



Good Grief



THE OFFICIAL MONTHLY NEWSLETTER OF MEANINGFUL LITTLE BOOKS

**IN THIS DECEMBER
EDITION
YOU'LL FIND:**

**MORE ABOUT
YOUR AUTHOR**



**THE STORY
BEHIND
THE PAGES**

**FEATURED
PHILANTHROPIST
& ENTREPRENEUR**

**CHRISTMAS
COMFORT 101**



More About Your Author

Entrepreneur, Writer and Creator of Meaningful Little Books



Can you believe December has already arrived! December holds a special place in my heart, because on December 10th, 1958 (let's just get this out there), I graced this world with my safe arrival at the St. Michael's Hospital in Lethbridge, Alberta. My first three years were not quite as fun as these young years should have been, unfortunately I developed severe asthma, which meant numerous long stay visits in the hospital.

My Mom shared with me a beautiful story of when I lifted the spirits of an entire ward during one of my many hospital stays. The story in Mom's words goes like this... You got out of your bed somehow, visited the other rooms down the hall to ask how they were doing, telling them they were all going to be okay.

While my Mom shared this adorable story with me, in my mind's eye, this is what I saw... Quietly playing in my hospital bed, my sensitive spidey senses were tingling, wiggling out from the warmth of my blankets, I started planning my decent down from the sky-high bed I had been secured in. Looking at the surrounding grey rails, with a little tilt of my head to the right, then to the left, I carefully calculated the precise clings of my tiny fingers & tiny toes to land my tiny feet anxiously onto the speckled passageway to begin my pursuit of happiness. With not a nurse in my sight, I was silently on my way. No one had expected this beautiful tiny angel to enter their rooms, who could barely breathe on a good day, reassuring them they were going to be okay. The nurses were on the lookout for this tiny missing person only to find her filling the rooms of the other patients with an enormous amount of love & delight. At three years old, my heart was entangled with the hearts of many. I was already learning how to use my superpower to lift spirits, encourage smiles, and embrace the hearts I boldly greeted on this day.

Grief Shared - The Story Behind the Pages



My Heart is with your Heart

These two beautiful pages are my **WHY** for writing Grief Shared. My desire was to write a book to guide ourselves, our families, and our dear friends through the journey of grief. Sharing our grief is one of the hardest conversations we will ever have. Grief shared is truly grief divided, when shared and placed in the arms of the ones who love us the most, to give us rest from the exhausting journey we are on.

The title for my book, was inspired by my dear friend Jeannie (from Morden, Manitoba) who was so gracious to lend me her words from a conversation we shared in 2015. When you string these five words together, Grief Shared is Grief Divided, you get an impressive title for a book... my book! I am absolutely in love with the next page... This is where the heart of Grief Shared starts, right at the beginning with My Heart is with your Heart. This gorgeous pink heart provides an attractive space to write your own personal message. Grief Shared becomes the gift that keeps on giving as a sympathy or encouragement card and as an added bonus there is profound inspiration at every turn of the pages with lots of love, kindness, gentleness, hope, guidance & strength. And, this is my **WHY** that I wanted to write, publish and embrace with my neighbors down the hall, in my community, and throughout the world with my tender heart.

To purchase and learn more about this phenomenal little book, I called Grief Shared, please visit my website www.meaningfullittlebooks.ca

Featured Philanthropist & Entrepreneur *Stephanie Semotok*

Founder of
Phenomenally You Life Coaching

Stephanie is a Certified Master Coach Practitioner,
Supportive Counsellor,
and Empowerment Specialist



Meet Stephanie!

I met Stephanie in January of 2021, when I was nominated for the Phenomenal Woman's Showcase by my dear friend Jeannie. Stephanie is one incredible person who cares deeply for her community and women entrepreneurs. Can you tell from the photographs how much fun Stephanie brings to all things in her life. She even dyed her hair pink, just for fun!

Stephanie Semotok is the founder of Phenomenally You Life Coaching. She currently lives in rural Manitoba and has over 16 years of professional experience working in the social services field. Stephanie brings a wealth of valuable experiences in parent support, relationships, mental health, disability advocacy, and workplace accommodations & accessibility. Her strengths-based approach focuses on personal empowerment, proactive communication, and positive work-life balance. With an educational background in Applied Counselling and a strong passion for facilitating, Stephanie has been certified as a facilitator for several programs including Non-Violent Crisis Intervention and Mental Health First Aid Canada. She also brings her dynamic presence as a facilitator to several of the Certified Flourishing Coach Programs.

The Phenomenal Woman Showcase!

In 2021, Stephanie had a vision to celebrate and empower women with an intentional effort to start each year with a focus on positivity, encouragement, and inspiration through creating The Phenomenal Woman Showcase! We can all benefit from the opportunity to take a moment to recognize the incredible women in our lives and give them time to shine in this exclusive showcase. We can choose to love and honour what makes each of us unique and phenomenal. This first showcase was a tremendous success and Stephanie has just confirmed this will be an annual event! You can check out the 2021 stories (mine too) and are invited to submit your nominations to Stephanie for the 2022 Showcase.

