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Class of 2012

**How are you?** I hope the day has treated you well.

During the rush of the day this might be all you have a chance to say to a friend as you hurry on away and your friend rushes off in the opposite direction. The conversations might continue with “What about you?” as two friends walk past each other, but often that’s all that time allows.

I think sometimes we don’t even bother to listen to the answer before we hurry off because we expect that the answer will be: fine, good, alright, or okay. Any other response would require us to stop and have a *real* conversation.

Luckily, we have Journey Groups. Once a month for two hours we have the opportunity to have that conversation with a group of women who truly want to know your response to: “How are you?”

As a sophomore I have been blessed with a group that has stayed together these past two years. During that time, I’ve experienced a myriad of emotions. And once a month, I’ve made the time to have a conversation and dig a little deeper. Journey Groups are not about accepting, ‘fine.’ Our lives are far too complex for that to truly encompass how we feel or where we are on our journey. Being in a Journey Group has given me the skills to examine and evaluate who I am, what I am feeling, and where I am going.

As sophomores, the members of my group had the opportunity to apply to study abroad. Thus it has been a recurring topic this year at our meetings. We’ve shared in the excitement and anxiety about studying abroad. Talking about the experience helped me to work through my anxieties and fears regarding the application process. As the school year winds to a close, I know that my group will be different next fall. Our group will be a little smaller, but they will still want to know: How are you?