

EXECUTIVE DIRECTOR'S MESSAGE

One conversation at a time...

I am constantly reminded **how important each conversation is.**

I am a firm believer that **every single conversation matters.** We don't always have control of our circumstances, but what we usually have control over is how we react to them.

Our actions and conversations change the dynamic of our surroundings. **We have the ability to cause a ripple effect of those around us** that is infectious in a positive (or negative) way.

It can be challenging, sometimes, with all the background noise of our surroundings and in our own thoughts. It can feel like my head is racing with thoughts and emotions that are too crowded...**this is when I really need to take a deep breath and really listen before I react.**

It is a minute-by-minute practice with so much demand to react to new situations & circumstances. Then we especially need to slow down and **purposely look for the kind, respectful, loving response.**

Try to **look for the Love not the Fear** in all of our new environments.

Be careful with the words you choose...they do make a difference!

On this Independence Day weekend I am reminded of the carefully chosen words of the "Declaration of Independence" that were thoughtfully crafted and then signed on July 4, 1776.

We came together to discuss our issues and worked on them together with conversations and carefully chosen words.

We all have that in common; we can decide to choose respectful, kind and loving words to use have a meaningful dialog.

Thank you, Thomas Jefferson, and all of you for thinking about the words you choose to use, how to present them and how they impact us all!

I believe we do make a difference -- one conversation at a time.



David "Sus" Susalla
Executive Director
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T-shirt designed by Nell Susalla (Sus' mom) for July 4, 2020 and co-created and printed by Maleka .