



Good Grief



MONTHLY NEWSLETTER

INSIDE THE SEPTEMBER EDITION:

MORE ABOUT YOUR AUTHOR | THE STORY BEHIND THE PAGES

FEATURED PHILANTHROPISTS & ENTREPRENEURS | COMFORT FOOD 101

More About Doreen, Your Author

Entrepreneur, Writer and Creative Dreamer



YAHOO! The Good Grief Newsletter has returned after a summer hiatus during July and August. This was a time to recharge, rethink, regroup and recoup! My day job is drafting for the Calgary Stampede, this was the 'recoup' after the Ten Days of Stampede.



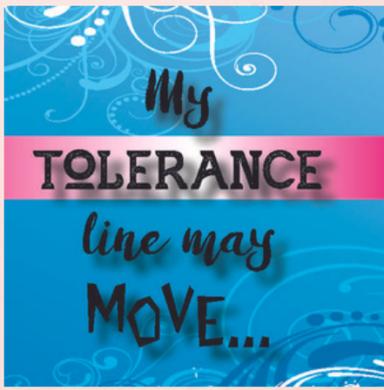
- July Highlight: My husband and I celebrated our fortieth wedding anniversary. On July 17, 1982 we said our 'I Do's', lost the keys to the reception hall, danced the night away once we were able to find a key (not the key) to let the caterers in. Fast forward to 2022 where we spent the day at the Kananaskis Nordic Spa, gifted to us by our children.



- August Highlight: We made a trip out to Kelowna to see our daughter, son-in-law and our beautiful granddaughters. As an added bonus to our trip, our youngest son and girlfriend were out visiting too... Oh yeah... I have the picture to prove we were all in the same place at the same time. This is a very rare moment. I was thrilled to be in my 'Happy Place', even if it was only for five precious hours.

I do love to tell a good story. If you ask me anything about my day, give me a compliment or something in your life I can relate to, there is a very good chance I have a story to tell. I do love to write a good story now and then as well. I have written numerous journals documenting the silly and interesting things my kids did in their young lives. One day, I would love to put those stories into a novel... one day! In my stories there is one word I avoid using and this is the word 'that'. You'd have to search with a fine tuned comb to find the word 'that' anywhere in my writing. The word 'that' in my opinion, really isn't * useful. You see, I could have used 'that*' in the previous sentence, and look, it wasn't even missed. My challenge to my wonderful community, is to try and limit the use of the word 'that' in your everyday writing or conversations. I hope you will have fun and enjoy this challenge! That's All Folks! Sorry, I just couldn't help myself. 🤗

Grief Shared - The Story Behind the Pages



*My Tolerance line may Move...
Bring your dancing shoes*



The interesting thing about a tolerance line is... no one likes it when you move it. I didn't even realize I had a tolerance line until I needed to protect my tender heart. Grief changes a person, there is no doubt about it, and the changes are forever. I unfortunately had these words spoken to me on more than one occasion, and I could not believe what I was hearing... "Think positive thoughts and MOVE ON.", "Your grief is no EXCUSE!", "What is WRONG with you?" Breaking my heart into a million pieces, what was I to do with comments like these... I wrote a little book.

Bring your Dancing Shoes! The dance starts here, you have to turn the little book to the left, then to the right. This page was turned sideways on purpose to imitate a dance. Dancing alongside someone on a grief journey, is the most graceful thing we can do for those we love and cherish. Let's take a moment to dive into these comments to see if there is a dance somewhere in there to bring an abundance of love and support.

Think positive thoughts and move on. Bring your heart to learn more about the person who has passed. Asking questions to bring on a smile or asking to see photographs. This is beautiful music to the ears of anyone travelling on a grief journey. We may not all be great dancers, or may have two left feet, however we can all tap our toes to the heartbeats of those who need us most. 

Your Grief is no EXCUSE! This comment took me by surprise. Let's Two Step! This dance should be about helping out. Taking the steps to pick up groceries, mowing the grass, bringing a meal or two, or a gift card to a special place they shared with a loved one. These are only suggestions to bring peace and love into action. 

What is wrong with you? Let's Tango! This is where we clasp hands, move our feet in unison and move together in the same direction. Becoming one, our eyes locked, trusting each other to bring comfort and support in the arms of the one leading the dance. 

