

Sig 06.02.24

Significance of Hospitality

I was raised in a hospitable home. While our visitors were infrequent, every time a friend came to visit, we always offered a glass of water or cool lemonade within seconds of them entering the home.

Today I heard a very inspirational talk from Dr. Eric Bryant that referenced Refrigerator Rights. Eric talked about most Americans feeling stressed-out, over-extended, and disconnected...but they're not sure why. What are we supposed to do about it?

Dr. Will Miller, and therapist and ordained minister has the answer. He advocates changing our hectic lifestyles to embrace the idea of "Refrigerator Rights"-establishing close connections with friends and family who are trusted enough to enter our homes and help themselves to whatever is in the refrigerator.

This makes me think about Kramer on Seinfeld. Should we let people in our house to eat any cereal that we have purchased? Maybe this is a new way of looking at "love thy neighbor."

This leads us to our weekly riff on what's significant. What's significant about good old fashioned hospitality?

- Reaches out to those beyond our immediate family
- Balancing self-care and care for others
- Creating a sense of true community
- Re-establishes vital social networks
- Getting comfortable with not being constantly "productive"
- Learning to go with the flow, take a detour, lose track of time in the company of friends...and rediscover the nourishment of relaxed, mutually satisfying relationships
- Provides a role model to the next generation about living with a "we mentality."
- Cleans out our refrigerator. :)

Favorite Podcast of the Week: Showing some ole fashion hospitality to my good friends, Bob and Kelli Phillips (formerly of Texas Country Reporter) we shared a Saturday afternoon cup of coffee together and talked about their On the Road with Kelli and Bob NEW SERIES. Hear the inside story on this new podcast and their breakout from Texas. <https://www.spreaker.com/episode/legendary-storytellers-kelli-and-bob-phillips-debut-on-the-road-with-kelli-and-bob-krlld-1080--60250418>

Quotes I'm Pondering about Hospitality: From Cosmo Kramer on Seinfeld-
"Who's going to turn down a Junior Mint?" and "These pretzels are making me thirsty."

Book I'm Reading: Radical Respect by Kim Scott. Loved her riff on giving quiet people at work a voice. Stop the bloviating BS. It's a form of showing hospitality at work.

Enjoy this week and try to be a little more hospitable. Rick