



# The CommUUnicator

Newsletter of the Unitarian Universalist Fellowship of Waynesboro

## Socialization

By Cal Hauptle

We all recognize the benefits of socialization. It lifts our spirits, connects us with each other, and the Holy One (however you experience the Holy One) within ourselves and each other. This happens especially when we forego social media and meet in person. As with some other benefits we receive from the world, if we begin to receive less, we seek out less. We begin to draw a blind eye.

The viruses that have affected this country and indeed the entire world, have discouraged in-person socialization to our detriment. Add in the weather, domestic chores, distractions, and travel or auto problems, and you can get the picture. This is a real phenomenon.

We have begun to do less in the way of socialization. We have become isolated. A recent cover of *The Atlantic* reads “The Anti-Social Century” —let’s hope it does not last so long. Fortunately, this can be cured. Just take steps to reconnect with friends, relatives, neighbors, and the rest of the world.

The first step is to think about the people in your life that you would like to spend more time with or the types of people you would like to get to know. Initially, it’s probably a good idea to avoid people and situations that make you uncomfortable or are sure to lead to conflict.

The next step is to actually schedule time to socialize. My first business coach suggested a regular mid-week lunch with a relative, client, friend, or new contact. Wednesday or Thursday is better than Monday when folks may be

cleaning up emails, launching new projects, or Friday when they are finalizing matters.

Importantly, search out gatherings to meet strangers who can become new connections. Weddings, birthdays, anniversaries, political rallies, game nights, book clubs, and—of course—church.

Also, exercise your sense of humor and avoid sales pitches. Improvise, tell jokes and stories, ask easy fun questions including what others are up to, where they are from and currently reside. Get to know them.

Connect, collaborate, cooperate! Socialize!



*UUFW members joined thousands in DC for the People’s March on January 18. They marched from Farragut Square to the Lincoln Memorial to demonstrate their profound frustration, disgust and anger with the incoming administration and state of our nation.*

*Signs ranged in tone from wry humor to naked hostility, but the message of opposition to bigotry and hatred was universal.*

