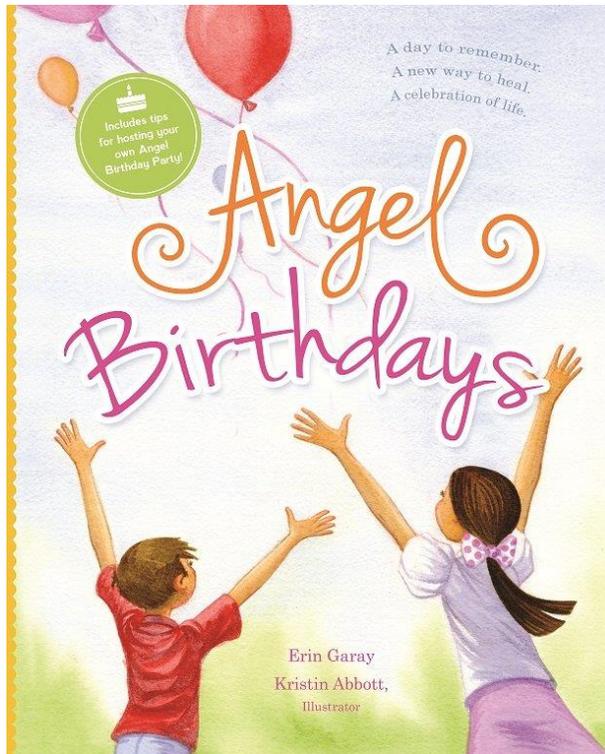


Angel Birthdays Newsletter



Thank you for joining the
Angel Birthdays Newsletter!

How do you measure, measure a year?
In daylights, in sunsets
In midnights, in cups of coffee
In inches, in miles, in laughter, in strife
In five hundred twenty-five thousand six
hundred minutes
How do you measure, a year in the life?

The "Seasons Of Love" Song is one of my
very favorite songs and so fitting for
today.

Today marks the one year anniversary of
the launch of my Kickstarter campaign.



[Visit the Angel
Birthdays
Website](#)



**Forward to
a Friend**

This year has been filled with so much laughter, so many tears and more coffee than I can even measure.

It's still hard for me to believe that I was self-publishing a year ago today and in 32 days *Angel Birthdays* will be released everywhere books are sold by Familius Publishing.

This book has surpassed all expectation I ever hoped to achieve for *Angel Birthdays* and October 1st cannot come soon enough for me!

Here is my new Angel Birthdays Family Healing Guide! It teaches us how to talk to our families about death and provides new and loving ways to heal from loss. New mailing list members will be receiving this guide upon signing up for our newsletter. Thank YOU for already being a part of this growing family. I hope this guide brings your family even more healing and peace.

Coming Soon!!!

I'm so excited to announce that I am building a community support board on my site to bring people together to heal through gratitude and celebration. It is going to be filled with love, support and a refreshing perspective on how we can all heal our hearts. Watch for an announcement email hitting your inbox in the coming weeks!

In the midst of the chaos surrounding me, I have created a new mantra to repeat in my head every time I start to feel overwhelmed. I wanted to share my three word mantra and prayer with you today in hopes that it might help you too:

Grounding, Connection, Direction

Dear God,
Please **ground** me so that I can keep my
details organized and can remain present
for those around me.

Please keep me **connected** to you
because I know you never leave my
side. It is I who wanders off from you.

Please **direct** my hands and feet to
complete whatever task you need for me
to finish today. I am here to serve. Use
me!

I hope this mantra helps you and that you
stay grounded, connected and directed this
month too!

Thank you for spreading the Angel
Birthdays message and have a beautiful
day!

Love and Blessings,
Erin

If you are receiving this from a friend and
would like to join our mailing list. [Join
us today!](#)

Receive even more goodness from Angel
Birthdays by following us on [Twitter](#) and
[Facebook.](#)

**Thank you so much for sharing
the Angel Birthdays message!!!**

