

Executive Board Thoughts - August 10 - 12, 2021

Opening Thoughts:

Regroup, Rejuvenate, and Relax. That is the theme of our Executive Board Retreat that begins today. We have survived a difficult first year of our biennium dealing with a global pandemic and dissent in our ranks. We have come out on the other side ready to dig in and do the work necessary for a productive and meaningful second year of the 2020 - 2022 biennium. How do we do that? Buddha said, "No matter how hard the past is, you can always begin again." Let's begin again by looking at these three ideas. Regroup, Rejuvenate, and Relax. The first one is Regroup - We are physically together for the first time as a Board, more than a year after we were elected. In my memory, it has never happened before that an Alpha Delta Kappa State Board has been unable to convene in person. For a whole year. Think about that. Maybe weather or other unexpected conditions may have postponed an Executive Board Meeting. But to be prevented from having an in-person meeting for a whole year, that is unheard of. Think about the stress of trying to do our jobs, while meeting on Zoom and living in a world of pandemic disarray. It is amazing that we have survived! And despite our troubles we are prepared now to forge ahead with great plans for the second year of our biennium. We are able now to see each other, touch each other, look into each other's eyes and more deeply understand each other for the first time. Regroup? Check! Rejuvenate is the next idea. We are going to work hard these three days of our retreat, that is true. But, more importantly, we are also going to take time to rejuvenate ourselves, each other, and our sisterhood. Joline Godfrey said, "All work and no play doesn't just make Jill and Jack dull, it kills the potential of discovery, mastery, and openness to change, and flexibility and it hinders innovation and invention." Let's be open to change and flexible in our efforts to work together for the good of all of our California members. Let's rejuvenate ourselves! Finally: Relax. Let's

have fun together! We are going to play games, get to know each other better, and hang out. Let's relax with a beverage of our choice and giggle with each other. This is the stuff that builds strong bonds. Not the work; the Relax. So, today as we begin this journey of Regroup, Rejuvenate and Relax, let's promise to bring the best of ourselves to the tasks at hand, to the sisterhood we love, and, especially, to each other.

Closing Thoughts:

The theme of our Executive Board Retreat has been Regroup, Rejuvenate, and Relax. Have we accomplished these goals? We have regrouped to put together a lot of plans for the rest of the biennium. We have (examples) Yes, we have indeed regrouped! Have we rejuvenated? We have (examples) Yes, we have rejuvenated! Have we relaxed? We have (examples) Yes, we have indeed relaxed! Now is the time to take all of our plans, share them with our sisters, and put them into action. Og Mandino said, "Remember that the most difficult tasks are consummated, not by a single explosive burst of energy or effort, but by the constant daily application of the best you have within you." So, let us leave here today determined to constantly apply the best we have within us to the tasks laid before us. We won't fail if we daily give the best of ourselves to the work at hand.