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## October 2023 Newsletter

There's a chill in the air as the seasons change around us!

Last week, after a month of hard work, we put our home on the market. It's been a time of cleaning, fixing, storing, decluttering, selling, and reorganizing.

The work was exhausting but wonderful. And then we both got sick.

If you need a nourishing meal that feels like a warm hug, try the soup at the bottom!





The only constant in life is change."

- Heraclitus



#### INSIDE NEWS

**Do it now! But give yourself  
grace...**

Life got in the way of my writing progress last month. But everything has its season and I'm sure the cozier weather will boost progress in the next few months.

If I just keep moving forward, I'll get there, right? Right?

FREEBIE

## Thai Coconut Curry Soup

This simple and flavourful soup base takes whatever protein you have on hand. I always have my pantry stocked with these ingredients.

Give it a try!

[Download the Recipe](#)



## Happy Hour...

Our lake community lost a lovely human this week. He hosted countless happy hours for old friends and new ones.

I hope the flag is up wherever you are. Always.

[Share a memory...](#)



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