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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What happened? I choose to leave. (went to I was told to leave (banned or school, joined the military or a ejected from the local group, cult, had a baby, got married, household, Kingdom or by the moved to a new area, got a great BOD) job, etc.) Did you stay in touch? Have you served your time? Are you allowed back? Did you Yes, stayed in touch No, no one apologize, learn your lesson and with people, maybe remembers me. I'm a commit to changing your ways? attended Pennsic or a ghost. random local event or Or, I moved to a new Nope, no regrets. practice. People area and no one kinda recognize me. → Please stay away. knows me here. As your life allows, rebuild those Time to start over. You are in a Yes, I'm a connections. Meet the new weird position, you DO know changed people, catch up on all you things and have some person. missed. DO NOT expect to jump experiences that are valuable. What I did back into your old role. Life and However, people will frequently was awful the SCA have moved on. You will think that you are completely and wrong need to find your new role now. new, and misjudge you. and I never want to go through that again. HAVE FUN! Things may be different that you remember. You are probably different too. Whatever you do avoid phrases like, "But we always...", "Back in my day..."

Lady Ethne an Locha, Æthelmearc Pennsic LI (2024)