

If one is connected to Wilson College, one knows these are challenging times.

Like many or even most, I find myself uneasy...  
tossing and turning, struggling ... grasping for a thread to hold for steadiness.

Some people are angry, hurt, grieving... some are anxious, hopeful, excited.... some are indifferent...some are fed up...some forward focused, some living in the past.

I hear, I feel, I resonate.

On any given day or moment I am **any** and **all** of these emotions all wrapped together.  
My threads are tangled together with your threads.

In striving for my own self care I force myself to pause, breathe, and check my own internal weather, if you will.

What am I experiencing?  
What am I expecting?  
... braced for....  
What internal "coat" am I wearing?

What "coats" do I see, hear, feel from those around me?

I do not approach all of this from a stance of changing or convincing people.  
I respect and believe that people have a right to their own thoughts and feelings.

My job remains the same no matter what.....

Greet and make welcome Wilson community members, listen, hear the passion, make meaningful connections, create opportunities, spread the word, REPEAT.

The coat analogy really works for me....  
Sometimes I envision a coat rack. I try to imagine "checking my coat" before I start my interaction with the next person.

I ask myself how I might be present moment.  
I listen for what the person is saying about their weather, their coat.

I dream about inviting each of us to check our own coats...  
enter our shared space.... hang it on that virtual coat rack.....  
we can pick our coats back up on the way back out.

be present with each other....  
deal with each other....

those in the shared space...

not past, not future....

interact with only those in our immediate space at this time.

I imagine the temptation to try on each other's coats....

perhaps envious or curious of something else on the rack.

I imagine the natural discussion of where one got the coat...

it's color, cost, condition.... how long we've owned it... is it a favorite...

What were we thinking (feeling) when we choose that coat today?

These are ordinary conversations that open us to each other.

To hear and experience life from another point of view.

To understand and find common ground.

To find a shared path for forward steps.

Agree or agree to disagree

but move with an appreciation and respect of the other.

This moves the clouds for a potential new weather pattern and choosing of a different coat.

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