

February 2020



## Wading into the silence

Some times quiet can be deafening. Like when you have small children in another part of the house and you hear merry sounds of playing and then nothing! That's scary. Or maybe when your family has grown up and the soundscape is much different in this stage of life.

Much of life is noisy, but I find myself craving the sound of silence or sounds of nature. There's a soul-deep tension between wanting to know "What is going on in the world!?" & "Oh my, goodness I need to rest." I am learning to honor both of these inclinations. They both have their place.

Most of my life I have chosen more sounds over less. Now I'm doing something different. I am experimenting with 20 minutes of silence 2 times a day. Yes, that's different. I'm also practicing with some friends twice a week- again really different. It's been a stark contrast to the rest of life and the typical way we make friends, but what a beautiful blessing to build respect & honor by just being beside one another.

I'll let you know how it goes.

Leah

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**All Last Steps Facilitators**  
**Mandatory update 2/12/20**

**Spiritual Leadership**  
**Summit 02/5/2020**

**"Meeting Your Faith**  
**Friends Where They Are:**  
**How to Help Everybody"**  
**Wednesday, February 5, 2020**  
**9 a.m. – 1 p.m.**



**LAST Steps UPDATE**  
**ACP Facilitator Certification**  
Wednesday, 2/12/20 @ Jas. L. West Ctr.  
1111 Summit Ave. Ft. Worth, TX 76102

**Respecting Choices Facilitators**  
**Special Refresher course for all**  
**LAST Steps® UPDATE for ALL**  
**Advance Steps Facilitators**  
Wednesday, Feb 12, 2020  
12:00 PM to 1:00 PM

James L. West Alzheimer's Ctr, Education Room  
1111 Summit Ave, Fort Worth, TX 76102

**[SIGN UP Here](#)**

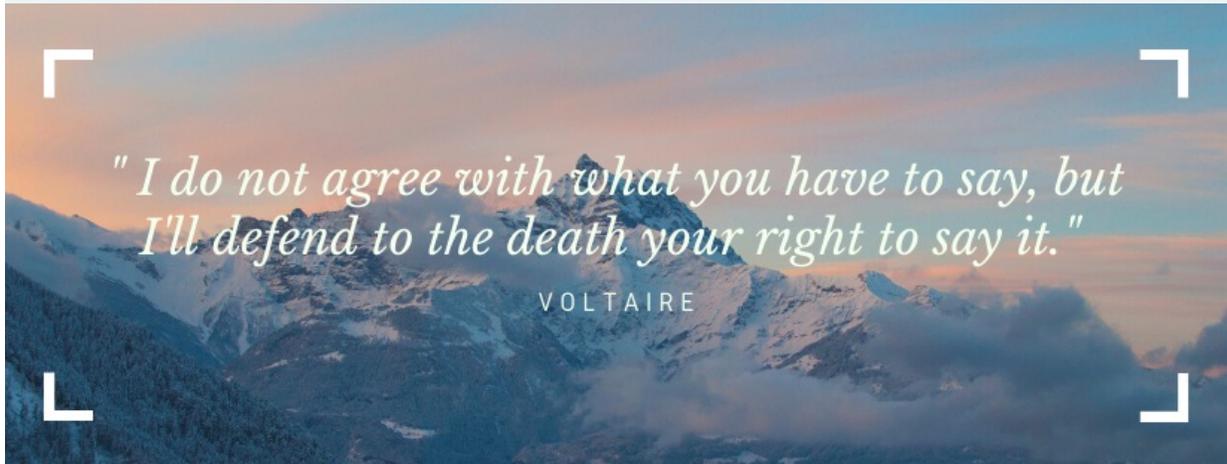
Register by  
emailing [Kathy.Campbell](mailto:Kathy.Campbell@VITAS.com)  
[@VITAS.com](mailto:Kathy.Campbell@VITAS.com)

**Free seminar RSVP ASAP!**

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**Alzheimer's Association**  
**SPRING SYMPOSIUM**  
**Thursday, March 26, 2020**  
new location: Hurst Conference Center

For more information, please contact  
[Shelly.Young@alz.org](mailto:Shelly.Young@alz.org)



*"I do not agree with what you have to say, but  
I'll defend to the death your right to say it."*

VOLTAIRE

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