

SW #1 August 13, 2024
Spreading Sunshine and Moving Mountains

When Jeanie unveiled her theme for her Southwest Regional 2024-2026, Biennium, “Spreading Sunshine, Moving Mountains”, and told us how it was connected to each of the states in the region, I thought about how these ideas are relevant and important in our lives and to our organization. But, how can we actually go about carrying out the message of this inspiring theme?

We all have our own opportunity of spreading sunshine in our personal lives as well as in Alpha Delta Kappa. How can we do this? It is easy. We start through smiling, encouraging, and having positive thoughts at our meetings and events as we listen with all our attention and add our ideas to the ongoing conversation. We can be kind when we interact with one another whether we share the same personal viewpoints or not. We can inspire others to spread sunshine by our bright outlook and caring acts towards one another.

Spreading sunshine maybe seem easy, but how can we move mountains? How do we do those things that seem almost impossible and hard to tackle? The famous philosopher and teacher who lived over 1500 hundred years ago, Confucius, might have the answer. He said, “The man who moves a mountain begins by carrying away small stones.” Having a positive mind set can help us accomplish what we set out to do. When we remember that each new idea and endeavor is made up of many small steps, it will help us to work together and bring about success in whatever we attempt this biennium.

As we enter this biennium and begin working together let us remember and practice the meaning behind Jeanie’s words “ Spreading Sunshine, Moving Mountains”.