

Contemplation time, hours or even just minutes to let the mind wander, is rare and elusive in our society today. There is always “something going on.” Even here, where we are pretty much centered on daily life on Coe Creek Farm, there seems to be little opportunity for the kind of deep quiet that is required for us to mentally explore an idea without interruption.

Oddly enough, I do have a quarter hour or more to just think every morning. And, it is in the midst of a particular activity. While I am turning the cream separator, the whirring of the centrifuge, the steady stream of skim milk splashing into a large pan while a slender ribbon of yellow cream flows into my Mason jar, I have a little time when there is nothing to do but turn the crank and think.

This morning, my mind began to explore the recent rash of “apologies” that have seemed to encompass any number of different kinds of bad behavior. Some of these statements have seemed sincere, but there have been many explanations or even defenses of bad behavior that have tainted these acknowledgments.

According to the dictionary, an apology should include an expression of true regret for one’s actions. That seems to be missing from much of what we hear and see these days—in print and on radio, television, and the internet.

It crosses my mind, as well, that many of the folks to whom these “apologies” are directed are not the real targets of the miscreants. Instead, it is the listening, watching, and reading public that the perpetrator wishes to appease.

And, is it an apology when someone says that “what I said was inappropriate?” I don’t think so. It has become easy to make an uncalled for negative remark and then simply say, “well, I didn’t really mean that.” Perhaps, it would be better to just think a little before speaking in the first place. Because, the words and actions themselves that later demand apologies cannot ever be “unsaid” or “undone.” A little respect for other people would go a long way to decreasing the number of “apologies” to which we are subjected on national media.