

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

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

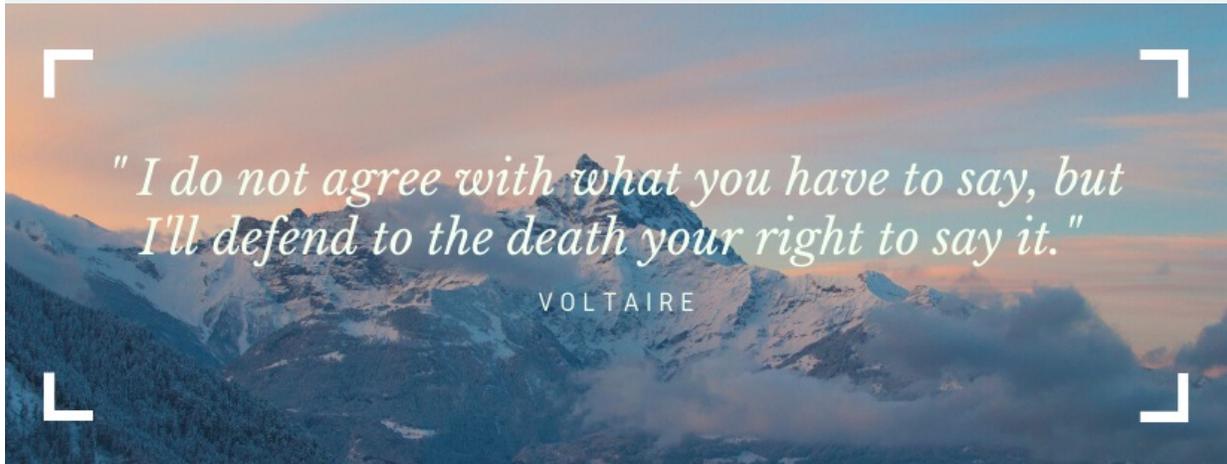
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Register by
emailing [Kathy.Campbell](mailto:Kathy.Campbell@VITAS.com)
[@VITAS.com](mailto:Kathy.Campbell@VITAS.com)

Free seminar RSVP ASAP!

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

For more information, please contact
Shelly.Young@alz.org



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