

Small & Simple Newsletter

MAY 2026



As spring is in full bloom, we're allowed a quiet chance to ease our pace, reconnect inwardly, and notice the beauty taking shape all around us. Nature's fullness reflects a powerful truth—progress can be calm, grounded, and deeply supportive.

During this time of honoring maternal love, we recognize those who give endlessly and encourage us to extend that same compassion toward our own well-being.

May the weeks ahead inspire balance, fresh vitality, and meaningful alignment with what truly holds value in your life.

A Gentle Reflection

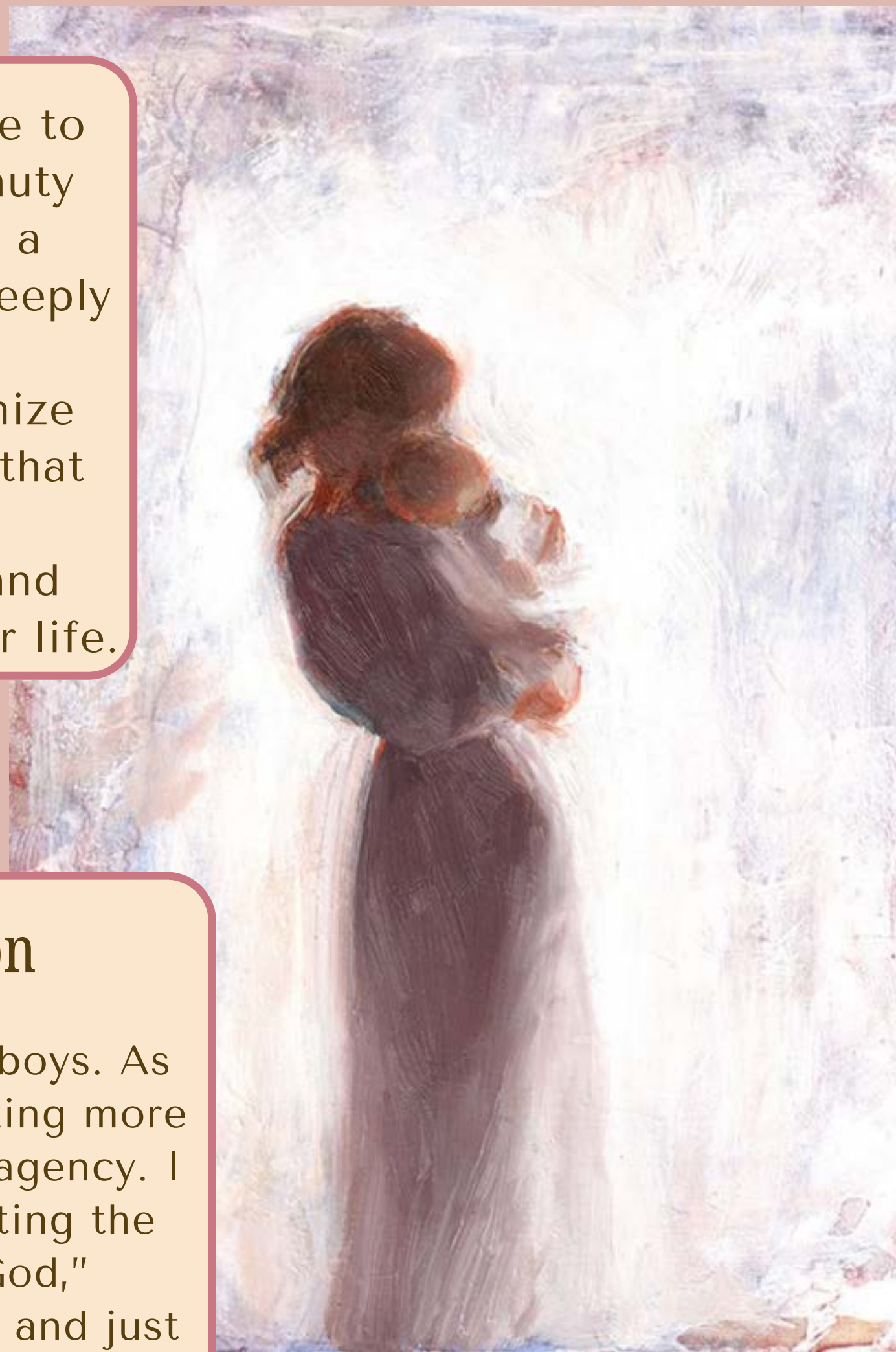
I love being a mom of 3 boys. As they get older, I am realizing more and more that they need agency. I find so much peace reciting the poem, "Let Go, Let God," reminding me to let them and just love them through every learning experience they encounter.

A Small and Simple Practice

"Negativism is an overall feeling, an overall attitude ... that keeps us from being positive about any facet of our lives, and it rules us above any other feelings."

-Jean Kirkpatrick, Ph.D.

"Where is negativity holding you back, and what shifts will help you step into a more positive, unstoppable version of yourself?"



Announcements

Bites & Insights Potluck

"TAKE BACK YOUR LIFE!"

This month, we have the opportunity to hear from Sarah Butikofer, an Idaho native who has spent the last 30 years cultivating the art of food security.

She will guide us through concrete ideas and examples, then teach us how to use those as a framework to develop our own choices.



Sarah Butikofer

When: Thursday, May 21st

Where: Google - Survival Garden Seeds" for directions

Food: Pulled Pork Sandwiches!

Please bring a side to share

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!



Unstoppable Me



Years ago, a friend told me I should host retreats for women. At the time, I didn't know how I would ever make that happen. But I held onto the idea. I kept a binder with a page on the front that said, "Unstoppable Me." I didn't fully believe it yet—but something about it stayed with me. And eventually, that phrase became the theme of the very first retreat I hosted with two dear friends.

Around that same time, when my boys were little, I was given a children's book called *Unstoppable Me*, by Dr. Wayne W Dyer. Now, anyone who knows me could tell you how much I LOVE children's books, especially the ones with simple concepts that can be applied to life. However, it still amazes me that a small book I thought was for them ended up being something I needed just as much. I didn't have a lot of confidence, and the idea of being "unstoppable" couldn't have been further from how I saw myself. But the book shared 10 simple principles that slowly started to change how I thought.

1. You're great - no matter what
2. Persistence pays off
3. Welcome to the unknown
4. You have a choice
5. Farewell to worry
6. Peace begins with you
7. Enjoy the here-and-now
8. Healthy Me
9. Creativity is key
10. What can you give

They were small reminders, but over time, they became daily practices. I started to believe in myself a little more. I became more willing to try things I once avoided. I began to see that being "unstoppable" doesn't mean doing everything perfectly—it means not giving up on yourself, and I was able to find more strength than I expected.

I believe we are all unstoppable and have a mission designed just for us to complete. If you're not sure where to start, keep it simple - Be kind to yourself, Stay present, and Try Again. You may not feel unstoppable yet—but know you are being led and are closer than you think.

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**