

Dear Friend,

I get excited when the calendar page turns to March. It feels like spring is right around the corner and it also feels like an invitation from God to grow. So many times though, we want visible progress instead of deep roots. We want the fruit without remembering that fruit always grows from hidden places first.

God has been reminding me that real transformation in our bodies, minds, and souls doesn't come overnight. It comes from being planted. From staying. From abiding. From returning again and again to Him and our healthy habits even when growth feels slow.

If you feel like you should be further along by now, I want you to hear this: growth that lasts is growth that takes root first. And roots take time.

Love,
Lori



I started the month with a bath salts bar at a Galentine's Night at Allyopps Boutique



The Littles and I celebrated Valentines.



The BeLoved gathering was a success thanks to these amazing ladies, L to R: Allyson, Beth, me, Lara (my daughter), & Angie

Wellness for Real Life

Simple ways to reset your body, renew your mind, and refresh your soul

Real growth isn't found in dramatic overhauls. It's built through small, faithful choices repeated daily. This month's theme of "Rooted Growth" reminds us that transformation starts beneath the surface before it's ever seen on the outside. When we stay grounded in simple, life-giving rhythms, God strengthens us from the inside out. Instead of striving for perfection, we practice steady faithfulness, trusting that what we nurture consistently will grow beautifully in time.

Consistent Care

This month is about staying rooted in consistency rather than extremes. Choose simple habits you can sustain:

- hydrate your body first thing each morning
- move daily, even if it's just a walk
- nourish yourself with foods that give energy

Rooted Reminder:

Your body thrives when cared for regularly, not rushed occasionally.



Truthful Thinking

Growth in your life will rarely outpace growth in your thoughts. Let this be a month of noticing what you think and then redirecting it:

- replace lies with Scripture-based truth
- pause before negative self-talk spirals
- focus on progress instead of perfection
-

Rooted Reminder:

What you plant in your mind will eventually take root in your life.



Abiding Daily

Deep roots form when we stay connected to God, not just visit Him occasionally. Keep your soul refreshed through simple connection points:

- spend a few quiet minutes with God each day
- pray throughout your routine moments
- thank Him intentionally and often
-

Rooted Reminder:

The strongest spiritual growth happens in hidden, faithful moments with Him.



Your Mini Challenge

Stay Planted

For the next 7 days, choose ONE small habit for your body, one for your mind, and one for your soul — and stay consistent with them.

Not perfectly. Just faithfully.

Because rooted growth always produces fruit... in time.

The Well by Krista



Meet Krista! She's a wife, mom, and is on a holistic wellness journey. Each month she will share a personal reflection or story about how God reveals Himself in daily life. If you would like to connect with Krista, you can find her on Instagram @krista.livinglife

Brought to You by the Letter "R"

As a new month rises, I can't help but reflect on all the ways that God has revealed himself to me throughout the past month. It might sound a little strange, but the common thread has been the letter "R". Well, words that begin with the letter "R". Yes, that's right...He revealed himself to me through words, imagine that!

I have been part of a Bible study group for the past several months and our most recent study has been focused on building resilience through our faith. Resilience is the ability to withstand or recover quickly from difficult conditions. Now we know that we were never promised an easy life, but God did promise that he would give us everything we need to face and overcome challenges and He also promised to walk with us through it all. If we exercise our spiritual muscles and work on our spiritual posture according to His will and with His guidance, we will learn to live with resilience.

What is the most direct way to strengthen those muscles and improve our spiritual posture? Well, to face adversity of course. God sends us timely tests and reminders that will help us build our endurance. Let me tell you, my faith and my family were TESTED last month. God has always known that not only will we continuously be faced by temptation, but that at times we would also succumb to sin. Sin crept its way into our lives in recent weeks, and I can promise you that if I wasn't already learning about resilience in the weeks prior...I'm not sure what the outcome would have been in terms of my faithfulness and my reliance on God. I was reminded quickly though, that it's not the sin that God focuses on but rather on the direction we follow after that sin. Do we continue to spiral away growing the gap, or do we dance toward him in repentance and close the gap?

To repent, to show sincere regret and remorse...that can be a challenge in itself at times. But isn't that the whole point? Isn't that the test of our spiritual strength?

Ridiculous faith is an idea that I just heard about in the past few days. To have ridiculous faith is to not have faith in the possibilities of what God can do, but rather to have unwavering faith in what he WILL do. Not believing in possibility, but believing in certainty... believing in God's promises.

One of God's promises is to be relentless in His pursuit of all of his children. Romans 8:38-39 reminds us:

"Neither death nor life...nor anything else in all creation, will be able to separate us from the love of God."

