



## **....In The Meantime**

**With**



**24 hour confidential hotline: 1-800-537-6066 or 874-1973**

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Hello,

As you may have guessed, on the previous page are song lyrics. The song, “All We Do”, is from ‘oh Wonder’, a London-based alt-pop duo, who experienced international success when in September 2014, they recorded and released one song a month for an entire year. Alone, the song lyrics reveal a handful of different lines, the most of which have less than 8 words, which are then combined and repeated. And many of the words, themselves, are small...2, 3, 4 letters each. Thus, at first glance, it may be our impulse to dismiss this song as unimaginative and banal. However, combined with their longer music video, it proves to be the very opposite.

In their 8 minute video, the artists sought the answer to one of life’s most profound questions, that in the hustle and bustle of our busy days, we probably don’t spend too much of our time contemplating. The question is this: “What does it mean to be human?” And they posed this question to filmmakers and artists (of all ages) around the world, filmed their responses, and arranged the clips and vignettes into a beautiful menagerie that plays out to the ethereal voices of the artists singing “All We Do”...the result of which is a stunning depiction of not only the achingly beautiful diversity of the human race, but also too, the insightful, raw, and straightforward responses that might have the viewer questioning not only their own choices and current life-situation, but also how they can heed some of this insight moving forward.

Below are some of the responses:

- Literally at this second, with all that’s happening in the world...being human is probably the hardest thing to be.
- What does it mean to be human? That’s a great question.
- All these artists think they have all these boxes they have to check to be successful—but to who?
- Uplifting somebody...that’s what the human life is supposed to be about, uplifting somebody.
- Surrender and accept where you are. When you accept where you are then it’s a lot easier to move forward.
- I think ‘success’ is making the most number of people’s lives better. And I think that’s why we chase it because we feel a sense of purpose when we make other people’s lives better.
- I think in the last 8 years I became more human. Now there’s this life around me that it really matters how we, how I, need to live...morally, ethically, and spiritually. I need to be more reflective on things that I do because I want to pass that on to Max, my son. And I think to be human is to know that we’re not alone in something.
- You can’t just punch thru the darkness and know you’re gonna be successful. You gotta have something to say.
- And I think that is the point of life, to say “ok, I have this one life to live and what do I want to do with? What meaning do I ascribe to it?”
- You’re never out of the game until you’re dead. You know what I’m saying? As long as you got breathe in your lungs and you’re breathing and you’re still moving...as long as you’re actually moving, you’ll always have a 2<sup>nd</sup> chance at life, a 3<sup>rd</sup> chance. There’s no

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such thing as 'no 2<sup>nd</sup> chances'. Life isn't like "Oh, you failed." You know what I'm saying? "You failed so you know what...that's it for you."

- There's not a title on you..."You're gay or straight" that don't mean nothing, man. Being human is everything. Being a good human being, that's what it's all about. I got a son that crossed-over. He's a woman now. I support him with all my heart cuz he's a good kid---that's all that should matter at the end of the day. Like I told my son...I mean my daughter now, "You was more a man than I will ever be because you came right out and wanted to be who you wanted to be."
- Do stuff for somebody you don't know. That's what life's about. What else is there?
- Looking at one another as a brother, a sister, and human beings...beauty will spread like wildfire.
- You can't live life by yourself. You need to just give in and say "You're here, too."
- "Find yourself. Lose yourself. And then find others. I think that is how to be a human."

Now if we juxtapose the above insight with the song's actual lyrics, we find that the messaging conflicts. The 'key phrases': "hide-away...chase the day...lie in wait...can't find paradise...I've been upside down...all I did was fail today"... all convey a life of difficulty, of never feeling settled and at peace; a life of searching for something that is never attained. At the same time, this raw sentiment is probably something we can all relate to. Life can be difficult and challenging at times. But as one of the speakers stated, "as long as we still have breathe in our lungs, we are still in the game."

