

Small & Simple

Newsletter

AUGUST 2026



A Thought to Ponder

"People are often unreasonable,
irrational, and self-centered.
Forgive them anyway.

If you are kind, people may accuse of
selfish, ulterior motives.
Be kind anyway.

If you are successful, you will win
some unfaithful friends and some
genuine enemies.
Succeed anyways.

If you are honest and sincere, people
may deceive you.
Be honest and sincere anyway.

What you spend years creating,
others could destroy overnight.
Create anyways.

If you find serenity and happiness,
some may be jealous.
Be happy anyway.

The good you do today will often be
forgotten. Do good anyway.
Give the best you have, and it will
never be enough.
Give your best anyway.

In the final analysis, it is between
you and God. It was never between
you and them anyway."

-Mother Teresa's Wall

August has a way of inviting us
outside—to soak up the sunshine,
gather around the table, chase new
adventures, and make memories that
will last long after summer fades. It's
a season filled with joy, laughter, and
countless opportunities to experience
the goodness of God in ordinary
moments.

As you read these pages, we hope
you'll be inspired to slow down just
enough to recognize the blessings
that surround you, celebrate the
people who brighten your path, and
embrace the simple moments that
make life so meaningful.

A Small and Simple Practice

If you want to conquer the anxiety of
life, live in the moment, live in the
breath.

In stressful situations, practice boxed
breathing: Breathe in for 4 seconds, hold for
4 seconds, breathe out for 4 seconds, hold
for 4 seconds. Repeat the cycle



Announcements



Mark Your Calanders!!

