

Newsletter



OCTOBER 2026

A THOUGHT TO PONDER



"Life is an inside job, and it is much easier if we let it go and get out of our own way!"

~ Mabel Katz

A SMALL & SIMPLE PRACTICE

3 Small Steps to Choose Joy

01

Look out the window and thank Heavenly Father for the day.

02 Step out the back door and thank Heavenly Father for your home and family.

03 Choose to replace fear or anxious thoughts with gratitude.

HEALTHY LIVING RECIPE

Rome's Sweet Potato Brownies

INGREDIENTS

- 1½ cups cooked sweet potato
- ½ cup almond butter
- ½ cup almond flour
- ¼ cup maple syrup
- 1 tablespoon oil of choice
- 1 teaspoon vanilla
- ¼ teaspoon baking soda
- ¼ teaspoon baking powder
- Pinch of salt
- ½ cup chocolate chips, plus more for topping

MAKE IT

1. Preheat the oven to 350°F.
2. Mix all the ingredients together until well combined.
3. Pour into an oiled 9 × 9-inch baking pan.
4. Top with additional chocolate chips.
5. Bake for 25–30 minutes

Enjoy



Announcements



NOVEMBER GATHERING

Bites & Insights

POTLUCK

An evening of social connection from friends WITH



Dr. Amy Clark

Still Learning

A practical, encouraging look at how attention, memory, connection, practice—and even mistakes—help new learning stick.

Discover what it means to stay curious, keep trying new things, and continue growing through every stage of life.

Come ready to participate, share a few laughs, and learn something surprising about your own brain.



DATE

November 19th



TIME

6:00 PM



LOCATION

Google “Survival Garden Seeds” for directions



PLEASE BRING A SOUP TO SHARE

SAVE YOUR SEAT

RSVP NOW

(602) 628-7730 • smallandsimple123@gmail.com



Ho'oponopono

Not too long ago my brother Eric called me while I was in Hawaii to share an experience his wife had with a practice I had shared with him many years ago.

The practice I shared with him is Ho'oponopono (*ho-oh-pono-pono*). The four phrases are: **I love you, I am sorry, please forgive me, thank you.**

Ho'oponopono is a healing practice rooted in ancient Hawaiian culture and was a structured systematic "conflict resolution" process conducted within extended families or "ohana". The book "Zero Limits" by Joe Vitale brought this practice to the global audience. It has become a self-development tool for those focused on healing and transformation.

"Ho'o" means "to make" and "pono" means "right". The repetition of "pono" means to make "double right". This Hawaiian mantra/phrase, according to the Hawaiian world view means forgiveness, self-responsibility, reconciliation, and connection.

As an individual practice, it can be done through repeating these 4 phrases in your mind or out loud. (**I love you, I am sorry, please forgive me, thank you.**) Say these while focusing on any situation or relationship that needs healing.

I have found in my own journey that the phrases have changed order based on what I need at the time. I was born in February, the month of love, and I always feel I need to send love first so this is a favorite habit of mine.

My sister in law Tristin so graciously shared with me a part of her experience. She told me, "Ho'oponopono has been a beautiful and easy way for me to remove roadblocks in my own mind and relationships. I have been saying the 4 phrases with my children when they are going to bed and the peace of mind and relaxation that it gives them can be felt. It feels as if I am rebuilding our connection that I honestly didn't know had dwindled."

I am so grateful for Heavenly Father and the tools I have learned to help me navigate through life. As you explore this practice, experiment and see if it can bring transformation and healing in your life.

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: [smallandsimpleliving.com](#)**