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Dear Friends,

I drink two cups of [Thai Chai tea](#) every morning, made in a small, bright, round orange teapot my friend Sonya gave me. I measure out two scoops of tea leaves, pour hot water over them, wait five minutes, and then I have my tea before anything else happens in my day. Quietly, in silence, while I wake up, the fog lifting. This is my reading time.

To my surprise, I recently walked into the kitchen to find my tea leaves waiting for the hot water. My husband, John, had cleaned the teapot, put the tea leaves in the strainer basket, and gotten it ready for the start of my day. It was so kind and so unexpected.

I had never said anything to John about this chore of mine. But he saw it and realized he could brighten my day by having it ready for me. And so he has continued every day for the past few weeks. It's a small gesture of great love and kindness.

I wonder how I can be that watchful and offer small gestures of great love. I'm actively looking for ways to do that--with John, my kids, friends, and strangers. It's a lovely thing to wonder about, and act on.

What might your small gestures of great love be in this coming week? How can you say, "I see you and want to lighten your load"?

Here are a few things I discovered this past week and thought you might enjoy:

1. [26 books that more people should read.](#)
2. What are [12 kinds of kindness?](#)
3. "What does it mean, especially for a woman, to find herself in solitude on a trajectory toward an unknown?" From this beautiful essay, "[What the Retelling of Myths Reveals of the Teller.](#)"
4. I love [graphic literature.](#)
5. There is a festival to thank dogs, [as there should be.](#)

What's coming up:

My April 2020 **Writing Retreat for women** sold out in a few days, and there is a waiting list, so I have added a second retreat for 2020. Come write with me - and just 6 other writers - in the mountains of NC in September. Info is [here](#).

Life is a Verb Camp - October 29 - November 1, 2020, near Asheville NC. [Go here](#) to get information and to register. Email support@pattidigh.com to get information on payment plans. There are less than 30 tickets left.

Peace for the New Year,

Patti

Sent to: _t.e.s.t_@example.com
Patti Digh, LLC, 638 Spartanburg Highway, Suite 70 #337, Hendersonville, NC 28792, United States
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