

## Sylvia's Story – The Monarch

Our group played with the format to meet our needs to get moving. Everybody brings some food ready to eat. For our little group, getting out in nature for a few minutes was more important than learning how to cook. We have our opening and our meal and then we walk for 40 minutes, and in the really nice weather, we take ourselves on a picnic.

At first I couldn't do 40 minutes of walking without feeling winded. It had been years since I exercised. But I knew this was important and I couldn't find a more supportive community to help me get moving. So I walked.

There's something elevating about being outside, moving, taking in the scenery. No matter what's got me brooding, I feel better after a walk in the sun. One day we were walking where there was some milkweed by the roadside. One of our members stopped and turned over the top of the plant and showed us the caterpillar of a monarch butterfly. It was beautiful, all black, white and yellow stripes, munching away. She said the mother will lay her eggs on the milkweed and the next generation will head for Mexico! Mexico! How could those delicate creatures survive the trip? And how did each butterfly know whether she was supposed to lay her eggs here or fly to Mexico. I was all questions.

Getting outside on a regular basis has made a big difference in my life. I'm moving, I'm noticing things I was blind to before, and I'm filled with wonder. Somehow I always feel lighter after a walking meeting. I'm so glad for the flexibility in the program that encourages each group to steal the idea of Suppers and create a group to suit its own needs.