

Northern District Thoughts - October 3, 2020

Opening Thoughts:

Brené Brown says, “I define connection as the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship.” Today our theme is “Fall Reconnect.” We have a chance to reconnect by seeing each other, hearing each other and valuing each other. We can gather strength from our relationship as sisters during these stressful pandemic times. Goethe (Grrta) said, “The world is so empty if one thinks only of mountains, rivers and cities; but to know someone who thinks and feels with us, and who, though distant, is close to us in spirit, this makes the earth for us an inhabited garden.” Let’s revel in this lovely garden of sisterhood at our Northern District Conference today.

Closing Thoughts:

William James said, “We are like islands in the sea, separate on the surface but connected in the deep.”

A poet named Jess writes, “Beyond the lake, the sky darkens, the lights brighten on the connection between two lands. Upon the shore, I can see the connection between two lands that in the day was more defined but now has disappeared except for the tiny dots of light that reassures me the connection is still there.”

We spent this morning connecting and reconnecting with each other. When we leave our virtual conference, and we can’t see each other, our connection will still there. Just like two lands connected, the hearts of sisters are connected even when we cannot be physically present with each other. May we take the energy of this connection back with us to our chapter, our community, and our world.