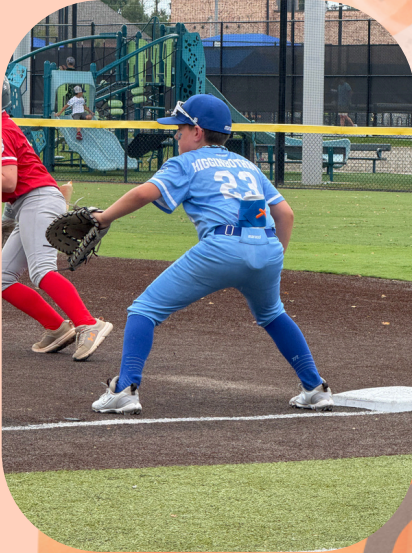




September brought joy and sadness. We had to say "good-bye" to our grand dog, Gracie. She was 15 years old. She was the best little dog. We all miss her. Well, except Symon. They were never really freinds.



On the same day we said "good-bye" to Gracie, we celebrated Symon's birthday. He was a birthday gift to me from Tim. He is 13 years old.



Fall baseball kicked off in September. We spend most weekends at the ball field. I am so thankful that we live close enough to be able to see our boys play.



I am beginning to prepare for a Christmas market where I will be a vendor in December. I am hand painting some journals for gift boxes I will be selling. I have loved trying out this new hobby. I had no idea I could paint journal covers.



A few of my WW friends and I attended the Mississippi Christian Living Magazines ladies' retreat. The theme was finding your worth in Christ. As you can see, we are not a dull group.



These are most of my Saturday morning WW ladies. We had a bridal shower for Beth (sitting in the center) at my house. It was so great to gather together and celebrate her.

HOLISTIC WELLNESS JOURNEY

This month's theme is "Harvesting Balance."

Fall reminds us of the rhythm of seasons. Planting, growing, harvesting, and resting. October is the perfect time to pause and consider what we're "harvesting" in our health and wellness journeys. Are we gathering peace, gratitude, and strength? Or clinging to stress, comparison, and busyness? This month, let's intentionally cultivate balance in body, mind, and soul.

Body

Just as farmers bring in their harvest, your body needs nourishment from the season's bounty. October offers apples, squash, sweet potatoes, and other fall produce rich in vitamins and fiber. Fueling your body with these foods supports immunity as cooler weather arrives. Add a mindful walk in the crisp air, and you'll be strengthening your body while soaking up autumn's beauty.

reflection

What foods or habits are you feeding your body that bring life and energy and which ones leave you drained?

action

Choose one seasonal food this week (like apples, pumpkin, or sweet potatoes) to add to your meals, and go for at least one "fall walk" to enjoy fresh air and movement.

Mind

Balance for the mind looks like slowing down and creating margin. This month, try a "mental harvest." Write down what thoughts and habits are serving you and which ones are draining you. Release the negative, and nurture the practices that help you grow. Even 5 minutes of journaling or a gratitude list each day can bring clarity and calm.

reflection

What thoughts or routines are cluttering your mind right now, and what do I want to keep?

action

Do a 5-minute brain dump on paper. Circle one thought or habit to release and one to carry forward with intention.

Soul

Harvest is also a time of thanksgiving. The soul finds balance when it lives in gratitude. Psalm 100:4 says, "Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name." Begin and end each day by thanking God for His goodness. Gratitude turns our focus from what we lack to the abundance He provides.

reflection

Where has God shown His goodness to you lately, even in small ways?

action

Start a simple gratitude practice: write down 3 things each night you're thankful for. Watch how this shifts your perspective over the month.

This October, let's commit to harvesting balance and choosing nourishment for the body, stillness for the mind, and gratitude for the soul.



the wellness collective

Recipe of the Month



click on the picture to go to the recipe

Stuffed Pepper Soup



MONTHLY Challenge

Hydrate & Harvest Challenge

This month, commit to increasing your hydration this month. Aim for a minimum of 64 oz. each day. Then slowly increase water amounts each week. Also, add one seasonal fall food to your meals each week (like apples, pumpkin, or sweet potatoes). It's a simple way to care for your body and align with the rhythms of the season.

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."