<https://phenomenallyyou.ca/womens-showcase/> <https://phenomenallyyou.ca/showcase-stories/doreen-klassen/>

A Very Busy and Giving Mom

As a busy Mom of three amazing children, Stephanie celebrates the joy of having an incredible partner to share her life with. She has mastered the art of creating balance in life, through being organized, managing priorities, maintaining her health & fitness, and last but certainly not least...having fun! She takes time to give back to her community through volunteering for various organizations and sports programs, donates to the annual initiatives such as Koats For Kids, ALS Society of Manitoba, and individualized financial support to local families in need.

Stephanie's Super Power

Stephanie is known for her real-world approach and authentic enthusiasm when supporting people through some of life's most difficult challenges and their most celebrated successes. Her vision is for all people to flourish as they identify and use their superpowers to achieve their dreams.

We will choose to surround ourselves with people who inspire us, motivate us to be the best version of ourselves, and to value the gifts that we bring to the world. We rise by lifting others. Shine your brilliant lights.

We see you. We need you. We appreciate you. We are ALL phenomenal.

To find out more about the incredible services Stephanie offers in her Life Coaching business please visit her website at www.phenomenallyyou.ca or email steph@phenomenallyyou.ca. Stephanie can also be found on Facebook [@PYLifeCoaching](https://www.facebook.com/PYLifeCoaching), Instagram [@steph_lifecoach](https://www.instagram.com/steph_lifecoach) and LinkedIn [Stephanie Semotok](https://www.linkedin.com/in/StephanieSemotok)

Stephanie you are an amazing & wonderful woman!
Be Calm and Phenomenal On!



Peppernuts (*Pfeffernusse* Cookies)



Peppernuts are a traditional German Mennonite cookie, and if you have never ever baked Peppernut cookies before, I highly recommend this is the year to bake them. Peppernuts are highly addictive tiny crunchie cookies filled with warming spices, that will delight your friends and family!

I love to fill small to medium sized canning jars to the brim, decorate with a festive ribbon to gift during the Holiday Season. Peppernuts also make fabulous stocking stuffers too!

Prep Time: 35 minutes | Chilling Time: 30 minutes | Cook Time: 14 minutes | Total Time 1 hour 19 minutes

Recipe sourced from <https://bakerbettie.com/holiday-party-made-easy-part-1-pepper-nuts/>

Ingredients

- 1 cup unsalted butter at room temperature
- 1 1/2 cups dark brown sugar, lightly packed
- 2 Large eggs
- 2 1/2 tsp anise extract (optional)
- 1/4 tsp table salt or 1/2 tsp kosher salt
- 2 tsp baking soda
- 1 1/2 tsp cinnamon
- 1 tsp ground ginger
- 1/2 tsp white pepper
- 1/2 tsp ground cardamom or ground cloves
- 3 1/2 cups all purpose flour - measured properly-lightly spooned into measuring cups without packing in and leveled off

Directions

1. In the bowl of a stand mixer fitted with paddle attachment, cream together the butter and brown sugar until light and fluffy. About 3 minutes
2. Add eggs, anise extract, salt, baking soda, cinnamon, ginger, white pepper and cardamom or cloves into the bowl and mix until everything is blended together.
3. Add the flour into the dough and mix just until blended together. Don't over mix.
4. Press the dough out to about 1" thick and wrap in plastic wrap. Chill the dough in the refrigerator for at least 30 minutes, or can be refrigerated up to 3 days.
5. Preheat oven to 350°F (177°C). Divide your dough into 16 pieces. Press 1 piece of dough into a ball and roll it out between your hands and a clean work surface to form a thin rope about 1/4" thick. Use a sharp knife to cut out tiny nut size pieces of dough. Place on a baking sheet. You can completely fill your sheet in a single layer, but you will need to bake these in several batches to get them all baked.
6. Bake at 350°F (177°C) for 10 - 14 minutes until golden brown. Check the cookies at 10 minutes and bake longer if needed. The cookies will be slightly soft when they first come out of the oven but will become very crispy as they cool. Store the completely cooled cookies in an airtight container, at room temperature, for up to a month. I hope you will enjoy these delightful little treats!

- Dough can be made up to 3 days in advance & stored in the refrigerator until you are ready to bake.
- Peppernut cookies keep for a very long time, up to 1 month, & the flavor keeps developing. Make them far in advance for any time you wish to gift these flavorful little cookies.
- If the dough is too sticky to roll out, chill for longer and add a little bit of flour to your work surface while rolling them out.

Wishing you an abundance of love & laughter this Holiday Season

Meaningful Little Books are written from the heart, bringing love, empathy and kindness to the forefront of every conversation and greeting. Being a place of comfort and hope at every stage along life's journey.



www.meaningfullittlebooks.ca

