

## May 2022 VLGMA eNews

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### **Craig's Corner**

*Who Is Ready For A Few Great Days at Virginia Beach!*

### **Spring 2022 DAO Meeting Recap**

By Jeff Stoke, County Administrator, Prince George County

DAO meeting March 25 looked at “What’s next?” in our professional and personal lives.

### **2022 VLGMA Summer Conference Registration is Open**

Registration is open for the summer conference on June 8-10 at the Sheraton Oceanfront Hotel in Virginia Beach. The conference will be held in-person. The draft agenda, registration info, and hotel info are available at the conference website. Don't miss a fantastic development opportunity and a chance to reconnect with colleagues and friends!

### **A Silent Blessing**

A daily listening discipline allows our self to  
breathe, rejuvenate and renew.

In silence, we can simply let everything be  
without the compulsion to react to anything.

Thoughts, feelings, sensations come and go.  
in a ceaseless flow.

Silence is the nonjudging, unchanging background  
that brings attention to the wonder of now.

And whatsoever is true, whatsoever is honest,  
whatsoever is just, whatsoever is pure,  
whatsoever is lovely, whatsoever is of good report,  
if there be any virtue,  
and if there be any praise,  
silently dwell upon these things for a gracious day.



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