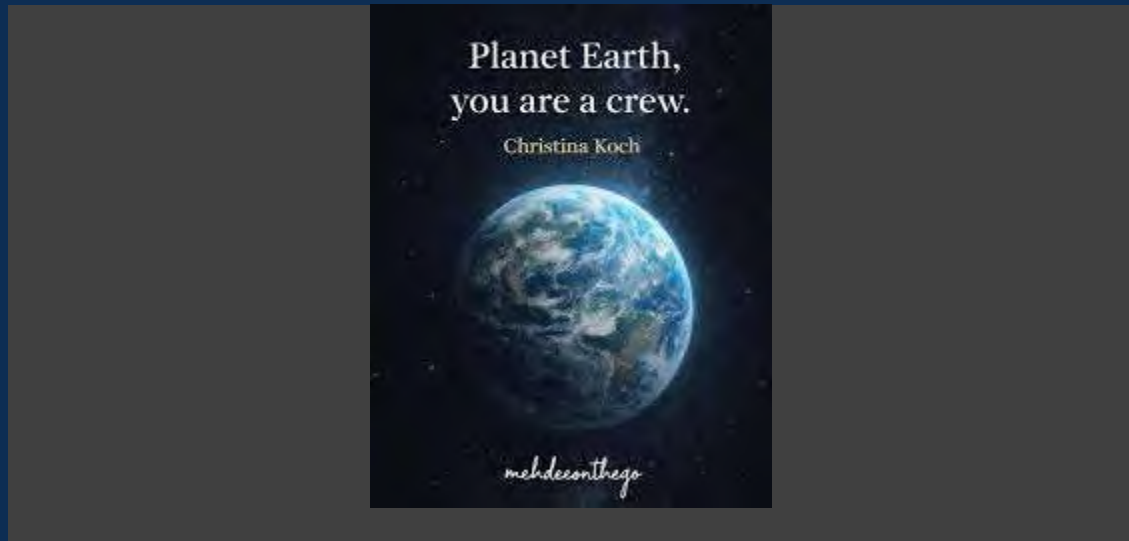


## Planet Earth - You Are A Crew

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Coach Myrna, April 27, 2026  
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### Planet Earth--You Are A Crew!

In a recent interview NASA astronaut Christina Koch shared a powerful reflection on what she learned about being part of a crew. Koch said, "A crew is a group that is in it all the time, no matter what, that is stroking together every minute with the same purpose, that is willing to sacrifice silently for each other, that gives grace, that holds accountable. A crew has the same cares and the same needs, and a crew is inescapably, beautifully, dutifully linked." She concluded with, "I know I haven't learned everything that this journey has yet to teach me. But there's one new thing I know, and that is planet Earth: You are a crew." ***Ok, what does this mean for you and me?***

It seems to me that these are some of the key take-aways:

- **Shared purpose & unity:** Like a crew traveling through space, we are all in this together. Our lives are intertwined, and whether we realize it or not, we share the same basic needs and the same future.
- **Interdependence & accountability:** Being part of a crew means none of us can go it alone. Our choices affect one another, and we're responsible not just for ourselves, but for how we support and care for those around us.
- **Perspective from space:** When Earth is seen from afar—as in the NASA image—it becomes clear how small and precious our home is. Borders disappear, and what remains is a single, fragile lifeboat carrying all of us.
- **Collective action:** This image feels like an invitation to care more deeply for our planet and for one another, knowing we're all riding on the same vessel through an uncertain universe.
- **Moving past differences:** It calls us to soften our divisions, meet each other with grace, and choose collaboration over conflict, remembering that our shared goals matter more than what separates us.

While these are great ideals, what we need to do is choose our next action step. Maybe it is to talk to and really listen to someone in our family or community that we have different ways of viewing life. Get curious and ask questions to understand why that person thinks that way. Find common ground--things that you both care about, like your grandkids, nieces, or nephews. Begin asking for help and advise. Find ways to connect with and meet new people. Look for ways to interact, engage with others, and get involved with your community.

In the words of Margaret Mead, "Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has."

Read this blogpost for more ideas on building connection:

[www.coachmyrna.org/blog/5-keys-to-deeper-connection](http://www.coachmyrna.org/blog/5-keys-to-deeper-connection)

For some recommended books to support you:

[www.coachmyrna.org/blog/choose-growth6540845](http://www.coachmyrna.org/blog/choose-growth6540845)

Link to the interview with the astronauts:

[youtu.be/59ccesBAOv0?si=D0aBZNoSnvobpyj](https://youtu.be/59ccesBAOv0?si=D0aBZNoSnvobpyj)

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*Find out more about creating better connections with Safe Conversations [www.coachmyrna.org/create-connection.html](http://www.coachmyrna.org/create-connection.html)*

