



The Snap-Clap, Chit-Chat, Pitter Patter

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. -Romans 15:13

Dear Family,

As we approach Autumn, shortened days and holidays, we want to remind you to keep your light shining bright, we are thankful for you and consider each of you a gift. When the days grow short and dark we can be inclined to follow- Do you sometimes feel you are drowning in life? To exhausted to tread any more? Frustrated and questioning your worth? Drowning in disappointment, grief, anxiety, stress, fear, and more? I would imagine we are all there at some point in our life. You are not alone. It was said in the -[Abiding Together](#) ([abidingtogetherpodcast.com](#)) S10 E03: Journey Into The Deep podcast (to summarize) that as in Psalm 18:16 God reaches down to draw me up from the deep water... He rescues us with His mercy and abiding love. If we would but yield to God's merciful gifts, life would be much like stopping the fight against the ocean waves of darkness to save ourselves and instead roll over and float in His mercy and grace. Would you consider just flipping over and floating awhile? If so, perhaps we can help you on that journey.

We would like to invite our moms, dads, grandparents, and caregivers to join us in a prayer group to support one another on the journey of personal growth and discovery of the person God Created us to be. Please see the details of the times and topic of our first group study on page 2 of the newsletter. It is important to the family unit for each person to be in a place of peace, love, joy, good health of mind, body and spirit. That includes our parents too. If this is something we can help provide for you through our weekly gathering, please consider attending in person or by zoom. We care deeply for our clients and their families and hope this event will bless you and your family.

LWM



Volume 2 Issue 5
October 2021

Upcoming Events:

- ☺ Prayer group-
Oct 4, Noon- details
inside
- ☺ Trunk or Treat-
October 25, 4-6 pm

Inside this issue:

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Fall Family Fun

We hope you enjoyed the Summer Fun activities and will be watching for details of Fall Family Activities that you can do as a family and return to the clinic to be entered in a drawing for a prize. For starters, be thinking of ways your family can let their light shine.





October is National Physical Therapy Month. We would like to express our heartfelt gratitude to our Physical Therapy Team— Linda Gomez, PT, Deborah Delagarza, PTA, and Brandy Ermis, PTA. We appreciate all you do to help our friends move forward one step at a time. Thank you for the loving care, support, and fun times you provide to make a difference. You're the best. God bless you every step of your journey.



**YOU ARE INVITED TO JOIN US
IN PERSON @ BKS OR ON ZOOM
AT 12:00 NOON
MONDAY, OCTOBER 4, 2021
AS WE EMBARK ON A DEEP
JOURNEY OF THE HEART &
ABIDE TOGETHER
IN A SMALL GROUP SETTING.
WE WILL LISTEN TO A WEEKLY
PODCAST SERIES, SHARE IN
DISCUSSION AND SUPPORT ONE
ANOTHER IN DISCOVERING OUR
OWN TRUE IDENTITY.**

**THE BELOW LINK IS TO THE PODCAST FORUM
WE WILL FOLLOW.**

[Episodes — Abiding Together
\(abidingtogetherpodcast.com\)](https://abidingtogetherpodcast.com)

**Amanda Luddeke is inviting you to a
scheduled Zoom meeting to join our
small group discussion every Monday
beginning Oct 4, 2021 12:00 PM**

Central Time (US and Canada)

Oct 4, 2021 12:00 PM

Oct 11, 2021 12:00 PM

Oct 18, 2021 12:00 PM

Oct 25, 2021 12:00 PM

Nov 1, 2021 12:00 PM

Nov 8, 2021 12:00 PM

Nov 15, 2021 12:00 PM

Nov 22, 2021 12:00 PM

Nov 29, 2021 12:00 PM

<https://us02web.zoom.us/j/84723602037>

Meeting ID: 847 2360 2037



The podcast/ small group's overall focus is on Identity of Women. The series includes four parts, each part consisting of 4 weeks. We will discover how the Lord meets us where we are and journeys with us to discover our identity in Him. The first subtopic in the series will be regarding the Identity of Daughter. The second in the series is concerns the Identity of Sister. After the second series there will be a focus on Advent and preparing our hearts for Christmas. The Identity of Women series will resume in season 11 of the Abiding together podcast after Christmas. The third in the series will concentrate on Mother and the fourth Bride. The small group is focused on women but men are welcomed to come and get insight into the beautiful creatures God called women to be. Come and learn to understand the heart of a woman.

What is Abiding...

**enduring · lasting · persisting · long-lasting · lifelong · continuing · remaining ·
surviving · standing · fixed · durable · everlasting · perpetual · eternal ·
unending · constant · permanent · stable · unchanging · steadfast · immutable**

To continue the intriguing and informational subject of mindfulness from last month...

What is Mindfulness?

