



GRAVA 90 Journey:

Ninety ways to experience the Healing Power of Gratitude, Recognition, Acknowledgement, Validation and Acceptance



ACKNOWLEDGMENT ONE: JOE CAVALERI

One fine summer day I took my best friend's dad, who was also our physical education teacher in elementary school, out to lunch to one of his favorite restaurants near his assisted living apartment. At 95 years old, Joe Cavaleri was bright and full of energy as he shared stories about his life including his work as a teacher. With a twinkle in his eye he looked at me and said: "I love working with kids! I felt like I died and went to heaven in that job....for 25 years." This was a GRAVA moment as I had the privilege of bearing witness to what it means to be filled with passion and purpose beyond words. "Good job Mr. Cavaleri" kept going through my mind, a silent acknowledgment by me and on behalf of the thousands of children who were lucky enough to have him for a teacher. Then out loud: "Joe, you were one of the best teachers I ever had!" followed by several moments of mutual smiles and silence where we got to be together with those fond memories.