

Life Happens!

How to Reengage with the SCA

Do –

- Reflect on why you stepped away in the first place. Has whatever caused you to need to take a step back been dealt with?
- Keep your toes in the water:
 - join Facebook / Discord / Email Groups that are related to your interests and/or your local group
 - Read, like and comment on noteworthy happenings, congratulate those who are doing cool things.
 - Attend in person or virtual events as you are able.
- Find your new role in the group.
- Understand that the SCA has continued to move forward while you were on hiatus. People did stuff, got awards and filled the hole you left. Express appreciation for all that they have been doing.
- Learn the new rules for whatever you used to do and want to do again. Much has changed.
- Tell stories about the “Good Old Days”, only when specifically asked.
- Allow yourself to grieve the time that you missed out on, if you need to.
- Understand that if you were on a “track” before you stepped away, it will take a while (longer than you’d like) to reestablish yourself and get fully up to speed.
- Look for new research, things that were generally accepted as “True” may have been debunked by more recent research.

Don’t –

- Expect everyone to remember you and all the things you did.
- Expect to jump right back into your old roles, someone else is doing that now.
- Criticize those who are in positions of authority for not doing things the way you remember them being done.
- Prattle on and on about how things were better “Back in the Day”.
- Boss around or otherwise aggravate or abuse those who have been around while you were gone.

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