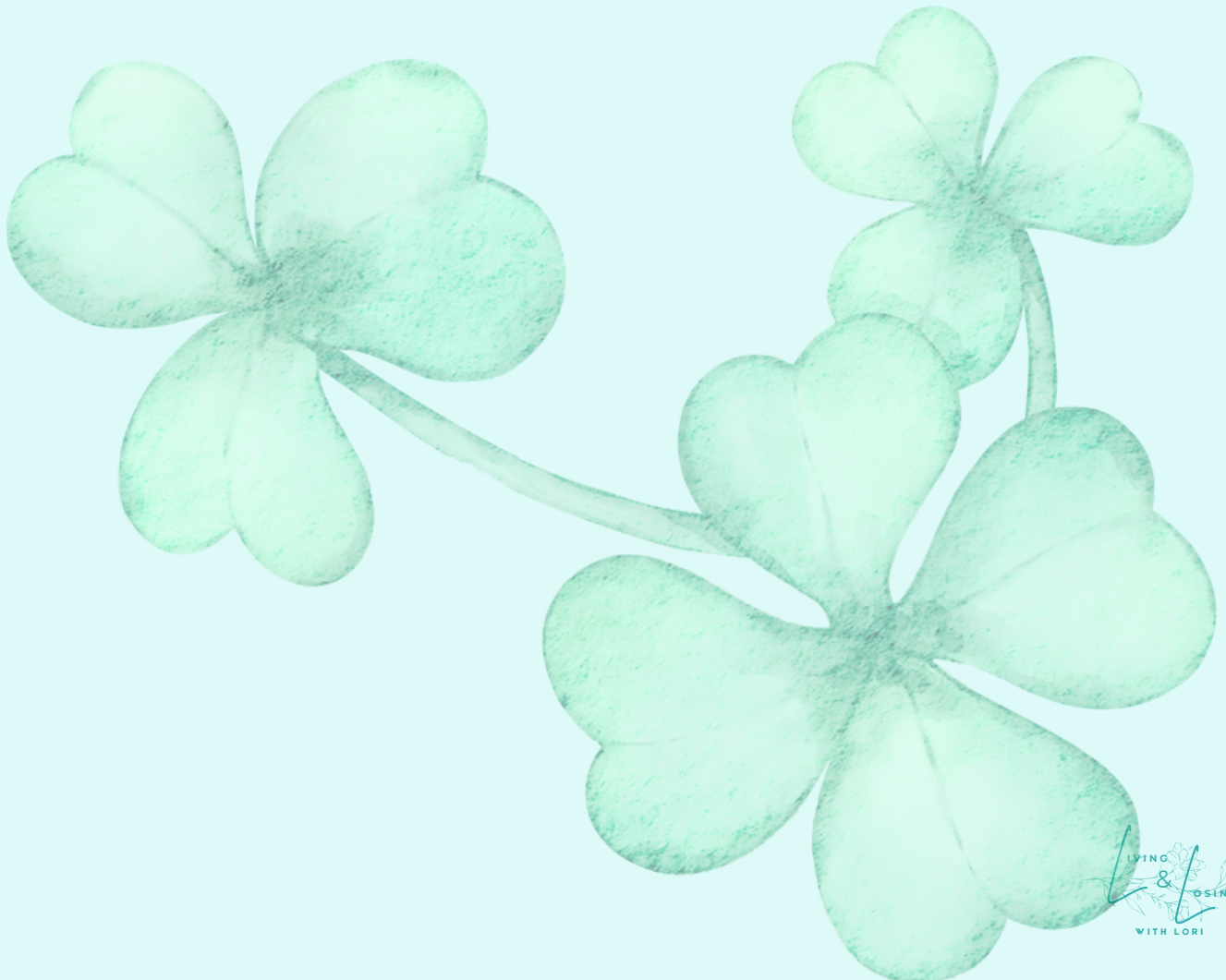
The Well by Krista



cont.

A relentless God is a true blessing. He will never give up on us. No matter how much space we allow to come between us and the Lord, he will relentlessly chase us down! He will reveal himself, His will, His guidance, and His mercy. However, we too have to ensure that we are being relentless in our chasing of Him. We have to exercise our muscles, keep a sound posture, and wear our armour...because the minute we falter, our relentless adversary will creep in to any tiny crack in the foundation. We cannot allow that space between us and our Redeemer to get too big.

Redeemer- yes, our Saviour will redeem us! Through our faithfulness to Him, we strengthen our resilience, we become relentless in our ridiculous faith, we repent as often as necessary, and he will return His faith upon us with revival, renewal, and redemption. Redemption is another one of God's promises; His promise that no matter how far we have fallen, His grace and mercy will reach us. He will turn our brokenness into beauty, and he will turn our past into a testimony of his relentless love for us.



my top picks

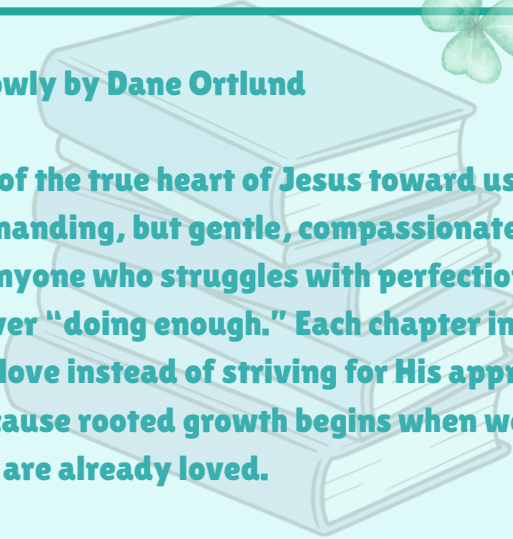
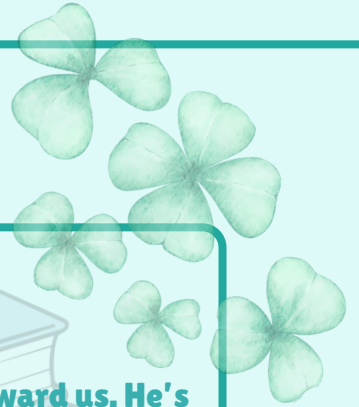
A space to gather resources, encouragement, and practices that help you live whole.

