

Small & Simple

Newsletter

APRIL 2026



April arrives with a quiet invitation to soften, trust, and begin again. As spring unfolds and Easter reminds us of renewal and hope, this season encourages us to let God be in our driver's seat, releasing what we cannot carry so we can create space for restored energy, deeper faith, and a gentle return to what matters most.



A Gentle Reflection

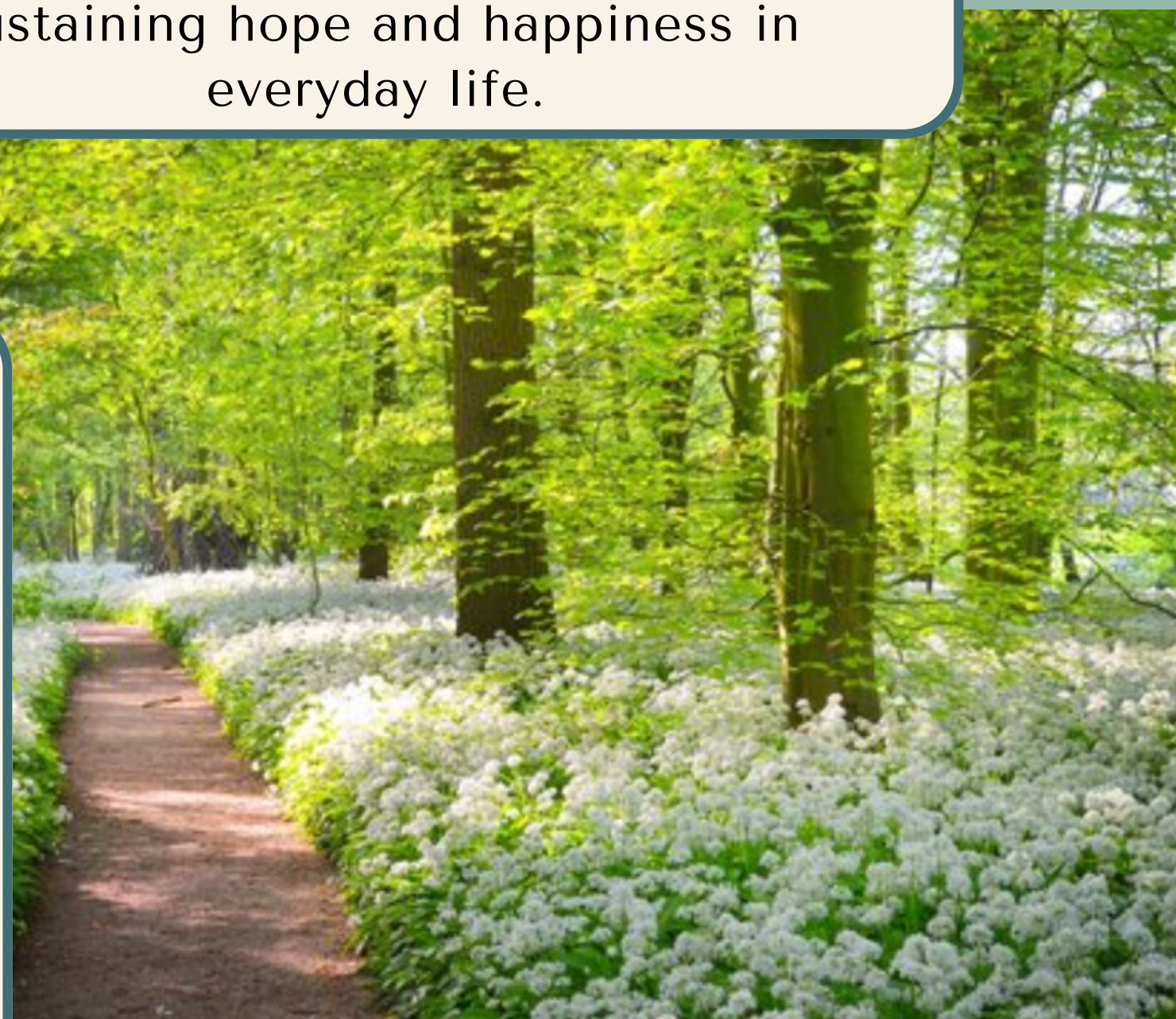
We hosted our second Bites and Insights gathering, which highlighted the strength of shared connection and reflection, with Bethany Stone's message offering a beautiful reminder of the importance of sustaining hope and happiness in everyday life.

A Small and Simple Practice

Embrace New Beginnings with A Letting Go Ritual

Ask yourself: What do you need to bring to an end in your life? What bow needs to be tied? What letter needs to be written? What closet needs to be cleaned out?

Identify an object that represents this needed transition and what you can do to bring some closure into your life.



Announcements

Introducing Small and Simple Living

We're honored to share an exciting step forward in our journey. As our vision has grown, we've expanded our name from Small and Simple Meditation to Small and Simple Living!

This change reflects our deeper commitment to holistic living as a whole—embracing not only meditation as a foundational practice, but also the many ways we can nurture clean, intentional, and balanced lives. While our name has evolved, meditation remains at the heart of what we do, continuing to guide and ground our approach. Thank you for being part of our community as we grow into this more inclusive expression of our mission.

Reconnect Potluck

A chance for members of our Small and Simple Living Meditation Community to reconnect with new friends, get some meditation updates, and refreshers from our last retreat to help re-boot your meditation practice.

Date: Friday April 24th from 6-8:30pm

Location: Survival Garden Seeds
3809 E 37 N #1
Rigby, ID 83442

Small and Simple Merch!

We are excited to announce some new merchandise being added to our website soon! Including trucker hats, sweatshirts and more t-shirt designs! Stay tuned for our launch date!





Let Go, Let God

I am 51 years old and for most of my life, lived completely in fear. I thought worry meant I cared. I believed that if I could think through every possible outcome—every “what if”—I was somehow helping, protecting, or even controlling what might happen next. But that is not control, it's entirely fear. Fear of the future. Fear of losing someone I love. Fear of the unknown. Fear of things that, in many cases, don't end up happening. And the more I focused on those fears, the heavier they became—like I was carrying around energy that didn't belong to me.

I remember expressing these worries to a dear friend, and she gently said, “You love, Jesus saves.” And around the same time, I could hear my husband's steady voice in my mind, reminding me, “It's all going to work out.” Those simple truths have taught me that worry and fear do nothing for me and do nothing for those I worry about. It just keeps the negative energy present in my life and often creates it as a result, I do not want. Do I still have moments of worry? Of course. But now I can catch it quicker. In some situations, it for sure takes a lot of faith letting go and giving it to God. But when I do, I often find myself in a state of peace and not worrying about the outcome because I know God loves me and has my back. Freeing me from replaying the past or rehearsing a future I can't control.

I like to remind myself: worry creates more worry. Trust creates peace. One simple tool that has helped me is to “schedule” my worry—give it a moment, acknowledge it, and then move on. Come back to the present.

Come back to trust.

If you're feeling overwhelmed or caught in fear, I invite you to remember this poem with me.

Let go of your problems, and let God handle them.

Let go of your hurt, and let God heal you.

Let go of your fear, and let God sustain you.

Let go of your worries, and let God bless you.

Practice mindfulness and let Him help you. Trust that he is in the driver's seat!

Jesus loves you, I love you,

Arianne Spahr

Want to Learn More?

If you would like support building a consistent meditation practice or help navigating life with clarity and more peace, check out my Instagram: **thesmallandsimple** or check out my website: **thesmallandsimple.com**