



Shareable Moment from International Dressage Academy (IDA) Book Circle from Wellington, Florida

The IDA Book Circle discussed how individuals could learn more about each other and deepen our understanding and connection with one and other.

Unfortunately, this pandemic has created an environment of “feeling trapped with noise and confusion.” Although the situations are very different from the tragedy, described by Rich Harwood, we found similarities in the human experience. There is disagreement about what to do and what not to do, “frustrations are high, people are confused and scared.” We have seen division grow. There are concerns about the decision to open public places or not. It seems every state is going their own way (more noise and confusion). We are faced with a host of challenges. The question is, can we build strength and resilience to step forward safely?

Surrounded by trauma, tragedy, and emergencies, we discussed how the pandemic has brought us closer together, even though we are physically distancing ourselves. We have seen friends, neighbors, and strangers acting more polite and respectful to one another, people willing to help those in need, and a feeling of togetherness as we all go through this event in our lives.

Although we are not an organization that can make major change, we have each stepped forward in many small ways. We are supporting one another as we always do with our group, but we are now helping our neighbors in whatever way we can.

We are reaching out to our friends and family who we have not connected with recently. Some have reached out to older neighbors who need shopping assistance. Others have housed family from NY and NJ for over a month, and as almost everyone is doing, we are following the CDC guidelines. One of our members is a teacher who is working on Zoom with her students and was able to set up Zoom for our group as well. Members have stepped up to write to senators about how the pandemic is affecting us and recommendations to support.

Others have made donations to food banks. One of our colleagues, who works in an ER, was able to donate plasma after recovering from Coronavirus herself.

Rather than respond with negative thoughts, we hope we can contribute to the building of a future of working together.



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