

Every morning since the election, I have woken up in the dark and walked my neighborhood in an effort to help some of my anxiety. The school crossing guard, Audrey, a black woman, always gets out of her car to help me across a busy road. She does this even though I am not her job and kids are not always present because she cares that I get across safely.

Towards the end of last year, she disclosed that she is Jehovah's Witness when I wished her a "Happy Thanksgiving." So after Christmas break, I simply asked her, "Did you have some good time off?" She had spent time taking care of her ailing parents. This morning, we stood together and marveled at the beautiful sunrise, agreeing that Creator God made this, and we were thankful.

Find people of different skin colors, religions, sexual orientations/identities, life experiences, etc., y'all. Your life will be richly blessed when you do, and they might just help you get to the other side safely.