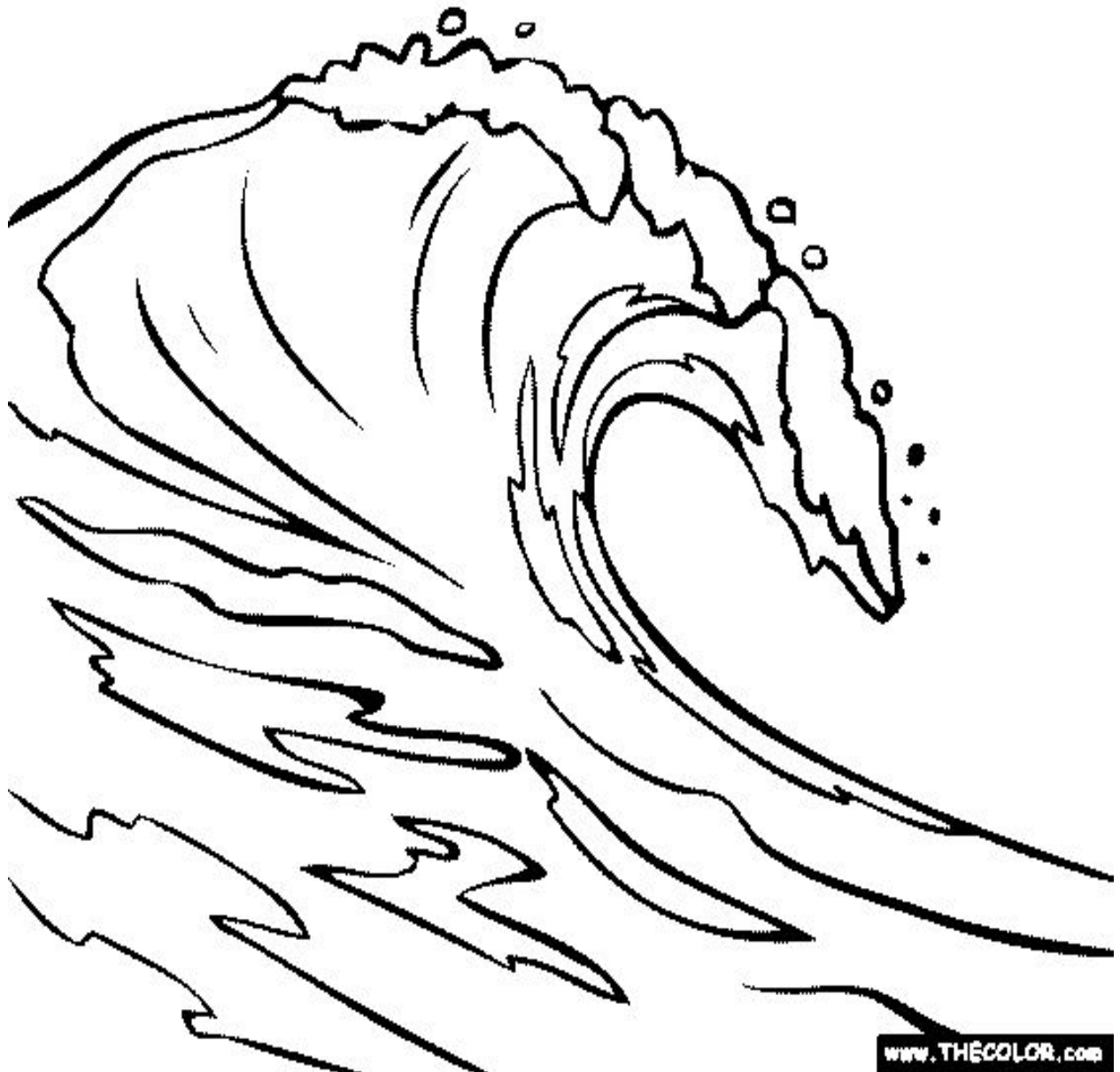
The line "All I wanna be is whites and waves" seemed especially challenging to discern, but a somewhat extensive Google search yielded this: If you think of a 'cresting' wave where the top of its arc is foamy and white and the wave is at its tallest, some say that this crest looks like a white horse...which is symbolic of wisdom and power, and freedom without restraint. "Riding the crest of a wave" is a phrase used to convey success and good fortune.

How many of us are hiding or chasing our days, or waiting for things to be perfect before we start *really* living this one life we've been given? And maybe it's true that right now our lives aren't what we want them to be, but we're here and we're breathing and we're still very much 'in the game'. Let's never stop searching for our 'whites and waves'.

It's also worth noting that the motto of many a surfer is: "Feel the fear and do it anyway" and if we are to take any life advice...perhaps it should be this.

Best,  
Monique  
&  
Nicolle

What is your ideal vision of your 'whites and waves'?



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# THE OCEAN YOU

Every time you think you are broken,  
know this: you are never really breaking.  
No one can break an ocean,  
darling, all you are doing,  
is breaking the glass that is holding you back,  
diving deeper into your own depths,  
discovering yourself in pockets  
of the most somber waves,  
rebuilding your heart with coral,  
with seaweed, with moon coloured sand dust.  
So stop trying to hold yourself back inside that glass,  
it was never meant to hold you.  
Instead, break it,  
shatter it into a thousand pieces...  
and become who you were always meant to be,  
an ocean, proud and whole.

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*Nikita Gill*



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*Pema Chodron*

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# THE BEST YEAR

OUT WITH THE OLD {20\_\_}



IN WITH THE NEW {20\_\_}

**2** FAVORITE MEMORIES

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**3** THINGS I'M GRATEFUL FOR

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**1** HARD LESSON I LEARNED!

