

AΔK Chaplain Thoughts
Southern District Conference Executive Board Meeting
March 11 - 13, 2022

Opening Thoughts

We are gathered here today to begin the executive board meeting of our last district conference of the 2020 - 2022 biennium. We have experienced a wild ride these past two years. It has taught us many things. Ideas about how to work with sisters when we disagree. Ideas about how to face conflict while remaining true to ourselves. Ideas about sisterhood and how we can put our own agendas aside for the greater good. All noble ideas. We need to honor ourselves and each other for not giving up, for seeing things through even when times were especially difficult, for putting sisterhood above self.

Well, you know how fond I am of passing around objects to focus our attention on an idea. In the past it was kindness and courage. Today it is resilience. Maya Angelou wrote, "Just like moons and like suns, With the certainty of tides, Just like hopes springing high, Still I'll rise." She spoke about the necessity of resilience to help us move forward. We need resilience to get us through these last crunch months of the biennium. Easter is coming up next month. I have a resilient bunny to pass around today. The turtle may be slow and sure, but the bunny is energetic and relentless in its efforts. So, as we pass her around, and, if you like, please share a moment or example of resilience in your life. Help her relentlessly hop around the room so we can get this show on the road and move forward. I will go first. Let me set the one-minute timer. "I didn't know it at the time, but years of perspective have shown me that when my ex-husband and I split up almost 40 years ago, I was quite resilient. I raised a son almost entirely on my own with little financial help from his father. We weathered a lot of storms, my son and I, and each of us came out on the other side with skills that have helped us throughout the rest of our lives. And always with a smile and the knowledge that if we kept putting one foot in front of the other, things would get better. And they have." So, in one minute or less, if you want to share, let's allow this winsome but strong bunny to hop around the room to help us share ideas about

resilience. (*Pass bunny.*) Thanks for sharing. Let's behave like the resilient bunnies that we are and get this show on the road!

Closing Thoughts

Well, we made it through another conference weekend. Our state convention is on the horizon, and we feel better equipped and prepared to accomplish our goals. We want to end this biennium on a high note, and it will take much resilience from all of us to do that. Thank you for showing your mettle this weekend by putting the needs of California Alpha Delta Kappa first. Steve Maraboli said, "Life doesn't get easier or more forgiving, we get stronger and more resilient." Let us energetically hop forward into the future like our resilient bunny. Let us be relentless in our efforts to accomplish the many goals we have set for ourselves this weekend. Let us be California Strong.