

Marina District Conference 01/21/2023

Opening

Good morning Marina Sisters. My name is Mari Page and I am your California State Chaplain.

This morning, as I visited with some of you, I was once again glad we were all together in person to continue to reconnect as sisters in the Marina District. When we meet together in person it strengthens our bonds in Alpha Delta Kappa and our friendships with each other. Today as we meet we will be “Stepping Into The Future” with Rosena Kruley our California State President. During her biennium she will be working with us to fulfill the Vision and Mission of our organization.

I was pleased to receive the invitation to this Marina Conference where we would not only “Stepping Into The Future”, but we would be doing it with music. As I thought about this topic and what I would say today I got thinking about how music was an important and exciting part of my life growing up. Traveling with my parents, we would attend concerts in the different countries we lived in and toured. When we listened to music wherever we were, we could just listen to the sounds and enjoy them not worrying about understanding a foreign language. We moved back to the States when I started a high school, I didn't know anyone and felt alone wanting to make friends. I decided to join the high school band. Playing an instrumenting in a group gave me an instant school “family” where I could belong and be accepted. Music paved the way to new friendships and fun with classmates of different backgrounds.

I have learned in my life that music gives us a bridge between diverse peoples and differing cultures, because of this, it can help us accomplish many of the goals of the Vision and Mission of Alpha Delta Kappa. Music is diverse and is considered an universal language. We can connect to people from different regions and countries throughout the

world and in the United States by listening and enjoying their music. When we listen to music from other areas it can help us gain an appreciation of people's cultures that are different from our own and we develop empathy for these people. Music can be a commonality that can also help us recognize and respect these differences.

Music can also help us throughout our own lives. It can help us connect with sisters in our chapters that might have different viewpoints, backgrounds or heritages. Perhaps your chapter could spend time at a meeting discussing members' favorite songs derived from different cultures and used at holidays. Another way to connect might be accomplished by attending a musical event together as a chapter that could possibly foster World Understanding. The importance of music bringing people together can not be under estimated.

Today as we visit with sisters we may not have seen in person in a while, enjoy our meal together and listen to our speakers, remember how music is important and how it can help change our lives in a positive way,

Closing

Today we have enjoyed our time together, talking, listening, learning and just having fun. We have listened to speakers who have informed us about music and our organization.

When we leave today continue to remember the importance of music in our personal lives. There have been many studies that have shown that music can relieve, stress, pain and even lower blood pressure and heart rate. All of these are important things to consider as we leave this afternoon and head home.

When you get to your car pick out your favorite piece of music to listen to and enjoy, thinking about the role of music plays in your own life.