't recommend more highly: <https://www.alltrails.com/>

## [Quote from Joshua](#)

3. Stargaze

Yes yet again. There's something about staring up into the night sky to provide perspective on one's place in the universe. Goal this year: visit a nearby Dark Park to view a meteor shower! And the aside about the photons from Alpha Centauri was great! btw SO excited to have read the Webb Telescope has fully deployed and is safely in its way to L2!!!

### [Quote from Joshua](#)

4. Have lunch with an old friend

Sadly, no able to do this nearly enough.

Plus the rest of your spot-on suggestions, [Joshua](#) ! Your post was perfect. Thank you for sharing these and for bringing Epicurean philosophy right down to the grassroots level! Ευχαριστώ!!  
Thank you!