

WEEKLY E-LETTER

Jan. 16, 2018

Grace and Peace to you this day!

Did you make any New Year's resolutions? How's that going?

I am wondering if anyone made a resolution to move through life at a calmer pace, more aware of your surroundings and peaceful?

Here's something called a **Stillness Practice** to help make that change.

The travel writer Pico Iyer, wrote a book called *The Art of Stillness: Adventures in Going Nowhere*. It's a short book praising inner quiet. I enjoyed reading it.

He writes:

"In an age of speed, I began to think, nothing could be more invigorating than going slow. In an age of distraction, nothing can feel more luxurious than paying attention. And in an age of constant movement, nothing is more urgent than sitting still."

Give yourself the gift of five minutes of stillness. Make a cup of tea to savour. Enjoy looking around, simply allowing the tiniest of space between your seeing and your labelling of what you see. Allow your breath to bring you to stillness inside. You might want to use this prayer from Psalm 46:

Be still and know that I am God.
Be still and know that I am .
Be still and know.
Be still.

I also want to let you know of an educational session this week on a very important matter:

Confused by the topic of Estate Planning? Most people understand why a Will is needed, but what about Powers of Attorney and Health Care Directives? Jodi-Lee White will cover why everyone should have both a Power of Attorney for Property and Financial Matters and one for Personal Care, and how a Power of Attorney for Personal Care overlaps with a Health Care Directive. What are the pros and cons of each document? She will be answering questions and sharing sample clauses to consider in your own planning. **This presentation will take place at the STU Conference Centre, [368 Forest Hill Road](#), Wednesday, January 17, from 2 - 4 p.m.**

To register please call the Third Age Centre at 452-0526 or email 3rdage@stu.ca. Admission is \$5 for TAC members or \$10 for non-members, STU students are free. All are welcome. Light refreshments will be served.

Have a good week and I look forward to seeing you soon. The theme on Sunday continues our look at vocation.

Rose~Hannah

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