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**1** THING I DID THIS YEAR I'M PROUD OF

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**3** PLACES I WANT TO GO

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**2** WAYS I CAN HELP OTHERS

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**1** THING I WANT TO GET BETTER AT

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**2** THINGS I AM LOOKING FORWARD TO

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**3** NEW THINGS I WANT TO TRY

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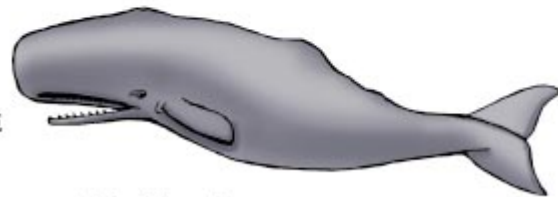
## **WRITING PROMPT**

What does it mean to be human? (You probably saw this coming:)

## Find the Ocean Animals

B	L	E	O	C	T	O	P	U	S	E	E	J	H	E	G	O	S	M	T
U	O	E	L	Q	S	E	B	E	V	K	L	E	U	L	U	E	I	P	D
C	D	T	D	A	N	H	A	A	I	J	K	L	M	C	L	J	B	U	Q
H	L	F	T	G	H	T	A	L	R	L	N	L	P	A	S	I	Z	C	W
P	M	O	U	L	U	W	L	R	E	C	I	Y	B	N	A	F	S	A	S
D	E	I	W	R	E	E	E	E	K	Y	W	F	A	R	E	L	L	T	E
G	N	S	T	N	R	N	Y	U	N	S	I	I	C	A	S	R	I	Z	E
T	I	L	B	W	F	A	O	N	L	Q	R	S	K	B	U	N	Y	U	T
U	E	O	H	I	R	I	E	S	L	B	E	H	W	S	G	R	H	F	A
U	W	A	O	O	F	L	S	R	E	U	P	Z	H	R	G	V	U	W	N
S	L	N	M	R	B	B	F	H	L	D	H	D	A	M	I	S	J	P	A
E	E	N	O	M	E	N	A	A	E	S	O	Y	L	U	M	B	S	E	M
S	E	A	E	I	E	T	H	R	I	N	F	L	E	W	U	X	H	L	T
T	P	F	H	G	L	W	S	F	C	S	T	E	P	M	I	L	R	I	C
A	K	G	X	O	R	A	R	B	X	T	W	H	T	H	D	N	I	C	W
R	R	M	I	A	R	E	E	B	O	L	I	H	T	P	I	R	M	A	H
F	U	N	N	C	F	S	Y	S	L	L	Y	M	Z	W	F	N	P	N	H
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S	F	L	U	M	W	C	N	I	H	C	R	U	A	E	S	L	A	E	S
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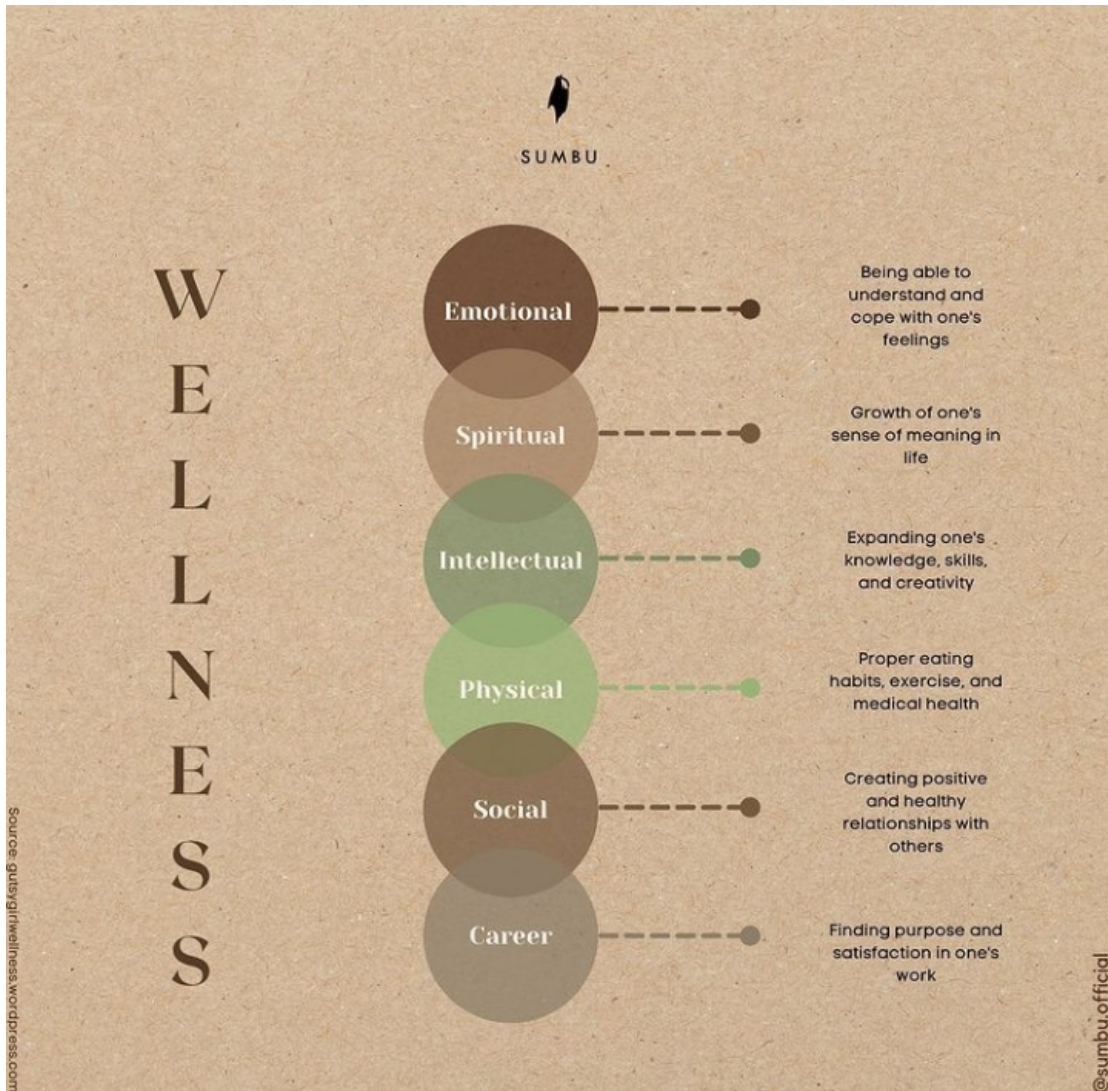
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|---------------------|-------------|------------|-------------|
| BARNACLE            | MANATEE     | SEALS      | SHRIMP      |
| BLENNY              | MORAY EEL   | SEA OTTER  | SPERM WHALE |
| BLUE WHALE          | NARWHAL     | SEA SLUG   | STARFISH    |
| BOTTLE NOSE DOLPHIN | OCTOPUS     | SEA TURTLE | STING RAY   |
| CLOWN FISH          | PELICAN     | SEA URCHIN | WALRUS      |
| CRAB                | PENGUIN     | SHARKS     |             |
| HERMIT CRAB         | PERIWINKLE  |            |             |
| HUMPBACK WHALE      | PUFFER FISH |            |             |
| JELLYFISH           | PUFFIN      |            |             |
| KILLER WHALE        | SEA ANEMONE |            |             |
| LIMPETS             | SEA HORSE   |            |             |
| LOBSTER             | SEA LION    |            |             |



