

I can do it! .....Lessons in Life Joyce Tisman

I have always tried to be self sufficient and do what I need to do on my own. It was a sign of self sufficiency and independence. I was fairly successful over the years building my self esteem. To ask for assistance seemed like a weakness. I would often prop myself up recognizing I was in the middle, some worse off, while others better off and so it followed I could manage. I would meet the challenge and with each success I would feel I had grown skills and “emotional muscles”. I have come to slowly realize I can also request help. It can mean becoming vulnerable , but it does not diminish my self image. Rather it enables me to open myself up and experience an expression of love from others who have always been there and willing to respond to the request. I am ever so grateful for their patience for me to grow emotionally, their love and their generosity of spirit. Now I know we/they can do it,



Joyce has been a member of TBT some 35 years. She has been a life learner and enjoys Tuesday classes since becoming a member. “Singing with our choir is one of my joys...” During Jewish holidays she can be found in character costumes bringing puppets, storybooks and songs to develop concepts and sheer joy in our Nursery School.