



SEPTEMBER 2026

Newsletter

A THOUGHT TO PONDER



Become genuinely interested in other people; it builds friendship far better than trying to make them interested in you.

~ Dale Carnegie (adapted)

This month, **notice what changes when curiosity becomes the center of a conversation.**

A SMALL & SIMPLE PRACTICE

Turn toward presence.

Put devices away and practice honest, active listening so the people you love can feel seen and heard.

TRY THIS

- 01 Schedule one phone-free dinner each week.
- 02 Create an “honesty hour” where everyone can speak openly.
- 03 Listen to understand, not simply to reply.

HEALTHY LIVING RECIPE



Avocado, Black Bean & Corn Salad

Fresh, colorful, and made for sharing.

INGREDIENTS

- 5 Roma tomatoes, diced
- 1/2 white onion, diced
- 2 ripe avocados, diced
- 1 (15-ounce) can black beans
- 1 (15-ounce) can corn
- 1/2 cup chopped fresh cilantro
- 1 cup cubed cheese, any kind

DRESSING

- 1 tablespoon avocado oil
- Juice of 4 limes
- Garlic salt, to taste

MAKE IT

1. Combine all salad ingredients in a large bowl.
2. Whisk the dressing, then pour it over the salad.
3. Mix well, serve fresh, and share.





Announcements

SEPTEMBER 2026

MARK YOUR CALENDAR

Upcoming Wellness Retreat



We are looking forward to our upcoming Wellness Retreat!

Our day retreats are designed to help us slow down, reconnect, and invest in our 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!



We Are Family

"We are, we are - not your ordinary family."

My son Jefferson really likes the song from Ice Age "We Are". Every time we get in the car it's the first song we listen to, and it goes like this:

***"We are, we are
Not your ordinary family
But we can all agree that
We are, we are
Close as close can be"***

Listening to this song several times, I have really pondered these words and what they mean to me. My little family here on earth didn't come the ordinary way. However, it has been the most perfect way. All three of my boys are adopted and it has been my greatest gift on earth.

We are all part of a Heavenly Family. We then come to earth and are placed into family units for, what I feel, are very specific reasons. It seems like sometimes family relationships can be the most challenging and on the flip side the most rewarding.



Relationships are all there is. Everything in the universe only exists because it is in relationship to everything else.



Margaret Wheatley



Ohana is a Hawaiian term meaning "Family". In an extended sense, this includes blood-related, adoptive, or intentional individuals. I believe we can create ohana wherever we live.

My mom and dad have been my greatest example of ohana. I grew up with them welcoming many into our home for extended periods.

The Family unit can look different for everyone. Whoever you choose to bring into that circle, whether blood-related, adoptive, or intentional, I encourage you to always continue building and creating those relationships.

***"So it don't matter what it looks like
We look perfect to me
We got every kind of love
I feel so lucky indeed
They can keep on talking
It don't matter to me cuase
We are, we are family"***

I consider you all my Ohana / Family.

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](#)