

TRULY EPISODE GENEROSITY

INTRODUCTION: HEY EVERYONE, I'M ALLY TACK, A DELTA ZETA ALUMNA FROM OUR BETA KAPPA CHAPTER AT IOWA STATE UNIVERSITY. WELCOME TO THE FIFTH EPISODE OF THE TRULY; A WEEKLY MEMBERSHIP MOMENT OPEN TO THE PUBLIC BUT DESIGNED FOR OUR DELTA ZETA MEMBERS.

AS I MENTIONED LAST WEEK, I AM ONE OF 5 DIRECTORS OF CHAPTER SERVICES ON DELTA ZETA STAFF AND EACH OF US HAS THE OPPORTUNITY TO COMMUNICATE NOT ONLY WITH OUR CHAPTER OFFICERS DAILY BUT WITH OTHER DZ STAFF MEMBERS WHO ARE WORKING WITH AND HEARING FROM OUR MEMBERSHIP DAILY.

THROUGH THOSE CONVERSATIONS WE'RE LEARNING A LOT ABOUT HOW OUR SHARED VALUES ARE BEING LIVED DURING THIS HEALTH PANDEMIC. FOR EXAMPLE, IN OUR CREED WE SAY, "TO GIVE GRACIOUSLY OF WHAT IS MINE." IT'S EASY TO THINK OF THAT IN TERMS OF FINANCES, BUT GENEROSITY IS SO MUCH MORE THAN THAT.

SO TODAY WE'RE TALKING ABOUT THE SPIRIT OF GENEROSITY AND THE MANY WAYS IT SHOWS UP AND MAYBE EVEN HOW WE MIGHT DEMONSTRATE IT TO OURSELVES AND TO ONE ANOTHER.

I COULDN'T THINK OF ANYONE BETTER TO INVITE TO HAVE THIS CONVERSATION WITH US TODAY THAN MY FRIEND AND COWORKER, ALICIA FAVATA! ALICIA IS A DELTA ZETA ALUMNA FROM OUR PI BETA CHAPTER AT THE UNIVERSITY OF HARTFORD AND IS THE CHIEF ADVANCEMENT OFFICER FOR THE DELTA ZETA FOUNDATION. THE FOUNDATION PROVIDES SUPPORT FOR THE SORORITY'S EDUCATIONAL AND PROGRAMMING OBJECTIVES. THAT INCLUDES THINGS LIKE NMALC, TRULY CONNECTED AND THE PRESIDENTS ACADEMY. IF YOU HAVE BEEN TO ANY OF THOSE EVENTS, SHARE WHICH EVENT HAS BEEN YOUR FAVORITE IN THE COMMENTS!

ADD ALICIA INTO LIVE

AT: HEY, ALICIA! THANKS FOR SHARING YOUR TIME WITH US TODAY. HOW ARE YOU?

ALICIA: HI ALLY! I AM DOING WELL! THANK YOU SO MUCH FOR HAVING ME!

AT: SO AS I MENTIONED, TO GIVE GRACIOUSLY CAN MEAN SO MANY DIFFERENT THINGS TO ALL OF US. WHAT DOES THAT PHRASE "GIVE GRACIOUSLY OF WHAT IS MINE" MEAN TO YOU?

ALICIA: WHEN I HEAR "GIVING GRACIOUSLY" OR TALK ABOUT IT, IT IS USUALLY IN THREE AREAS; TIME, TALENT AND TREASURE. LATELY, I HAVE SEEN IT AND EVEN EXPERIENCED IT ON SUCH A DEEPER LEVEL. I THINK FOR A LOT OF US IT HAS BECOME ALMOST SECOND NATURE. I THINK THAT THE STATE OF OUR WORLD HAS BROUGHT OUT THE SPIRIT OF GENEROSITY MORE IN PEOPLE. EVEN

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IF YOU WERE GENEROUS BEFORE, EVERYONE IS SO MUCH MORE OPEN TO SHARING WHAT THEY HAVE AND EXPECTING NOTHING IN RETURN.

AT: HOW HAVE YOU SEEN THAT SPIRIT PRESENT ITSELF DURING THE COVID19 PANDEMIC?

