

Kathy Vashro's Credo

April 12, 2015

My heart beats slowly... I am calm in an emergency. My sister is 3 yrs old and has just put her arm through a glass door after running to greet our father arriving home from work.

I am 5 yrs old and my parents are allowing me to help with my sister's injured arm. I didn't mind the blood nor understood that me, a possible future nurse, is probably not the person to be helping with the care of a 3 yr old in an emergency situation but, I 'just knew', I just knew what to do and was allowed to follow my instincts. My caring was not squelched.

I CAN MAKE A DIFFERENCE

I am in 4th grade at school and my teacher walks out of the class room. Students start calling another student names and I stood up and yelled 'how would you like someone to call you names'?

KNOWING WHAT IS RIGHT IS MY STRENGTH

I think that these incidents were the beginnings of me internalizing the phrase 'see a need fill a need' a quote from a movie titled ROBOTS that I saw several yrs ago

I look, I observe and catch a person that is falling, or resuscitate a child that has choked on a toy or make food for the mother of 4 down the road to give her a break. I return extra money that has been given to me in haste or stop abuse happening in front of me. I chose to say no to drugs and alcohol when I was in my teens and twenties, so I could be available for those who were using. I find strength in standing up for what is right vs wilt with fear of embarrassment or being shamed into minding my own business. We are all each other's business we are all witnesses to each other's lives and I like being a witness to your lives. There are needs to be seen and filled everywhere.

BEING AVAILABLE ALLOWS ME TO CARE

When asked why I am pushing a wheel chair for someone I don't know or working pro bono for a client, I say 'why not'? Everyone deserves to be cared for and most say 'I am not used to being cared for' or 'I am independent, I don't need care'.

I CARE

George Bernard Shaw says 'independence is middle class blasphemy we are all dependent on one another, every soul of us on earth'. To me the western belief system, our belief system of independence, doesn't make sense to me. We are all interdependent...we need the farmer to grow our food, we need the truck driver to deliver, the grocer to display the food and the cashier to sell it and and and... we are interdependent. We need each other and need to care for, smile to and notice each other to make this world a better place and my actions promote a better place. So, I offer a hand, a smile, an ear, a voice... I love our

Affirmation of Fellowship that we are not isolated beings but connected, in mystery and in miracle to the universe, to this community and to each other. I give a smile or a listening ear or an elbow for a person crossing a street. Finding a need, filling a need keeps my heart slow, research states. It makes me happy to help others feel happy, if only for a fleeting moment.

Every little action creates an effect; like butterfly wings on the air or the ripples in water. We are all interconnected.

Helen Keller states:

The welfare of each is bound up in the welfare of all.

INTERDEPENDENCE MAKES ME STRONG

My last credo is from a poem I wrote in 9th grade

THE LITTLE THINGS ARE MOST WORTHWHILE

By Kathryn Mordecai, 1960

*The little things are most worthwhile
A look, a smile, a listening ear that quick to share
Another's thoughts another's cares
Though sometimes these may seem quite small,
The little things mean most of all.*

Rummage around

Showing a star.... And it makes a difference to this one. (this is a reference to the reading of the "Starfish Poem", below)

Star fish saying: moments of reflection

STARFISH POEM

One day an old man was walking down the beach just before dawn. In the distance he saw a young man picking up stranded starfish and throwing them back into the sea. As the old man approached the young man, he asked, "Why do you spend so much energy doing what seems to be a waste of time?" The young man explained that the stranded starfish would die if left in the morning sun. The old man exclaimed, "But there must be thousands of starfish. How can your efforts make any difference?" The young man looked down at the starfish in his hand and as he threw it to safety in the sea, he said, "It makes a difference to this one!"

At times in our lives, we are all the old man, the young man, or the starfish. Sometimes, as the old man, we don't see the purpose to actions. Sometimes, as the young man, we persevere and make a difference. And sometimes, we are the starfish who just need a little help.