

Hey y'all, it's Amber. It's so good to see you again. Ahhh, fall—it is one of my most favorite times of the year. Coincidentally, I also tend to be partial to the fall season of life, our Season of Transformation. Transformation, a thorough or dramatic change, can be brought about by a singular, all-encompassing experience, such the birth of a child, the loss of a loved one, or a change in employment, or from the culmination of seemingly smaller events or experiences. During this season of life, we are encouraged to engage in the critical practices of reflection, release, and gratitude so that we may focus, support, and nourish our core and the roots of our lives.

I'm grateful that you all are exploring this season in community. Whether or not you are personally in a fall season of life, it is highly likely that someone in your Book Club is, and regardless, we have all encountered our own Seasons of Transformation. We can draw on those experiences to better love and support our friends currently in a fall season of life because while change is not bad, it is almost always difficult.

For this season's suggested Book Club activities, you will find a recipe specifically designed by my friend and macro coach, Chelsea Jones, to help fuel your season. This could be a recipe you all make and share with the group at your meeting, or just have for reference and personal use. We also have an extra special treat, my dear friend and insanely talented artist, Mandy Curtin, curated a very thoughtful and special art activity, "Paint Outside the Lines", tailored specifically for this book club to help us to practice the art of release. I strongly encourage you to incorporate some variation of this activity into your group's meeting. I am excited for you to

explore the beauty and value of the Season of Transformation and look forward to seeing you next time. Enjoy the journey!