"A LITTLE BIT OF COUNTRY"
LINDON CITY NEWSLETTER

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WHAT IS COURAGE?

Good Question. So just what is courage and what does it have to do with anything? Each of us has a unique set of skills, experiences, desires, and values. What requires a lot of courage for one person may require little or none for another. I am reminded of a scout outing I had the opportunity to attend with my three older sons years ago. We were to go to southern Utah and back pack into the area known as Robber's Roost. Everyone was excited and ready for a great adventure. The outing was for three days and would require each of us to repel down a series of drop offs as we were hiking. Well, I am sure many of those there were looking forward to the opportunity to repel down the cliffs. However, for me it was not something I was real excited about. I am not very fond of heights! The thought of stepping off of a cliff backwards actually made me feel a bit of anxiety! With each opportunity to repel, I became increasingly less fearful. It was an amazing experience, one I will not forget. Just last year, I returned to Robber's Roost with my youngest son. I am not proclaiming to be a great courageous person, however, for me this last trip was a more pleasant experience. I had more courage and was not as fearful. I was able to overcome my fears.

We all have opportunities to be courageous every day. We hear of many great and courageous acts by people we know and by strangers who make the news for the amazing things they are able to accomplish. Many in military service are placed in circumstances where they are given to courageous moments. Law Officers, Paramedics, and Fire Fighters are thrust into situations where at any given time they are required to have courage and make life changing decisions for other people.

For each of us, let us do the simple things that require courage; tell the truth when it would be easier to say nothing, spend time with someone whom others dislike, tell a close friend how you feel about him or her, say no to drugs and alcohol, address a long standing and unspoken conflict, be honest in our dealings with others, make time for the sick or lonely neighbor, be a friend to the friendless, sacrifice some time for service. Simple acts such as these require courage and will make a difference. Courageous decision-making won't always be easy and it wasn't meant to be.

One of my favorite quotes states: "Life's journey is not traveled on a freeway devoid of obstacles, pitfalls, and snares. Rather, it is a pathway marked by forks and turnings. Decisions are constantly before us. To make them wisely, courage is needed: the courage to say no, the courage to say yes. Decisions do determine destiny."

What is Courage? It is doing the right thing. Making the tough decision to stand up for what is right! Each one of us will continue to have the opportunities every day to have Courage. Let us all have Courage and continue to enjoy the wonderful lives we all have living in this great city of Lindon, Utah!

Be strong and of good courage!

Councilmember Bret Frampton