

TURN TO HELPING

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This piece talks about leadership in the context of the September 10th shooting on UVU's campus, the emotional fallout I experienced afterwards, and the journey since. I have very much felt like I have been in a mental rubble, digging myself out ever since. After that experience, I wasn't myself anymore and wasn't able to understand myself or my work in the way I previously had. What I'm grateful for is that I haven't been alone. Due to the individual compassionate acts of others, I've been piecing myself back together in a very intentional and meaningful way. The most tragic events are grief-filled, but that grief can create opportunities to become more compassionate and understanding. I'm surrounded by people who have shown leadership by sharing their compassion with me.

In a grief-filled moment, entire worlds shudder
And come apart; lives overwhelmed by choice
Grief takes hold—a voice for hearts to mutter
Something within their silent mourning
But in the rubble and unjust change
Walls and roofs are put back to full height
A vision of the self, restored, arranged
With hands that steadily hold
Pain is not just falling down, but a place
For hope to build, a chance
That compassion can turn to helping
And none are lost to circumstance