ALICIA: SO I HAVE A TODDLER, AND A COMMON TERM YOU HEAR WHEN YOU BECOME A MOM IS "IT TAKES A VILLAGE". THIS COULD NOT BE MORE TRUE WITH MOM LIFE, BUT I FEEL LIKE IT HAS BECOME THIS NEW MANTRA FOR GETTING THROUGH THIS PANDEMIC. FOR EXAMPLE, I HAVE A FRIEND WHO LIVES NEARBY AND EVERY TIME WE DO OUR GROCERY SHOPPING WHETHER ONLINE OR IN STORES, WE CHECK IN WITH EACH OTHER TO SEE WHAT THE OTHER NEEDS. IF WE SEE IT, WE GRAB IT FOR THE OTHER PERSON. SHE HAS BABY WIPES NOW PERMANENTLY ON HER GROCERY LIST FOR ME. MY MOTHER IN LAW HAS DELIVERED FOOD TO OUR DOORSTEP AT LEAST ONCE A WEEK WHICH IS JUST SUCH A HUGE HELP AS BOTH MY HUSBAND AND I ARE WORKING FULL TIME AND RAISING A CHILD IN THIS. I HAVE A FEW ELDERLY NEIGHBORS AND I CHECK IN WITH THEM TOO JUST TO MAKE SURE THEY HAVE WHAT THEY NEED. IT IS THE ONLY WAY WE ARE GOING TO GET THROUGH THIS – BY BEING GENEROUS WITH EACH OTHER!

AT: WE LOVE TO HEAR STORIES LIKE THAT. BEING THERE FOR ONE ANOTHER, THINKING ABOUT AND BEING THERE FOR OUR FRIENDS AND NEIGHBORS. HOW DO YOU THINK WE KEEP THAT SPIRIT ALIVE AS WE GO FORWARD? FOR EXAMPLE, WHEN WE'RE BACK ON A MORE TRADITIONAL

ALICIA: YOU KNOW WE ARE SO USED TO BEING BUSY AND ON AUTOPILOT IN OUR DAY TO DAY. TO BE HONEST, I DIDN'T KNOW THE FIRST NAMES OF A LOT OF MY NEIGHBORS AND I'VE LIVED HERE FOR 2 YEARS AND NOW IM TALKING WITH THEM (FROM A SAFE DISTANCE!) WHEN I GO OUT FOR A WALK INSTEAD OF HURRYING TO MY NEXT "THING TO DO". WE ARE ALL HAVING THIS SHARED EXPERIENCE AND WHILE I DO BELIEVE WE ARE ALL IN DIFFERENT BOATS, WE ARE IN THE SAME STORM. I HOPE THAT WE REMEMBER THAT AS WE MOVE FORWARD. I HOPE THIS BECOMES PART OF OUR NEW NORMAL – THAT WE KEEP THIS NEIGHBORLY SPIRIT AND REMEMBER THAT IT WAS THE HUMAN CONNECTION THAT GOT US THROUGH.

AT: HOW HAS THIS TIME AWAY FROM OUR ROUTINES MADE YOU THINK DIFFERENTLY OR RESET PRIORITIES?

ALICIA: THIS HAS BEEN A CHALLENGE FOR ME. FOR ONE, I HAVE LEARNED TO ASK FOR HELP. I SIMPLY CANNOT DO IT ALL. I ASK MY HUSBAND FOR HELP, I ASK MY FRIENDS AND FAMILY FOR HELP, AND I HAVE LEARNED THAT THERE IS NO SHAME IN DOING SO. I HAVE THIS SIGN IN MY OFFICE THAT SAYS "I WILL HOLD MYSELF TO A STANDARD OF GRACE NOT PERFECTION" AND THAT HAS BEEN CRUCIAL FOR ME TO REMIND MYSELF DURING THIS TIME. I THINK IT IS SUPER

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IMPORTANT THAT WHILE WE ARE GENEROUS WITH OTHERS, THAT WE BE GENEROUS TO OURSELVES! DON'T GET HUNG UP ON WHAT YOU DIDN'T GET DONE AT THE END OF THE DAY, BUT FOCUS ON WHAT YOU DID ACCOMPLISH. LOOSEN THE EXPECTATIONS WITH YOURSELF AND JUST GIVE YOURSELF THE GRACE YOU ARE GIVING OTHERS. PAY ATTENTION TO WHAT BRINGS YOU JOY IN YOUR DAY TO DAY AT HOME AND TAKE THE TIME TO DO THAT.

AT: I LOVE THAT! WE'RE FEELING PRESSURE TO MAINTAIN THE OLD NORMAL IN VERY UNUSUAL TIME. THANKS FOR THE REMINDER TO TAKE CARE OF OURSELVES, TO GIVE OURSELVES SOME CREDIT FOR THE PROGRESS WE MAKE OR JUST GETTING THROUGH IT.

ALICIA: YES, OTHERS NEED IT TOO. AS I MENTIONED EARLIER, GIVING GRACIOUSLY CAN MEAN GIVING OF YOUR TIME. THIS PAST WEEKEND MY HUSBAND WANTED TO WORK ON A PROJECT SO I HUNG OUT WITH OUR LITTLE GUY SO HE COULD DO THAT. WHEN HE WAS DONE, HE CAME IN AND SAID "HEY THANKS FOR GIVING ME THAT HOUR TO GET THAT DONE". SO DON'T DISCOUNT THE PEOPLE IN YOUR HOUSEHOLD THAT WOULD APPRECIATE A GENEROUS SPIRIT. IT MIGHT MEAN NOTHING TO YOU BUT EVERYTHING TO THEM.

