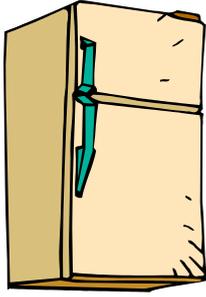


Refrigerator Quote*
Number 4.



Barry Jones[^] on the “Baggage”

we carry through life:

Barry Jones writes in an early section of his (2006) autobiography “A thinking Reed” that:



“Like Sisyphus¹, we are all condemned to carry loads. The major difference is the value of the contents. One bag may carry empty bottles, bits of rubble and old car tyres, while the other includes maps of the universe, the teachings of Jesus, the Buddha and Muhammad, the writings of Homer, Dante and Shakespeare, music by Bach, Mozart and Beethoven, art by van Eyck, Leonardo, Michelangelo, Raphael, Vermeer, Rembrandt and Hokusai, the insights of Galileo, Darwin and Einstein, cures to terrible diseases. We must choose which baggage accompanies us through life.”

[^] **Barry Owen Jones**, AC FAA FACE FAHA FASSA FTSE (born 11 October 1932), is an Australian polymath writer, lawyer, social activist, quiz champion and former politician. He campaigned against the death penalty throughout the 1960s, particularly against the execution of Ronald Ryan. He is on the National Trust's list of Australian Living Treasures.

A member of the Australian Labor Party (ALP) from 1950, Jones was a Federal candidate in 1955, 1958 and 1963, with a strong interest in education and civil liberties.

Jones' political career began in the Victorian Parliament where he represented the electorate of Melbourne as a Labor Member of the Legislative Assembly (MLA) from 1972 to 1977, when he resigned to go into federal politics.

In 1977, he was elected to the House of Representatives as the Labor member for the Federal seat of Lalor in Victoria, which he held until his retirement in 1998. He was Minister for Science in the Hawke government from 1983 to 1990, in which role he presided over the growth of organisations such as the CSIRO, the creation of the Australia Prize, Questacon and the Commission for the Future. Jones lost his place in the ministry when he failed to gain the backing of his centre-left faction.

[Excerpted from: [https://en.wikipedia.org/wiki/Barry_Jones_\(Australian_politician\)](https://en.wikipedia.org/wiki/Barry_Jones_(Australian_politician))]

* From a book about grieving# “I call these 'refrigerator quotes' and ask grievors to put the quotation on a refrigerator door so they and members of the family, or friends, will see it. Some participants photocopy the quotes and pass them on. Others carry the quotes in a purse, notebook, or wallet for further reflection. The more they read and ponder a refrigerator quote, the more meaning it offers.” (p.11.)

#**Borrowed Narratives: Using Biographical and Historical Grief Narratives With the Bereaving by Harold Ivan Smith, published by Routledge Mental Health.**

¹ In Greek mythology **Sisyphus** (/ˈsɪsɪfəs/;Greek: Σίσυφος, *Sisuphos*) was the king of Ephyra (now known as Corinth). He was punished for his self-aggrandizing craftiness and deceitfulness by being forced to roll an immense boulder up a hill, only to watch it roll back down, repeating this action for eternity. (Source: <https://en.wikipedia.org/wiki/Sisyphus>)