



Northwest Center for Creative Aging

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Humility and resilience Monthly Musing from Rebecca Crichton

On the last Thursday in January, I was booked to fly to Victoria on the sea plane connecting the terminals on Seattle's Lake Union with Victoria's Inner Harbor. I was practically preening with pride at having checked off all the items on my list, had a cup of coffee, and gathered the perishables to give to the friend who was dropping me at Kenmore Air at 7:30 AM for the 8:30 flight.



I waved goodbye, sauntered into the terminal where the young agent asked for my passport. *My passport.* Which was in the right top drawer of my desk. The document I have never forgotten in 60 years of international travel. Not only hadn't I forgotten it, I hadn't even thought of it. I had said, "Border, Victoria, Canada" and other words that should have reminded me I needed my passport. I do know Canada is a different country!

The options raced through my mind. I called the friend who had driven me to the plane. She went to my apartment – I had just given her my keys – and retrieved the passport, bringing it to me in less than 30 minutes. I still had another quarter hour before boarding.

While waiting, I watched my thoughts and monitored my emotions. I didn't berate myself. I didn't wonder about the state of my brain. I didn't even begin to blame it on anything else. I just sat with it, accepting it. Being curious and somewhat amused.

February's essay is about Resilience and Strength. I wrote it before my trip which meant that **Lucy Hone's three Resilience strategies** were fresh in my mind. I had done them all. Not consciously so much as reflexively. A wave of both humility and gratitude flooded me.

Humility often comes in situations of uncertainty and not being in control. I think of them as the bonded trio that lets us off the hook of self-criticism, self-shaming and hopelessness.

February always holds the energy of connectedness and caring. Our **Town Hall event on February 19** with **Judy Kinney** from **GenPride** is about the many ways love is expressed.

Other events and learning opportunities invite you to discover something new that can expand your life.

The days are getting longer, the forsythia is starting to bloom, and men in Seattle are starting to wear short pants! (I don't understand it, but definitely notice it.) My advice: keep your heart open to be warmed with kindness and your legs covered!

Rebecca

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