In difficult times--such as many of us in our country are experiencing now--we depend on our families and friends to provide reaffirmation of our strongly held beliefs. The people who support us are invaluable in our joint efforts at restoring our national goodness and in keeping up our spirits.

In our case, the people we know and trust give us hope for the future. These are the folks who believe in the diversity of our people, the need for protecting our planet, and the absolute necessity of negating bigotry, racism, and misogyny.

The messages we have received-- since the recent election-- from friends all over the world have been heartening. People realize and have told us in no uncertain terms that they know that the more than half of the American people are not as mean spirited as the results of the election could lead one to believe. They know that the majority of the voters did not give their approval to the coming regime and that there is no "mandate."

The struggle for equal rights for all people in our country has not been won. Climate change--obvious though it is--has not been accepted by some people. Degradation of the environment has not ended. And civility does not reign in our political arena.

We have had eight years to appreciate a President of high intelligence, grace, and quality. He has never descended to the level of his detractors. I wonder how long before we can once again take pride in the behavior of the leader of our nation.