Our lives are better left to chance, I could have missed the pain, but I'd have had to miss the dance. Garth Brooks, Lyrics from The Dance

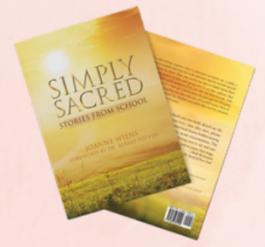
Please consider this phenomenal little book *Grief Shared*, to help your family and friends through difficult times, with your heart embracing them like you will never let them go.

Featured Philanthropist & Entrepreneur

Joanne Wiens



Author & Consultant of
Simple Words...Written and Polished
Stringing simple words together for clarity & effect.



Meet Joanne Wiens!

Joanne and I met in 1991 when my oldest daughter entered Joanne's grade two classroom at Menno Simons Christian School (MSCS). Joanne is held in high regard by all four of our children whom she taught either grade two or Language Arts to during our 19 years at MSCS. Joanne's career spanned an amazing 26 years, from a rural school in Saskatchewan to Calgary's best kept secret...MSCS. I was fortunate to have worked along side Joanne on the MSCS Board and volunteer as the Parent Action Chair for 19 years. During our time together, we created a strong bond towards a common goal with our hearts and eyes wide open.

Joanne the Author & Mentor!

Joanne's ultimate goal is to help others create written content or ensuring that content already written is clean and clear. I know first hand this statement is absolutely 100% true! Joanne helped me clean and polish my 'Tender Heart' chapter I contributed to the Blu Talks book, and I am so grateful. My errors were caught, punctuation perfected and those repeated words were changed up to give my chapter a professional look and read!

Simply Sacred - Stories from School!

Joanne is a saver of paper with valuable words worth saving like board minutes, newsletter articles (she wrote), stories from students that made a lasting impression on her life throughout her 26 year career. Those papers almost met their end in the recycling bin during a spring clean in 2020. Those papers were quite aware there was a book to be written beckoning Joanne to rescue them, claiming there was a book to be written and she should call it... Simply Sacred! Simply Sacred is a lovely book seizing the moments in time throughout her career at MSCS, as teacher, mentor and the longest reigning Principal of this little sacred school. It's not everyday someone is given an endorsement like this... very impressive!

"...sheer holy beauty hidden among ordinary moments"

A Passion for Words are her Specialty!

Written... Polished... Clear... Creative... Inspirational

Joanne offers her expertise in helping to put your words in the right order and the right way. Please visit www.simplewords.ca to watch Joanne's book launch video of her first of many more books to be written from her heart! This is where you can also find out more on how Joanne can give exquisite writing help and inspiration!

Joanne, congratulations on your first book! You have captured time in your words which spilled over and flowed from your heart!

"Reading is like breathing, writing is like breathing out!" Pam Allyn

Summer isn't over yet!! This refreshing summer dessert is one to make for any occasion or just a nice quiet BBQ in your own backyard. My dear friend Cora made this summer dessert for numerous grade nine graduations and, often when we would share a meal at her home. I met Cora at Menno Simons Christian School many years ago, there was no doubt in my mind we would become close friends. Cora had four children and so did I. We would have a good laugh telling this joke about how many kids we each had... 'Who invites a family with four children over for dinner? Answer is ... Another family with four children.' Cora left us on Aug 29, 2016. What I would give for just one more day with my dear friend Cora whose laughter was contagious, conversations were wonderful, laughed through most of the songs we strummed on our Ukulele's, and to share just one more meal together.

I hope you will enjoy and share this delicious summer recipe soon!!



Raspberry Summer Freeze



Prep Time: 15 minutes | Serves 6-8 | Sourced from Cora's recipe book

Crust

- 1 Cup chocolate crumbs
- 2 Tbsp melted butter or margarine

Filling

- 1 package cream cheese, softened
- 2 Tbsp icing sugar
- 1 container Cool Whip thawed
- 1 can (12oz) frozen concentrate raspberry juice thawed

Directions:

- Combine chocolate crumbs and butter.
- Press into bottom of a 9" spring form pan.
- Put in freezer for 15 minutes.
- Place cream cheese, raspberry juice and icing sugar in blender or food processor on high speed until smooth.
- Pour into large bowl and fold in whipped topping. Pour over crust.
- Freeze until firm. Approximately four hours.

For more amazing recipes featured here in the Good Grief newsletter, please visit my BLOG!

www.meaningfullittlebooks.ca

Vision Statement

Spreading love, empathy and hope one little book at a time.

Mission Statement

To write powerful, thoughtful and engaging books.

Using color and imagination, creating insightful and inspiring assurances to grace the hearts of the people we all cherish and love so deeply.