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## November 2023 Newsletter

I love watching autumn creep in - one day you're wearing flip-flops to the grocery store, and the next frost has taken your annuals!

This month, after a few stressful weeks, our home sold. After thirty years, we are officially returning to Vancouver Island, and we couldn't be happier.

The move will be hard work, but we can't wait to start this new chapter (and 2024) in Fanny Bay.

This month's recipe is another soup - it's just that kind of weather. Enjoy!





Whenever I see someone with an abundance of empathy, I want to ask what heartbreak they have endured, for compassion is often birthed in the valley of despair."

- Zo Clark-Coates



#### INSIDE NEWS

### "A Meditative Moment"

I'm now the proud owner of this beautiful mixed-media piece by [Monica Gewurz](#). It mirrors the view from our new home, bringing me joy and inspiration. Click to follow the artist to add a little peace to your Instagram feed!

In writing news, the editing of book two is nearing completion. My 5 a.m. mornings come easily because I'm so excited to get Eva's story out to you all. While it's still too early to name the release date, you'll be the first to know here!

FREEBIE

## Butternut Squash Soup

This healthy and delicious soup base screams autumn!

Try it with grilled cheese or a salad!

[Download the Recipe](#)



## Moving Tips!?

We've hired a moving company, bought boxes, and started to sort through the sheds...

If you've moved recently, what would you do differently? I'd love to hear.

[Share a moving tip!](#)



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