

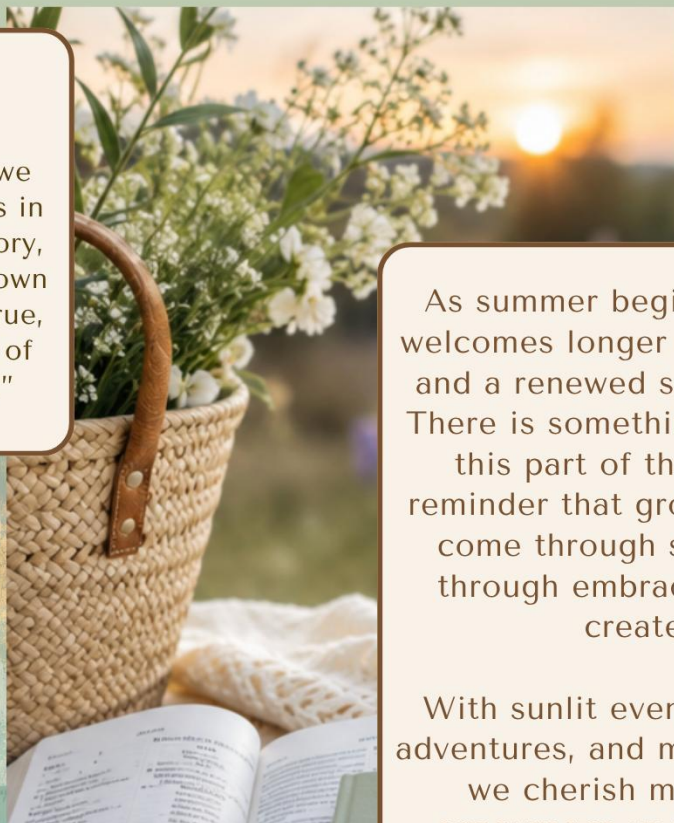
# Small & Simple Newsletter

JUNE 2026



## A Gentle Reflection

"C.S. Lewis once said that if we could see ourselves and others in all their eternal dignity and glory, we would be tempted to fall down and worship. Because this is true, we need to think more highly of ourselves and of each other."



As summer begins to unfold, June welcomes longer days, lighter hearts, and a renewed sense of possibility. There is something refreshing about this part of the year—a gentle reminder that growth doesn't always come through striving, but often through embracing who we were created to be.

With sunlit evenings, spontaneous adventures, and more time with those we cherish most, this season encourages us to slow down just enough to be fully present. In doing so, we create space for meaningful memories and deeper connections.

## A Small and Simple Practice

"This week, pay attention to what naturally captures your attention when no one is telling you what to do. Notice what energizes you, what others often come to you for help with, and what feels effortless compared to other tasks. The overlap between your gifts, interests, and passions is often where your Zone of Genius begins to reveal itself."



# Announcements

This month is a little quieter on the calendar, with no upcoming events or major announcements to share.

We invite you to use this time to reflect on the gifts God has placed within you and the ways you can use them to bless those around you. As always, we're grateful to be part of your journey and look forward to sharing what's ahead!



## 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!



# Zone of Genius



Have you ever heard the phrase, Jack of all trades, master of none? I have said this slogan so many times in my life and used it to limit myself instead of thinking of it as inspiration. As part of my journey, I have taken every class and seminar that has crossed my path, searching for my mission and purpose, and honestly just trying to find out who I am and my worth. I wondered if the more I knew, the better I would feel about myself. I am grateful for all my experiences and how each one has shaped me. The older and wiser I get, the more I realize we all come to earth different, unique. Different gifts, different talents. As I have settled into this idea of a Zone of Genius, I have come to realize that our differences were never a mistake—they were intentional.

So what is "Zone of Genius"? It is doing what you love to do, and using your skills, gifts, and talents to make a positive impact. In the book "Genius Zone", by Gay Hendricks, he says, "By devoting your time to creative work, your 'genius zone,' you can build a happier life for yourself and others."

Applying this has literally improved every interaction in my life: church callings, friendships, growing my company, family relationships, and even how I view all those I interact with daily. Not because I focused on fixing each of those areas individually, but because I changed the way I thought about myself and my role within them. Focusing on the talents God gave me and how I could use them in addition to everyone else's and seeing them all for what they truly are, gifts. I stopped feeling guilty and less than for not being able to do what others could, stopped comparing myself, and I gained so much inner confidence. It has helped me let go of control and be a better team player because aren't we all playing for the same team - God's team?

When we begin to recognize our own gifts, we also become better at seeing the gifts in others. Instead of comparing, competing, or feeling jealous, we can celebrate one another. As Theodore Roosevelt wisely said, "Comparison is the thief of joy." Few things steal our peace faster than measuring our lives against someone else's.

We are all children of God, and He has a unique purpose for each of us. Rather than competing with one another, let's complete one another. Celebrate your successes and the successes of those around you. Pray to recognize your gifts, develop them, and use them to bless others. Your Zone of Genius was given to you for a reason, and the world is better when you share it.

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: **thesmallandsimple** or check out my website: **[smallandsimpleliving.com](http://smallandsimpleliving.com)**