Message from Maria

Hope: Fragile and Resilient

Dear Friends;

This month’s theme was selected around mid-December… just around the winter solstice, on the darkest day of the year. This is a perennial time when we long for light and the promise of hope. My message in the 12/31 newsletter described our call-to-action – to be lamplighters punching holes in the darkness.

Wednesday, January 6th will be remembered as one of the darkest days in American history…. and our hope for the future is, indeed, so very fragile.

In my capacity as Executive Director, I’ve had the honor and privilege of being part of the American democratic process. I’ve visited with our lawmakers in Washington, attended the swearing in of our Congresswoman and shared the stories of prevention, recovery and community with our nation’s decision makers. Every time, without exception, I’m awestruck at the vision and brilliance of the framers of our nation. Ordinary citizens have a voice in shaping policy – through voting, writing letters, making phone calls, sending emails and even meeting with Congress members.

I’m now struck at the fragility of our democracy. It rests on the truth. It depends on trust. It requires an engaged and informed citizenry to function. And, it is nourished by hope. Each of these are threatened at this moment.

As with any disease, we must root out the causes in order to heal. We’re well acquainted with that process here at McCall. Trauma, anxiety, grief, depression, anger and loss must be felt in order to heal. It’s our job to identify what’s causing the pain, bring it out into the light and allow for the healing to take place.

The diseases that are threatening our democracy look very much like those that threaten the lives of those we serve. The trauma of racism and white supremacy, the anxiety of uncertainty, the grief and loss caused by a rampant virus and the disorienting spin of misinformation.

There has never been a more urgent call for the lamplighters than now. Hope gains strength in the light – in the courageous conversations that call out injustice, racism and lies. Hope lives in the strong hearts of the healers.

Again, my friends, shine on and share your hope.

Love,
Maria

Make a difference in someone’s life and support McCall today.

Our mission is to provide comprehensive integrated substance abuse and mental health treatment to help people lead healthier and more productive lives.

Your donation will directly support our prevention, recovery and community programs and help us provide clients with the support they need regardless of their ability to pay. Click here to donate today!

Check out our WZBG Interview

Please tune in on Wednesday January 20th at 8:20am to hear this month’s interview on WZBG 97.3 with Dale Jones and Rebecca Humphrey, LMSW Outpatient Clinician at the McCall Center for Behavioral Health.