



Happy New Year!



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Gifts We Delivered

At Christmas we were able to adopt two families with seven children through the Sheltering Arms Ministry in Doraville. It was a challenge, but we did it! Here is a photo of all their gifts that we delivered to them. Hope your holidays were wonderful, and we are excited for this new year full of new opportunities and blessings for us all!



A Season of Joy

As winter blankets our surroundings in a soft embrace, we find ourselves drawn to the warmth and comfort of our homes. It's a season of joy, a time to cherish the moments of togetherness and the sanctuary our homes provide.

In this winter edition of our newsletter, we want to celebrate the simple joys that make your home a haven – a place where laughter echoes, memories are woven, and the spirit of the season comes to life. There is a magic that happens when we transform houses into homes filled with love and tranquility. Home IS the dearest spot on earth, the place that is entirely our own that we make just to our own liking, where we feel safe and nurtured.

Thank you for allowing us to be a part of making that magic! And a clean and tidy environment is the foundation for making our home into this sacred space.



At Sponge & Sparkle our motto is "making the world better one sparkling clean home at a time" and we know how important our work is.

"It is very important that we learn the art of resting and relaxing. Not only does it help us prevent the onset of many illnesses that develop through chronic tension and worrying; it allows us to clear our mind, focus, and find creative solutions to problems".

Thich Nhat Hanh

Joyful!

In the book *"Joyful: The surprising Power of Ordinary Things to Create Extraordinary Happiness"*, renowned designer Ingrid Fetell Lee shows us how to find joy hiding in the everyday things around us, based on insights from psychology and neuroscience.

It's one of my favorite books. Here are some thoughts from her on Joy:

"There's a misconception out there that we just have to wait for joy to find us. That joy is like luck and all we can do is be grateful when we stumble upon it. But it's just not true. There are a thousand ways to invite joy into your life. Many of them are small, domestic things (the kind that often fall under the umbrella of homemaking or "women's work") that are often dismissed as trivial or unimportant. And maybe they look that way if you think that joy is just supposed to happen. Absolutely we should seize those joys that come to us out of the blue. Each one is a gift. But to say you can't invite joy in is such a disappointingly passive notion.

You invite joy in when you make that coffee in your favorite cup, at the hour when the light hits your favorite tree just right. You invite joy in when you make a home that feels cozy and welcoming. You invite joy in when you celebrate tiny goodnesses in your life. You invite joy in when you build a family that values play and affection. You invite joy whenever you decorate for the holidays, host friends, sing a song, draw a bath, make a meal from scratch. Of course, none of this guarantees that joy will visit, but what are we doing if we are not at least offering up the invitation? Those quiet magic-makers out there know there's an art to inviting joy in and making her feel welcome.

Our surroundings can have a profound effect on our wellbeing. Your home should make you happy. Seeing flowers can improve our memories, smelling a delightful essential oil wafting through the room can be energizing, looking at nature scenes reduces prisoner violence, and better sunlight increases our productivity at work – we can live happier, healthier lives if we open our eyes to the physical world and look for happiness in ordinary things."

JOY

Joy does not arrive with a fanfare,
on a red carpet strewn with the flowers of a perfect life.
Joy sneaks in, as you pour a cup of coffee,
watching the sun hit your favourite tree, just right.
And you usher joy away, because you are
not ready for it. Your house is not as it must be,
for such a distinguished guest.
But joy cares nothing for your messy home,
or your bank-balance, or your waistline, you see.
Joy is supposed to slither through the cracks of your
imperfect life, that's how joy works.
You cannot invite her, you can only be ready
when she appears.
And hug her with meaning,
because in this very moment,
joy chose you.

Donna Ashworth from 'LIFE' <https://amzn.eu/d/9Y6E>

HERE IS TO MORE JOY FOR ALL OF US IN 2024!



3666 N. Peachtree Rd., Ste. 300
Chamblee, GA 30341
404-633-9652
Fax: 770-451-3886
www.spongeandsparkle.com

Thank You! for being part of our Sponge & Sparkle family. We are deeply grateful for you.