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# HEALTHY RELATIONSHIPS

Our relationship with ourselves is the most important and longest relationship we will ever have. Let's nurture it.



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## **MOMS HELPING MOMS**

We all have those moments or days where nothing seems to go right. And in our frustration we may verbalize our irritation and annoyance...which may alleviate some of the tension, but not for very long. Complaining really never solves anything...this we know. But sometimes we just need to 'let off some steam'. When children experience those same moments of frustration they, too, may respond in an 'unproductive' manner by complaining or crying or throwing a toy, or even lashing out at a sibling or friend. It is our job as parents to intercede and help our children deal with the big feelings that come along with something not working out as we had planned and with feeling (temporarily) 'helpless'.

How we respond to our children when they are frustrated is one of those 'big teaching moments' that we, parents, can sometimes, in our own frustration, miss. To instruct our child to 'stop whining' rarely gets the result the directive calls for. In fact, the whining and complaining most often just gets worse. Instead, we could get down to our child's level and have a conversation about what went wrong and his or her feelings re: this matter. And in the course of the conversation, what may come to light for our child is that they have options...they can choose to brainstorm alternative ideas and new ways of doing something or they can leave the situation altogether.

When we complain, we are essentially wallowing in 'victimhood'. It is our job to teach our children that they have the choice to either fix something or leave it. And when we do so, we are teaching them that they have agency and autonomy, both of which will serve them well as they grow and their world expands far beyond our living-rooms of collapsed building-block towers.

**Imagine if every parent right now  
teaches their children to not  
waste their time complaining  
and choose to either change  
or leave the situation.  
what a powerful generation  
we're creating.**

 @RaiseGoodKids



## QUOTES

be fearless in  
the pursuit of  
what sets your  
soul on fire.

"WHAT WE DON'T  
NEED IN THE MIDST  
OF STRUGGLE IS  
SHAME FOR BEING  
HUMAN."  
- BRENE BROWN

