

Personal Reflection – August 17, 2022

Sign-ificance: Signs

Today, talking on Zoom to my friend Paula, I saw for the first time the connection between the word *significant* and the word *sign*.

Here are two learning tasks that come to mind:

1. Significant events: *Name one significant event that took place in your life last week?*
2. Significant words: *Recall a significant word or phrase that was said by you or by another last week?*

To respond to these two learning tasks, I would say:

1. Last week my friend Sister Janet, 81 years of age, went back to her mission in Tanzania after a three-month rest and retreat.
2. My young physical therapist offered me this mantra: “Just move!”

Significant event; significant words. And what are these signs offered?

1. Sister Janet’s happy, enthusiastic, determined return to her mission in Tanzania was a sign to me to be clearer and more conscious of *my* mission at this point in my life.
What can I do? What can I offer from my back-porch rocking chair?
Write these pages! Call an ailing friend.
2. The sign from Dr. Brigid’s significant words: Just move!
What can I do?
Do what is needed now! Sweep the back deck; mop the kitchen floor, do the seven tasks set for therapeutic homework, walk the street for 20 minutes.

Sign-ificance: Signs. Indeed.

--by Jane Vella