



# Good Grief



MONTHLY NEWSLETTER

INSIDE THE MARCH EDITION:

MORE ABOUT YOUR AUTHOR | THE STORY BEHIND THE PAGES

FEATURED PHILANTHROPIST &amp; ENTREPRENEUR | COMFORT FOOD 101

## *More About Your Author*

Entrepreneur, Writer and Creative Dreamer

I yelled over to my husband as I picked up a dime from a small crevice, among the red rocks, on our hike along the Chapel Trail in Sedona, Arizona, "See, I always find dimes in really weird places!" Why is this so significant you might ask... I have been finding dimes, and only dimes, in the strangest places since my Mom passed away on March 29, 2014. My spirit is lifted every time I pick up a dime and, I wonder, which one of my angels is connecting with me today. With every dime I pick up I hope the angel is my Mom. My Mom called me everyday, "Hi Hun", she would say, asking about what we were doing that day, sharing the happenings from the other calls she had made and, keeping me up to date with what was happening in the news, which was good because I don't listen to the news. The coolest place I found a dime was on the dance floor of my daughter's wedding, I guess grandma wanted to celebrate with us.



### Meaning of Finding Dimes:



A message of Love from beyond | A reminder that you are loved and valued | Someone or something is trying to get your attention | Ancestors, spirits, guides want you to know they are looking out for you.

## *Grief Shared - The Story Behind the Pages*



*When I Forget How to Play...*

*Bring Bubbles*

These two beautiful pages remind me of my last counselling session where we celebrated my progress with blowing bubbles, yes actual bubbles. The amazing thing was, I really had forgotten how to play, how to be connected to myself and my surroundings. I was quite hesitant at first and then... like a child, I ran in circles sending thousands of bubbles soaring to the heavens and lovingly gazing up into the big blue sky. My hope for these pages, is to be of help to others who need to play again, feel alive again and to blow bubbles together, sending messages of deep love to the heavens.

"It's the things we play with and the people who help us play that make a great difference in our lives." Fred Rogers (Mr. Rogers)

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

[www.meaningfullittlebooks.ca](http://www.meaningfullittlebooks.ca)

***Featured Philanthropist & Entrepreneur******Doreen Klassen***

Owner of

**Tender Hearted...**

Have you met Doreen? You'll soon know she is a highly sensitive person with a very tender heart. Being the mother of four children, Doreen has a way of making everyone around her feel valued, and she makes sure she leaves you with a lifted heart and a smile after every meeting or greeting.

**Next Book in the making!**

Doreen is working towards finishing her second book, which is yet to be named, on the topic of forgiveness. What's up with the writing of these difficult topics, grief and forgiveness? Doreen believes forgiveness is releasing the stronghold of all those crappy events that are and are not our fault, yet we hang on to this crap like we will no longer be a whole person if we forgive. A part of us will go missing or we will be the big loser in this event. When in fact, forgiveness will expand and overflow into these holes with a crazy amount of joy, more joy than we can even imagine. Doreen's book will give profound ways to forgive along with many reasons to forgive or not to forgive.

**Favorite things...**

Doreen loves to sew, decorate, bake, walk, bike and her new skill is skating. Doreen has been taking skating lessons, and no longer has a death grip on the sideboards of the rink. The little pink bird in Doreen's logo is because she is also a birdwatcher...mostly from her backyard where in 2021 the variety of birds was the best she has ever experienced.

**Favorite Quote! By Mother Teresa**

*Let no one ever come to you without leaving better & happier*

*Be the living expression of God's kindness:*

*Kindness in your face, Kindness in your eyes, Kindness in your smile*

**Giving Back...**

Doreen provides meals to her family, friends, neighbors and acquaintances when they are going through a difficult time. And... on some occasions will add a bottle of wine as medicine, to help with the pain.

**Big, Big News!!**

Doreen has officially become an Amazon #1 Bestselling Co-author with her chapter contribution in the bLU Talks Business, Life and the Universe (Vol. 6). Doreen's chapter is titled 'Tender Heart', written from her own life's journey travelling through the stormy sea to the redeeming sparkling sea.

To find out more about Doreen and the books that are making their way into so many hearts, please check out these social media links:

**[www.meaningfullittelbooks.ca](http://www.meaningfullittelbooks.ca)**

**[www.facebook.com/meaningfullittelbooks](https://www.facebook.com/meaningfullittelbooks),**

**<https://www.instagram.com/meaningfullittelbooks>**

Thinking of warmer weather, sandals and summer clothing? I know I sure am! This southern Tex-Mex recipe is absolutely delicious, with all the southern flavors you would expect with a name like Santa Fe. You might want to add, to your shopping list, the ingredients to make yourself a few Margaritas while cooking up this amazing, quick, and gluten free recipe.



## *Santa Fe Chicken*

Prep Time: 10 minutes | Cook Time: 30minutes

Recipe sourced from <https://food.theffeed.com/2019/06/18/santa-fe-skillet-chicken/>



### Ingredients

- 1 Tbsp. extra virgin olive oil
- 1 lb. boneless skinless chicken breast
- 2Tbsp. taco seasoning
- 2 tsp. cayenne pepper
- kosher salt
- 2 cloves garlic, minced
- 1 small red onion, chopped
- 2 red bell peppers, chopped
- 1 (15 oz.) can black beans, rinsed and drained
- 2 cups shredded cheese
- freshly chopped cilantro, for serving

### Directions

1. In a large skillet over medium-high heat, heat oil. Season chicken with taco seasoning, cayenne pepper, and salt. Add chicken and cook until golden and cooked through, 8 minutes per side. Transfer to a plate.
2. Add garlic, onion and peppers to skillet and cook until soft, about 5 minutes. Stir in black beans until warmed through, then transfer mixture to a plate.
3. Reduce heat to low and return chicken to skillet. Top with cheddar and black bean mixture, then cover and let the cheese melt.
4. Garnish with cilantro before serving.

Doreen's Tip - When I cook up this delightful recipe, I usually keep the chicken in the skillet and add the spices right into the skillet. I will leave it up to you and how you wish to prepare this southern style meal.

*This edition of the Good Grief newsletter is dedicated to my Mom!*



Audrey Elizabeth Hanley  
nee Perkins  
July 14, 1934 - March 29, 2014

*This picture is my most favourite, I always loved her fashion style!*

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

[www.meaningfullittlebooks.ca](http://www.meaningfullittlebooks.ca)