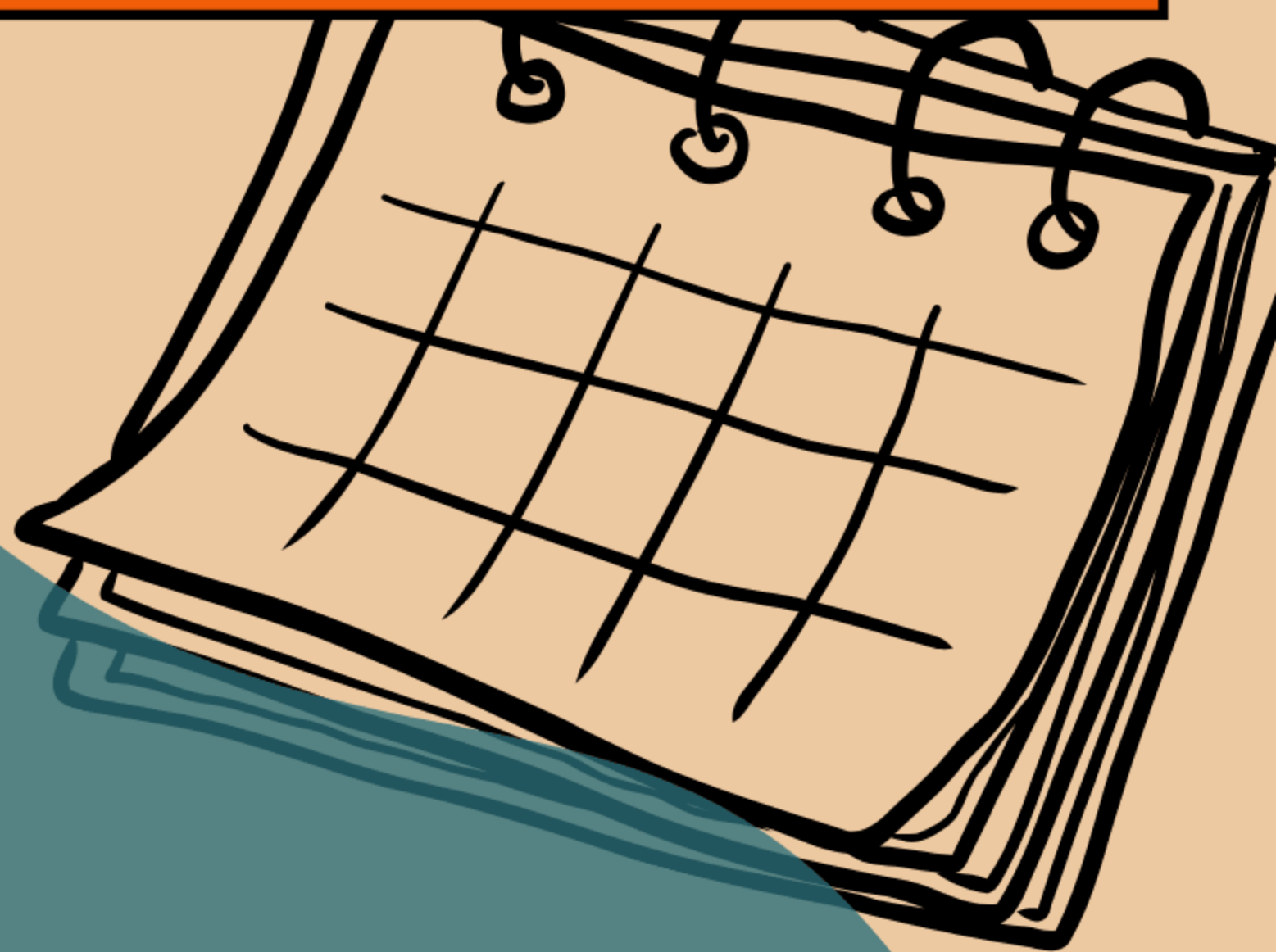


The wait is almost over! We're so excited to officially announce that our Small & Simple Living merchandise collection launches **Friday, September 4th!**

Featuring thoughtfully designed trucker hats, sweatshirts, T-shirts, and more, this collection was created to encourage faith-filled living and share simple reminders of God's love wherever you go.
We can't wait to share it with you!

Upcoming Retreat

We are looking forward to our upcoming Wellness Retreat! Our day retreats are designed to help us slow down, reconnect, and invest in your well-being. Join us for a day of faith, wellness, learning, and meaningful connection designed to leave you feeling refreshed and encouraged.



DATE: OCTOBER 1ST, 2026
WHERE: WELLSVILLE, UT

Full retreat details will be announced soon!



Angels Among Us



"Oh, I believe there are angels among us sent down to us from somewhere up above. They come to you and me in our darkest hours, to show us how to live, to teach us how to give. To guide us with the light of Love" - Alabama

This song speaks to my soul! When I was 22 years old, I had the opportunity to go with my dad on a three-week Church history/American history tour. I was a chaperone for 10 of the 200 students who had just graduated from high school. We sang this song every morning for 3 weeks. Years later, while living in Mesa, Arizona, I came across a book called Remembering Wholeness by Carol Tuttle. One chapter, Angels Are Among Us, gave me a new perspective on angels and the role they can play in our lives. In the book, Carol talks about how we walk among spiritual angels who desire to serve us. She explains that angels can be guardians who walk beside us, offering direction, protection, comfort, and support. She also shares the belief that while they are willing to help, we are invited to ask for that help.

We live in a world run by universal laws. One principle I believe God honors is agency. Heavenly Father allows us the freedom to choose, and I believe He and His angels wait patiently for us to invite heaven into our lives through prayer. (Not going to lie—I often ask my "writing angels," both spiritual and earthly, to help with these newsletters!). My little boy Jefferson and I play the "green light angel" game. When we're driving and come to several lights in a row, we both start yelling, "Green light angels! Green light angels!" It's so much fun, and surprisingly, we almost always hit all the green lights. More than anything, it's become a simple reminder for us to look for the angels that surround us every day.

I am so grateful for my guardian angels. I call upon them daily and am specific in asking for help with organization, cleaning, parenting, protection for my boys, even when cutting hair. I have felt comfort, guidance, and peace in ways that remind me heaven is near. I believe we each have angels who desire to assist us, and I've found that inviting heaven into my daily life through prayer has opened my eyes to countless tender mercies. I invite you to take that step and see what miracles begin to unfold in your life.

Jesus loves you; I love you,

Arienne 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: **thessmallandsimple** or check out my website: **smallandsimpleliving.com**