

Love Note September 2026

Creating spaces where grief is welcomed, love is honored, and hope quietly grows.

Welcome dear Friends,

As summer gives way to autumn, nature reminds us that every season brings new beginnings. Thank you for being part of this community. I hope these monthly Love Notes offer a quiet moment of encouragement as we continue this journey together.

What's New

I'm excited to share that I've become a Certified Grief Coach, adding one-on-one coaching to my retreats, speaking, writing, and podcasts.

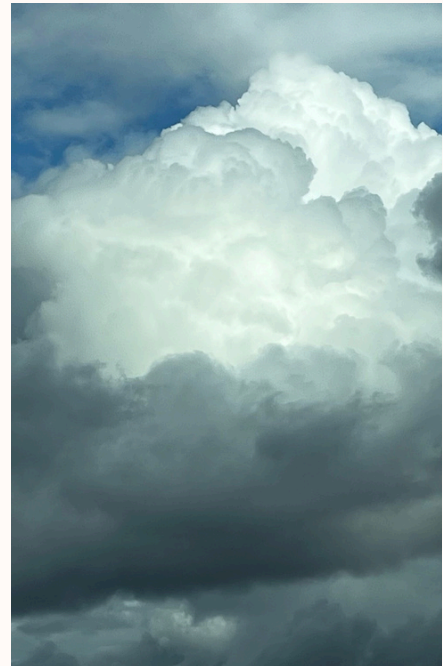
If you've been longing for a compassionate guide to walk beside you, I'd be honored to help.

From My Garden

As the weather cools, I've found myself looking up more often. The clouds quietly drift across the sky, changing shape and color from one moment to the next. I recently read a quote that made me smile:

"Clouds are the sky's imagination."

Watching them reminds me that beauty is always changing. We don't hold onto one cloud, we simply appreciate it while it's there and welcome the next one that comes along.



From My Easel

Perhaps that's why painting outdoors has become one of my favorite summer rituals. Watercolors have a way of teaching the same lesson as the clouds; loosen your grip, embrace the unexpected, and trust the process. Even when the wind sent my easel flying at Kerry Park, the painting survived. Like so many things in life, it wasn't perfect, but it was still beautiful.

On My Bookshelf

One book I've returned to often is [The Light Between Us](#) by Laura Lynne Jackson. It offers a hopeful perspective on the enduring connection we share with those we love and reminds us that love often continues in ways we don't expect.

A Gentle Invitation

This month, give yourself fifteen quiet minutes and try creating a Zentangle®. It's a simple practice using repetitive patterns that encourage relaxation and mindfulness. No artistic experience is needed.

Put on your favorite music. Pour a cup of tea. Take a slow breath. Then simply begin.

Sometimes our hearts settle the same way a Zentangle grows...one simple stroke at a time.

Learn more:

<https://zentangle.com/pages/get-started>



You could even Zentangle on your beloved old tennis shoes like I did.



This promises to be an awesome event.
I'll be there. Come say hello!

Coming Up

Celebration of Life Seattle, October 10, 2026

A full day of keynote speakers, panels, curated vendors, grief research, and an Evening of Mediumship. Spiritual, not religious.

www.celebrationoflifeseattle.com

Hope for the Month

As summer slowly gives way to fall, pause for a moment and feel the warmth of the sun on your face.

Gratitude doesn't erase grief.

It simply reminds us that beauty still exists alongside it.

**With gratitude,
Shelly Glennon**

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Until next month...

**The relationship changes.
The love remains.**