Galatians 6:9



Book Recommendation:

On Fire: The 7 Choices to Ignite a Radically Inspired Life by John O'Leary

John O'Leary's story is one of resilience, courage, and choosing life in the face of overwhelming challenges. His message reminds us that even in the middle of pain and disadvantage, we can choose growth, joy, and purpose. A perfect read for fall as we reflect on what we're cultivating and carrying forward.

Podcast Recommendation:

"Oh My Word" with Katie Ginn
Katie's podcast blends faith and encouragement with real-life conversations. Her stories are filled with hope, truth, and practical wisdom that will leave you both challenged and refreshed. Add this to your playlist for soul-nourishing encouragement during your commutes or walks.

Journal Prompt

Ask yourself: "What am I harvesting in this season of life (physically, mentally, and spiritually) and what do I need to release to make room for new growth?"

Take 10-15 minutes this month to write honestly. Sometimes clarity comes not from striving for answers, but from giving yourself space to reflect.



soulful reflections

When the Seasons Stir Our Souls

Fall has always been a bittersweet season for me. Sweet because we have lots of family birthdays, including our daughter and son-in-law. Sad, because our baby Briana passed away one week after she and Lara were born. The changes in the temperatures, the smells of fall all seem to stir reminders in me of that time 38 years ago.

Grief has a way of leaving imprints that no season can fully erase. Sometimes, the crisp air or the turning of leaves can bring back a flood of emotions I thought were long tucked away. And yet, alongside the ache, there is also beauty. I see God's kindness in how He has carried me through, given me strength I didn't know I had, and blessed me with joy even in the shadows of sorrow.

Psalm 34:18 reminds us, "The Lord is close to the brokenhearted and saves those who are crushed in spirit." That verse has never felt more real to me than in the autumn months, when loss and love seem to intertwine. God doesn't ask us to forget our pain; instead, He meets us right in the middle of it. He turns grief into a place where His presence becomes tangible and His comfort undeniable.

So, while fall will always stir my soul with both sweetness and sadness, I can choose to see it as a season of remembrance. A time to honor the life we lost, the love that remains, and the God who continues to heal.

Reflection Questions

- What memories or emotions does this season stir in you, and how can you invite God into them?
- Where have you seen God's nearness in your own seasons of loss or hardship?
- How can you honor both the joy and the sorrow that fall brings, trusting God to hold them together?

Prayer:

Lord,

Thank You for walking with me through every season, both the sweet ones and the sorrowful ones. When memories stir and grief resurfaces, remind me that You are close to the brokenhearted. Teach me to rest in Your comfort, to honor both the pain and the blessings, and to trust that You are always weaving hope into my story. This fall, may I find peace in Your presence and strength in Your promises.

Amen.

MEET THIS MONTH'S WARRIOR
Angie

My health journey has been like many others, full of twists and turns, victories and setbacks, and seasons of self-doubt. I have done Weight Watchers more times than I can count. Honestly, I should probably own stock in the company by now. Every time I rejoined, I told myself, this will be the time I get it right. But deep down, I knew something was missing. I knew how to lose the weight; I just did not know how to keep it off. I would fall back into old habits and vicious cycles of neglect and self-loathing.

When I walked back through the WW doors in January of this year, I told myself it had to be different this time. I did not know what “different” should look like, but I knew I could not keep doing things the same way. I often felt alone in my health journey, even though my family supported me. I never try to need anybody too much. It’s just safer that way or so I thought. Because of my past, I have learned not to rely too much on people, because people leave, they disappoint you, or sometimes you disappoint them. So, it always seemed easier to just do it alone. But the truth is, trying to carry it all by myself was exhausting and lonely, both physically and emotionally.

This time around something shifted. For the first time, I allowed myself to be real not only with myself but also with the women sitting in that room. I stopped pretending I had it all together, and gradually, I began to open my heart. To my surprise, other women did the same. I found something I had been missing all along: community. Slowly our group became more than just faces at a meeting, we became a sisterhood. We laugh and cry together. We share recipes and tips. We support each other through difficult times. All without judgement.

Another missing piece I have discovered on this journey was my spiritual life. For years, I had hidden away my longing for a deeper relationship with the Lord. I buried it under busyness, self-doubt, and shame. Then, one day, during a counseling session, I finally admitted aloud that I wanted that relationship back. Not even an hour later, I checked my email and there it was, a message from Lori inviting me to join a Bible study called Body & Soul. If that wasn’t a God wink, I don’t know what is!