Have you ever sat quietly with a keen awareness of yourself and your surroundings· felt your heartbeat, listened to your breathing, realized where your feet are in relationship to your hips, felt your eyes open and close, tasted your salty tears, smelled your freshly shampooed hair, savored each distinct flavor in a casserole or ice cream blizzard, heard a bird take off from his perch, visually follow a leaf fall to the ground, watched a cloud formation or stood in the presence of a cold front blowing in and experience the precise moment the change of temperature hit your face, totally and completely felt the embrace of a loved one or the tenderness of a butterfly kiss you placed upon the cheek of a child· Breathed in the freshness of a rainfall, tasted refreshment from a garden hose, heard the rhythm and crashing of waves against the rocks of a shoreline and watched the subsequent spray of droplets splatter through the air? That is mindfulness· Being present in the moment·

A Little Humor

**How do you
fix a broken
Jack-
O'-
-Lantern?**



Mindfulness Activities

Breathing—calming, takes 3-5 minutes

Relaxed position, eyes closed, deep breathing—breath in slowly through the nose, imagine the breath traveling to the lungs (give it a color if you want), let the breath out very slowly through the mouth (imagine the breath along with your stress leaving your body). Count each breath and repeat for 5 breaths. Notice your body relaxing. Child can place their hands on the tummy and feel the breath rise and fall. The environment can be set up with dimmed lights and calming music playing.

Savor a Chocolate— (or other snack if you don't like or cannot eat chocolate)- stress relief-

Relaxed position, take your snack in hand, close eyes, note texture, temperature, or other quality of the treat, inhale deeply— take in the aroma of the chocolate, take a small bite, roll it around in the mouth, let it melt, enjoy! For a tasty alternate activity use chocolate with nuts or mint flavor.

Art— awareness, be present, appreciate beauty and explore talent

Gather supplies: paper, colors, map pencils, find a quiet area to create, experiment with color combinations and designs, be aware of breathing, relish the work of your hands, give thanks for your talents.

Heartbeat— self-awareness, calming

Move quickly for one minute— run, jump up and down, stop, hand on the heart, feel as the heart slows with deep, slow, breathing in and out,

Listening— improve communication, better listening skills, use the H.E.A.R. activity

Halt: Halt and focus on what is being said.

Enjoy: Enjoy the moment & evaluate whether or not you are included in the conversation.

Ask: Ask yourself what is being said. If you're not sure, ask instead of making assumptions. You may be surprised by what you learn.

Reflect: Reflect on what you have heard. Let them know that you have listened to them.

Info taken from [Mindfulness for Kids: 10 Mindfulness Activities | MentalUP](#)



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*Nunc Coepi
"Now I Begin"*

*****NOTICES*****

Trunk or Treat
BKS parking lot
October 25, 2021

National White Cane Safety Day

Observed on October 15th. This day we celebrate the achievements of people who are blind or visually impaired. The white cane is not only a tool but also represents the independence of those who are blind worldwide.

Technological advancements have improved the lives of the blind and visually impaired, however the white cane continues to be a basic necessity for leading an independent and productive life.

The white cane extends a person's senses allowing them to determine steps, unlevel pavement, and obstacles. But it also provides a level of safety as a signal to the seeing public. It's important not to disrupt the path of someone with a white cane or to steer them in another direction. A skilled user allows the cane to find the clearest way.

Vision should not be a hindrance to attaining goals and dreams, and the white cane symbolizes those achievements.

Excerpt from:

[WHITE CANE SAFETY DAY - October 15 - National Day Calendar](#)

STAFF NEWS-

Congratulations to Peyton on the birth of sweet baby boy.



Birthday Wishes & Blessings

No October birthdays

Answer to The September Joke:

What is a
scarecrow's
favorite fruit?
Straw-berries



SAVE THE DATE WHITE CANE SAFETY DAY VIRTUAL EVENT

DATE: 10/22/2021 (FRIDAY)

TIME: 9:30 A - 2:30 P

LOCATION: ZOOM

Join Zoom Meeting

[https://us02web.zoom.us/j/8076838137?](https://us02web.zoom.us/j/8076838137?pwd=RHhLMWZuUE14cldjTm9wb2l3RW1mZz09)

[pwd=RHhLMWZuUE14cldjTm9wb2l3RW1mZz09](https://us02web.zoom.us/j/8076838137?pwd=RHhLMWZuUE14cldjTm9wb2l3RW1mZz09)

Meeting ID: 807 683 8137

Passcode: 981001

One tap mobile

+13462487799,,8076838137#,,,,*981001# US (Houston)

Please note: We will be sure to set aside some time for individuals that may need some guided assistance with navigating on the zoom platform or getting the One Tap Mobile info set up on your phones.

T-Shirt Description

The 2021 T-shirt is Kelly green, with black, white, brown, and blue ink

FRONT: On top, making a three-quarter circle in black ink the phrase "Our Presence is Powerful, Our Independence Tis Important." Below the phrase is a drawing of a girl with a ponytail wearing a green hoodie, blue jeans and green sneakers and using a cane with her right hand and holding the leash of a brown guide dog with her left hand. A shadow of the girl and dog is on the ground. Below the shadow in white ink is "White Cane Day 2021."

BACK: Starting from the top down, the phrase "Together We Can Educate the Community About Blindness" is printed and repeated in Braille below. Underneath is printed the phrase "Blind Americans Equality Day," with the Braille phrase "Ready to work ... Ready to contribute" under it.

Sincerely,

Ursula Odom

Refocus Now Victoria

