

## Community Comment 3/18/2013

By Jon Sapper

### Humility

Much is being said about the newly selected Pope Francis from Argentina. I'm not Catholic, but I have followed this new chapter in the Catholic Church with interest. Anyone who leads over a billion people is worth looking at. The word that seems to keep surfacing to describe him is humility. Being humble is essentially having a modest opinion of one's own importance. I think he displayed this when after becoming Pope, he went to the hotel where he was staying, picked up his own bags and paid the bill himself. He then rode in the bus with the other Cardinals instead of riding in his limousine. I like him already.

We often confuse humility with being timid. But humility is not about having an attitude of self-denigration, but rather it is about maintaining our pride... about our achievements and about our worth, without arrogance. It's about having a quiet confidence and letting others discover our talents without having to boast about them. It's about treating others with respect regardless of their position or lot in life. Yes, humility has a religious connotation, but it is also a trait that is currently being studied as an important part of enhancing leadership.

After my last annual physical, I have reasons to be humble. The doctor came in the room and said, "Jon, you're obese." Now...I've got a couple of extra pounds, but I don't think I'm obese. She said, "I hate to inform you, but yes you are. See this chart?" Well, the last thing I wanted to do was look at a chart for crying out loud. I knew I had some challenges....gout, kidney stones on a regular basis, recent eye floaters and flashes in both eyes. They call this vitreous detachment. I call it annoying. Then, there's the cracked teeth and several tooth implants. I face reminders to be humble every day when I get up in the morning.

I put the arch supports in my shoes to deal with planters fasciitis. I put on my glasses with progressive lenses where you have to look through the top part for things far away, the middle part for things closer and the bottom part for things really close like reading. Progressive lenses? I don't think so. I have them because my eyes are regressing. It was a marketing genius who came up with that term. Then I put on my back brace that hides under my shirt for my lower

back problem. Then I put in my computer controlled hearing aids so I don't say "huh" all day long. Plenty of reasons to be humble.

Yes, Pope Francis, you appear to be a humble man from all that I have read. Best wishes to you and the future of the Catholic Church. If I may, I only have one small favor to ask, can you please call my doctor and ask her to stop calling me obese? I will be eternally grateful. Thank you.

This has been Jon Sapper for Community Comment.