AT: THESE EXPERIENCES ARE CHANGING US AND GROWING US. HOW DO YOU IMAGINE THESE LIFE-LESSONS WILL AFFECT THE WORK YOU'RE DOING THROUGH DELTA ZETA FOUNDATION?

ALICIA: I THINK THE IMPACT THE FOUNDATION HAS ON OUR ORGANIZATION WILL GROW. THE ABILITY TO PROVIDE IMPORTANT PROGRAMMING, CRUCIAL SCHOLARSHIPS, AND HELP FOSTER CONNECTIONS THROUGH ENGAGEMENT IS NEEDED NOW MORE THAN EVER. IM SO PROUD OF THE WORK THE FOUNDATION DOES AND SO GRATEFUL FOR THOSE WHO ARE GENEROUS FINANCIALLY TO SUPPORT THAT WORK.

AT: THIS HAS BEEN GREAT! ALICIA, EVERY WEEK I LIKE TO CHALLENGE EVERYONE TO PUT OUR TIPS AND TRICKS INTO ACTION. WHAT CAN OUR VIEWERS DO OVER THE NEXT WEEK TO GIVE GRACIOUSLY?

ALICIA: SURE, IT MAY NOT BE THE DEFINITIVE LIST BUT I AM LEARNING AND WOULD BE HAPPY TO SHARE THAT WITH ALL OF YOU

1. BE AWARE OF THE NEEDS OF THOSE BOTH IN YOUR HOUSEHOLD AND IN YOUR CIRCLE (FAMILY AND FRIENDS). KNOW THAT IF THERE'S SOMETHING YOU NEED, YOUR NEIGHBOR MIGHT ALSO HAVE NEEDS. WHEN YOU'RE DOING A GROCERY OR PHARMACY ERRAND REACH OUT TO NEARBY FAMILY OR FRIENDS TO SEE IF YOU CAN GET SOMETHING FOR THEM. AND EXPECT NOTHING IN RETURN.

2. BE GOOD TO YOUR SELF. SHOWING YOUR SELF SOME GRACE OR BEING GENEROUS WITH YOUR SELF IS NOT SELFISH, IT'S HEALTHY. ALLOW YOURSELF A

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LITTLE MORE TIME TO GET THINGS DONE AND BE OPEN WITH OTHERS, SUCH AS CO-WORKERS, ABOUT HOW MUCH YOU'RE ABLE TO GET DONE. KEEP YOUR COMMITMENTS, BUT BE WILLING TO NEGOTIATE THEM.

3. AND FINALLY, THERE MAY BE SOME THAT NEED OUR FINANCIAL SUPPORT, WHETHER THAT'S A FAMILY SERVED BY A LOCAL FOODBANK OR A SISTER THAT MIGHT NEED SOME FINANCIAL AID NEXT FALL THROUGH THE DELTA ZETA SCHOLARSHIP FUND. PLEASE GIVE IF YOU CAN.

AT: ALICIA, IT'S BEEN SO FUN TO LEARN FROM YOU TODAY! THANK YOU SO MUCH FOR BEING A PART OF OUR CONVERSATION AND SHARING YOUR INSIGHTS ABOUT GENEROSITY WITH US.

I WOULD ENCOURAGE EVERYONE TO USE THE TIPS ALICIA SHARED THIS WEEK. I KNOW THAT BEING NEIGHBORLY AND GIVING MYSELF GRACE REALLY STRUCK ME AS THINGS I CAN DO TODAY.

REMEMBER THAT WHETHER OR NOT WE ARE IN A POSITION TO MAKE A FINANCIAL GIFT, OUR GENEROUS SPIRIT CAN IMPACT OTHERS IN A POSITIVE WAY. LET'S BE GOOD TO OUR SELVES AND TO ONE ANOTHER.

WE'RE HERE FOR EACH OTHER. LET'S CONTINUE TO BE PRESENT, INTENTIONAL AND TO LIVE TRULY.

THAT'S IT FOR THE TRULY THIS WEEK. BUT FEEL FREE TO CONTINUE THESE CONVERSATIONS WITH OTHERS YOU SAW ON THE LIVE TODAY OR YOUR CHAPTER.

WE'RE HERE EVERY THURSDAY AT 2P EASTERN NOW THROUGH THE END OF MAY.

AFTER TODAY'S EPISODE, WE'LL POST ADDITIONAL THOUGHTS AND RESOURCES FOR YOU. SIMPLY VISIT THE NEW TRULY BLOG AT [DELTAZETA.ORG/THETRULY](https://delgazeta.org/thetruly). YOU CAN ALSO FIND ADDITIONAL INFORMATION ABOUT OUR FOUNDATION ON THE DELTA ZETA WEBSITE UNDER GIVE GRACIOUSLY

THANKS AGAIN FOR WATCHING.