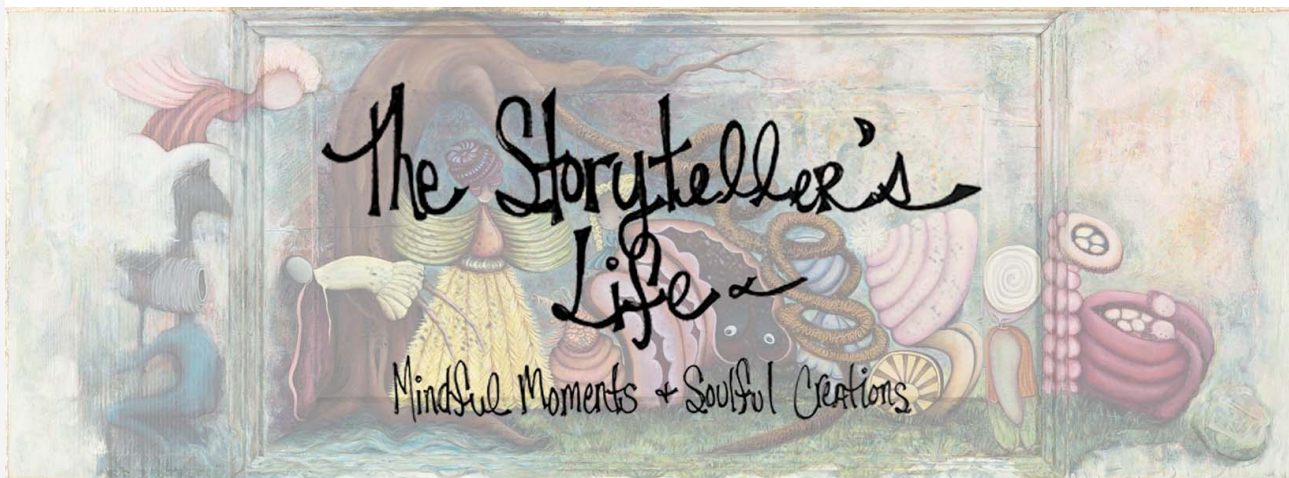




I believe play and imagination are essential parts of being human, so I create oil & mixed medium paintings that invite quiet contemplation and personal storytelling.



November 18, 2025

Dear Reader,

Thank you for joining me in this month of November – I am so very grateful. Thanksgiving is right around the corner as you are probably aware 😊 And with that I've been spending this month thinking a lot about what this holiday means to me. Or even what it doesn't mean to me. How do I want to show up? What is authentically me? What does it mean to be grateful? As I noodle around these and other questions, I have realized what we have done before is going to be gently set aside for something even more intimate and intentional. Even though I haven't worked out all of the details, I am now looking forward to next Thursday. And I am thankful to have taken the time to reevaluate instead of just easily slipping back into what we've always done.

WHAT I'M LOVING RIGHT NOW....

→ [My Stuffing](#) ~ This is absolutely my favorite dish and



I'm soooo very inspired by the multitude of shapes and colors of squash. This inspiration never gets old.

will for sure be on our table.

→ A Gratitude Practice ~ I deeply believe in the power of giving thanks, regardless of the time of year.

→ Flora & Fauna ~ It is most definitely, no matter where I am, two of the things I love most and am so very grateful for.

My takeaway is: not getting lost by the 'shoulds' and 'have-tos' set in place by someone else OR *even by myself!*

So I gently ask you: how can you be more authentically you this holiday season?

The photo (representing Flora & Fauna 🍃) to the right was taken recently by me. We so loved the gardens that made up Garnish Island in Ireland.



As always, my work carries the thread of quiet contemplation and personal storytelling. If it speaks to you, I hope it offers

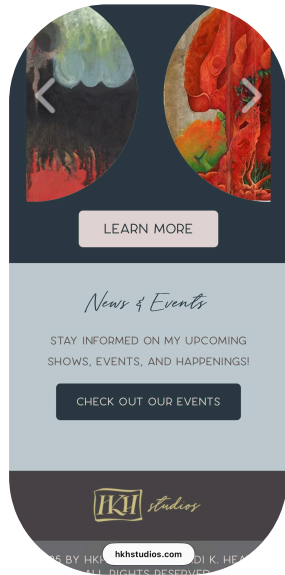
something gentle and grounding.

*Until next time, Happy Thanksgiving,
Be well,
Heidi*

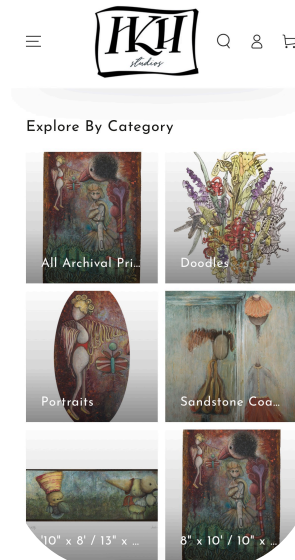
Connect Further!

I invite you to reach out to me if you are interested in a **Studio Visit**. I also welcome **Inquiries** regarding the availability of my oil & mixed medium work: Stories on Wood, Abstractions and Gems of Being. Just reply to this email!

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Please note: I aim to share my experiences and knowledge; rather than to promote or push specific sources onto you.

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