nightstand

on my

Gentle and Lowly by Dane Ortlund

This book is a powerful reminder of the true heart of Jesus toward us. He's not distant, disappointed, or demanding, but gentle, compassionate, and near. It's deeply grounding for anyone who struggles with perfectionism, shame, or feeling like they're never "doing enough." Each chapter invites you to rest more fully in Christ's love instead of striving for His approval. Perfect for this month's theme because rooted growth begins when we truly believe we are already loved.

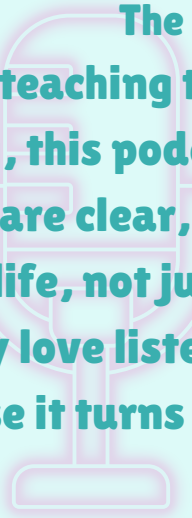
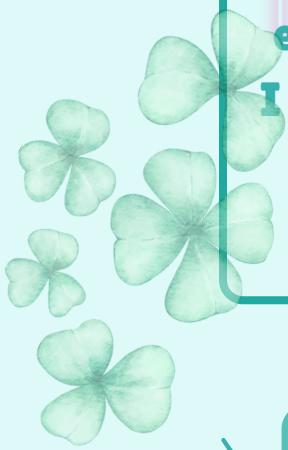


press

The Daryl Black Podcast

If you love teaching that is both practical and spiritually grounding, this podcast is such a refreshing listen. The messages are clear, encouraging, and easy to apply to everyday life, not just Sunday faith, but real-life faith. I especially love listening while walking or doing chores because it turns ordinary moments into growth moments.

play



habit

Start Your Day with Water + the Word

Before coffee, before scrolling, before the day gets loud drink a glass of water and read a few verses of Scripture. This simple habit hydrates your body and roots your spirit at the same time.

It's small, doable, and powerful when practiced daily.

Rooted Tip: Don't aim for long. Aim for consistent. Consistency is what allows habits to take root and flourish.

healthy



a few of our favorite things

Well-loved finds from the Living & Losing community



kitchen

from Gigi's



These honey bacon glazed Brussel sprouts are sweet, salty, savory, and a little spicy. The honey carmelizes, the bacon brings the salt, and red pepper flakes give it just enough kick to keep things interesting.

Ingredients:

- 1 lb. fresh Brussel sprouts (washed & cleaned)
- ¼ cup olive oil
- 4-5 slices of cooked bacon, crumbled
- 3 heaping T honey
- salt & pepper
- red pepper flakes to taste

Directions:

- Toss everything together
- Roast at 400 degrees for 35 minutes
- Serve and enjoy



Vicki



pick

Lara Edited

Paula's



0 points for 1 T.
1 point for 2 T.
a game changer for your morning coffee

Paula

To connect with Paula follow her on TikTok @misplacextexan71



To connect with Lara follow her on Instagram @lara_edited

“Tanologist is a good buildable lotion style tanner, but I like to use it daily or every other day between my true tans to keep bronze.”

click picture for link to order



product recommendation

& What's Next

Morning Messages Have a New Home

My daily morning encouragement texts are moving to my Instagram channel, "Made for More Moments." I'm excited about this shift because it allows us to grow together in one shared space while still starting our mornings grounded in truth, encouragement, and intention. If those messages have encouraged you before, you'll love having them all in one place where you can easily revisit them anytime you need a reset.

Now Introducing – Gathering Experiences

I'm so excited to begin offering guided gathering packages designed to help women connect, create, and grow together in meaningful ways. These are perfect for girls' nights, small groups, ministry events, or intentional friend gatherings. Each experience is designed to be life-giving, faith-filled, and memorable.

Be·Loved Gathering

A cozy girls' night in where we create, laugh, and reflect on what it means to live loved. (includes a bath salts bar + devotion)

Be·Whole Gathering

A refreshing, faith-filled evening focused on caring for your body, mind, and soul while creating something beautiful together. (Kintsugi art + guided journal reflection with devotional.)

Be·Inspired Gathering

Perfect for creative hearts – make bracelets or paint journals while sharing stories, encouragement, and truth for the season you're in.

Made for More Mini Gathering

A smaller, intimate in-home experience designed for meaningful conversation, connection, and hands-on creativity in a peaceful, welcoming atmosphere.

Interested in hosting one? Booking details and availability will be shared soon on my website.

Big things are happening in the Living & Losing community!