MEET THIS MONTH'S WARRIOR
Angie
CONT.

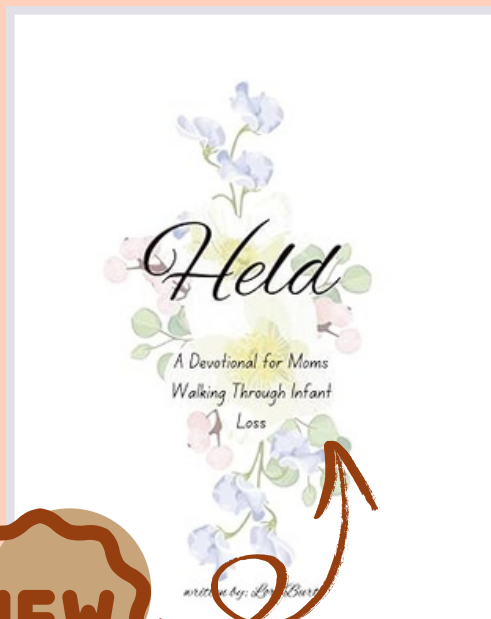
That Bible study changed me. Week after week, I logged on and found myself surrounded by a community of women from all over, women who struggled with weight, self-image, and feelings of unworthiness, just like me. But instead of judgment, I found love, encouragement, and truth. I found women who prayed with me, laughed with me, and reminded me that I am worthy of God's love, just as I am. It was not just about food anymore. It was not just about pounds lost or gained. It was about healing my body, mind, and spirit.

For the first time in a very long time, I no longer felt alone. I had a sisterhood beside me and a Savior holding me up. I realized that desiring community was not weakness, it was strength. That needing people was not a flaw; it was a blessing. And most importantly, I learned that my relationship with God was not something I had to earn, it was already waiting for me all along.

I am learning and accepting that I will always be on this health journey – both body and soul. I still have days where I stumble and struggle. But now, I face them differently. On the days when I question my worth or feel like giving up, I remind myself that I am already enough, just as I am with the encouragement of my community of sweet friends and the love of my Savior.



Coaching News!



As I shared in the devotion, October is a bittersweet month for Tim and me. Our girls were born in October and we are so grateful to have Lara to celebrate each year. This year marks 38 years since their birth and Briana's death, so I wanted to find a way to honor Briana's little life.

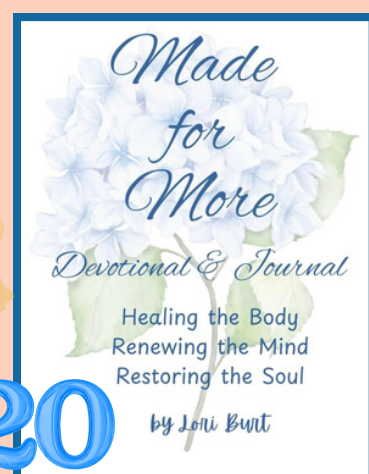
I have written a devotion book for mom's of infant loss, entitled Held. The book will be available through the purchase of boxed gift sets. I have created a "Briana Box" for moms who have lost a baby through miscarriage, stillbirth, or during infancy.

Launch date will be the week of Oct. 29–Nov. 5, the week Briana lived 38 years ago.



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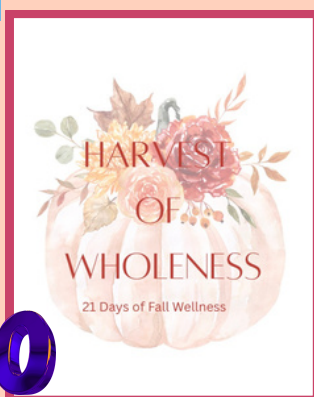
To order your copy of my journal or devotion book please visit my website.



\$20



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New Digital Resource!
Coaching techniques sent directly to your inbox!
Order your "Harvest of Wholeness" today at
<https://www.livingandlosingwithlori.net>

Update to "living & losing" coaching:

At this time I will not be offering in-person coaching sessions. However, I will begin selling videoed coaching sessions to purchase. Each session will also include printables for each session. stay tuned for more details.