

AUTUMN MUSINGS

SHARON VIRTS



Gratitude

Ralph Waldo Emerson wrote "*Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.*"

When we are grateful, we recognize that life is good and worth living.

When we express gratitude, we acknowledge that the source of life's goodness lies outside ourselves. We are grateful to others, to the world around us, and to God for providing so abundantly. Thanksgiving is a time to pause and count our blessings. It's a time to be grateful for the freedom of this great country in which we live. It is more than parades, football and a gluttonous meal. Thanksgiving is an opportunity to look back at the wonderful memories we've made and the great people we've made them with. And be thankful. Happy Thanksgiving!



"Autumn leaves shower like gold, like rainbows, as the winds of change begin to blow."

– Dan Millman

GET READY FOR MY NEXT BOOK!





VEIL OF DOUBT

Coming in October 2023!

When a widowed mother is charged with her child's murder in a town already convinced of her guilt, defense attorney Powell Harrison struggles to find justice in a 19th century legal system where innocence is not a presumption. And as he learns more about the doctor who attended the dead child and the widow's reclusive neighbors who live next door, Powell's doubts and the ghosts of his past set in motion a chain of events that lead to a dramatic courtroom battle where Powell's family and a woman's life hang in the balance.

The **TRUE CRIME** story of the 1872 Emily Lloyd murder trial served as my inspiration to write this book. And just because you can google the event, doesn't mean you know how it ends! Follow me on [Facebook](#) or [Instagram](#) to find out more and keep up with the latest developments as I bring this story to life.



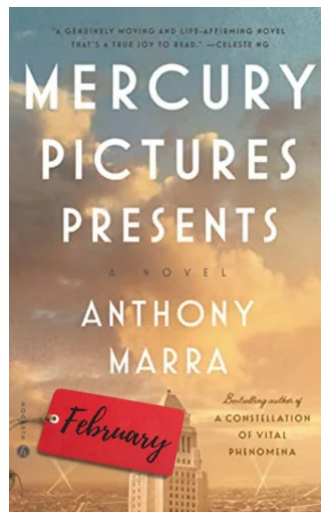
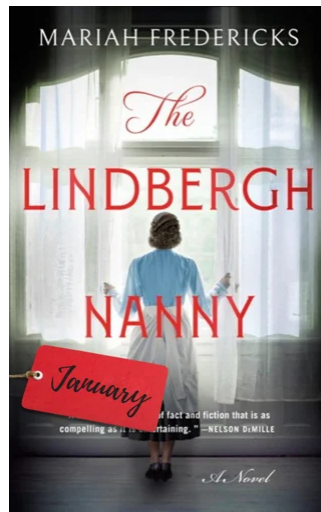
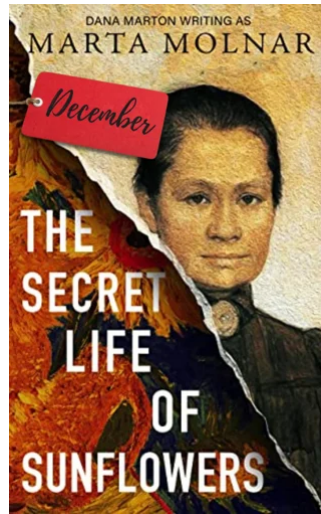
#READWITHSHARON

Historical Fiction Book Club

Get ready for an awesome line up in my **#ReadWithSharon** book club. On December 1, I'll be joined by authors Susan Meissner and Kristina McMorris to discuss our November read *When We Had Wings*.



And we have fabulous selections planned for December, January and February. I only select current releases and pre-read each title to make certain you'll love it. And most months, the author joins our discussion! Not a member of my book club? Sign up for free [HERE](#) and I'll send you the zoom link!



Over the past several months, we have read some terrific books and spoken with the talented authors who brought these stories from the past to life. Amanda Skenandore in October, Karen Joy Fowler in September, Heather Webb in August are just a few examples. Select recordings of our book club discussions are available on my [YouTube Channel](#).

THE NURSE'S SECRET



Discussion with Amanda Skenandore

BOOTH



Discussion with Karen Joy Fowler

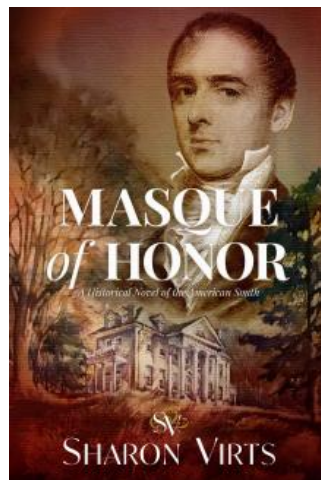
THE NEXT SHIP HOME



Discussion with Heather Webb

"History tells us what people do;
historical fiction helps us imagine how they felt."

– Guy Vanderhaeghe



Buy Now

MASQUE OF HONOR

Since its release, *Masque of Honor* made the **Best Sellers list in Fiction and Literature** on Amazon! When the novel debuted, it claimed **#1 New Release** on Amazon Kindle in:

Political Fiction, Historical Romance, & Biographical Fiction!

With an overall reader rating of 4.3 Stars, I couldn't be more thrilled! I am now selling autographed copies of the hardcover through my [website bookstore](#) for \$14.99 and the [Kindle version](#) is on sale for \$3.99. Perfect for Christmas giving!

“Amid a life more than ordinarily checkered, I can truthfully say that there is no ambition nor aspiration in my heart except the desire to merit the respect of good women and the confidence of honest men.”

—John "Jack" M. McCarty, 1843

Recipes for Reading

There's nothing like a mug of warm cider, a slice of pumpkin bread and a good book on those dark evenings now that the clocks have turned back. If you want something savory and good for you, try this Keto Pumpkin Bread. Only 3 net carbs and 160 calories for 1 1/2" slice. YUM!

Keto Pumpkin Bread

2 c Almond Flour
1/2 c Coconut Flour
2/3 cup Truvia Sweetener
2 t Pumpkin pie spice
1/2 T Cinnamon
1/4 t salt
3/4 c Pumpkin puree
4 Eggs lightly beaten
1/3 c Unsalted butter
1/4c shelled pumpkin seeds



In a large bowl, mix together the almond flour, coconut flour, sweetener, pumpkin pie spice, baking powder, and sea salt. Add the pumpkin puree, eggs, and melted butter. Mix until well combined. Transfer the batter into a greased no stick loaf pan. Sprinkle the top with pumpkin seeds and press in lightly. Bake for 45-55 minutes at 325F, until a toothpick comes out clean.

**"Every leaf speaks bliss to me, fluttering from
the autumn tree."**

--Emily Bronte

Emily Bronte never saw Selma, but surely she wrote this about the Grand Lady that sits at the base of the Catocin and inspires me every day.





**Have an Awesome Autumn and Wonderful
Thanksgiving with family and friends!**



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