



October started with a Beta Club induction for our oldest grandson, Jett.



Vicki and I were able to have a girls weekend and get in some much needed BFF time. We “glamped” in our camper. The weather was amazing! She went with me to WW and to watch Jett play ball. Then, we did a little shopping and had lots of long talks! Good friends are such a blessing!



My friend, Angie and I were honored to attend one of our friend, Beth's wedding. Both of these ladies are in WW with me.



After Vicki went home, the boys and I had a “fall break” so the camping fun continued. We spent the next few days playing, fishing, and eating yummy food! The highlight to me was watching them play and just be kids.



Karen, Lisa, Angie, and myself got to have a girls night out. We enjoyed a yummy meal at a new restaurant and then attended the Chonda Pierce concert at a nearby church.

Our beautiful baby turned 38 this month! We are two blessed parents and grandparents. (pictured from l to r: Jett, Lara, Lake, and Kiel behind Lara)



HOLISTIC WELLNESS JOURNEY

This month's theme is "Nourished by Grace."

This month, instead of focusing on feasting around the table, we're focusing on what it means to be fed by grace~daily, deeply, and holistically. When we slow down long enough to notice, we realize God's grace is what truly sustains us: in our bodies, in our minds, and in our souls. Let's open our hearts to receive that nourishment in every area of life.

Body
Nourish What God Created

Our bodies are incredible gifts designed to move, serve, and experience the beauty of life. This month, instead of striving for perfection or restriction, focus on nourishment. Choose foods that fuel you, movement that refreshes you, and rest that restores you. Grace means honoring your body where it is, not punishing it for where it's been.

reflection

What does it look like for you to treat your body with grace instead of guilt?

action

Prepare one meal this week that feels both nourishing and joyful. Make it something that feeds your body and your soul.

Mind
Feed Your Thoughts with Truth

A mind nourished by grace is one that refuses to dwell in shame or comparison. This month, notice your thoughts. Are they feeding life or draining it? Replace self-criticism with compassion and gratitude. Remember, renewal begins in the mind where grace takes root and grows into peace.

reflection

What thoughts have been keeping you from living fully in grace?

action

Each morning, speak one life-giving truth over yourself. Example: "I am growing, not failing. God is working in me."

Soul
Rest in the Giver of Grace

The soul finds nourishment in quiet moments of connection with God. His grace isn't earned, it's received. When life feels busy or heavy, pause and simply breathe in His presence. Let His mercy refill what the world drains. You don't have to do more to earn His love; you simply need to be still and receive it.

reflection

Where in your life are you striving instead of resting in God's grace?

action

Set aside 10 minutes one evening this week to sit quietly with no music or phone, just you and the Lord. Whisper this prayer: "Lord, let Your grace be enough for me today."

the wellness collective



Recipe of the Month



click on the picture to go to the recipe

Classic Blueberry Jello Salad

Book Recommendation:

Purpose Driven Life by Rick Warren

If you're like me and you haven't read this book in 20 or more years, do yourself a favor and dig around, find your copy, blow the dust off and re-read it. Or if you've never read it order a copy from Amazon. There have been a few updates to the original. One change includes QR codes that take you directly to the sermon he preached that goes along with that day's reading.

Podcast Recommendation:

"The Next Right Thing" with Emily P. Freeman
If you're craving peace, simplicity, and spiritual grounding this month, you'll love The Next Right Thing podcast. Emily's calm voice and thoughtful reflections help you slow down and tune in to what God is whispering in the quiet places of your heart.

Episode to start with: "#290: A Gentle Reminder About Grace."

In this episode, Emily reminds us that God doesn't demand hustle—He invites us to wholeness. She talks about giving ourselves permission to breathe, to rest, and to trust that doing the next right thing is enough. It's a beautiful listen for anyone learning to live from grace instead of guilt.

Journal Prompt

Where in my life do I need to receive grace instead of earning it?

Spend some time journaling about areas where you've been striving to prove your worth or earn love — with your body, your health journey, your relationships, or even your faith. Then, write about what it would look like to rest and simply receive God's grace in that space.

MONTHLY CHALLENGE

Practice a "Grace Pause" once each day.

Here's how it works:

At least once a day, stop what you're doing, place a hand over your heart, take a deep breath, and whisper:

"God, Your grace is enough for me right now."

It can be during your morning coffee, in the car line, or while folding laundry. This simple pause helps retrain your mind and body to rest in truth — that you are already loved, already chosen, already enough.

"And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work."

2 Corinthians 9:8 (NIV)



soulful reflections

Nourished by Grace

There's something about November that makes me pause and reflect. Maybe it's the crisp air or the way the days grow shorter and quieter. In years past, I've spent this month rushing to plan, cook, decorate, and prepare for the holidays trying to make everything "just right." But this year, I feel God inviting me into something different. Something slower, simpler, and far more nourishing.

He's been whispering to my heart: "Let My grace be your nourishment."

Grace feeds the places within us that striving never can. It fills the gaps our own effort leaves empty. Grace reminds us that we don't have to earn our worth, fix ourselves, or prove we're "enough." We simply get to receive what God freely gives.

When we live nourished by grace, it changes everything.

It changes how we care for our bodies because we move and eat out of love, not shame.

It changes how we think because we let go of comparison and choose gratitude instead.

And it changes how we show up in our spiritual lives because we stop performing for God and start abiding in Him.

Grace quiets the noise of "should" and "not enough." It slows us down long enough to notice God's goodness in the ordinary: a meal shared with family, a walk in the cool air, a moment of peace in a hectic day. These small, grace-filled moments are the ones that truly nourish our souls.

As you move through this month, I encourage you to rest in the truth that you don't have to do more to receive more of God's love. His grace is already here, flowing freely and fully and enough for every need, every day, and every season.

"My grace is sufficient for you, for my power is made perfect in weakness."

2 Corinthians 12:9

Reflection Questions

- In what areas of your life have you been striving instead of resting in God's grace?
- How can you shift your mindset this month from perfection to nourishment in body, mind, and soul?
- What's one small, ordinary moment this week where you can intentionally pause and thank God for His sustaining grace?

Prayer:

Heavenly Father,

Thank You for Your grace that meets me right where I am. Teach me to slow down and be nourished by Your presence instead of striving to do more. Help me care for my body with love, renew my mind with truth, and quiet my soul in Your peace. May Your grace fill every corner of my life this month and overflow into the lives of those around me.

In Jesus' name,

Amen.



MEET THIS MONTH'S WARRIOR

Krista

Hi, I'm Krista! I'm 46, married to my hubby Tony (for 17 years) and together we have a 15-year-old daughter named Ava who is our pride and joy. We have two dogs. A male husky named Jax, and a female husky mix named Jersey (and yes, they shed A LOT). I studied Psychology and Criminology in university and currently work as a Senior Customer Service Representative in the industrial side of the food industry. I love being outside, I love being crafty (mainly painting and crocheting these days), I am a big Blue Jays fan, I play video games, and love to cook but hate to clean up the mess!

It wasn't until I was in my late twenties and early thirties that I started paying much attention to my health and wellness, with an immediate and emphasized focus on my weight. I can remember times throughout my childhood and throughout high school noticing that I was bigger than most of my friends, but not drastically bigger. At least not so much so that it really had an impact on me and my confidence. I participated on all of the sports teams and was active, but still bigger and I was okay with that. Throughout university, I didn't give it any thought (I didn't have time for that). It was once I moved back home and got out into the working world that I started to get more insecure. I wasn't anywhere close to being at my heaviest weight during those years, but that is definitely when I started to focus on my body, the fact that I was bigger and it started having an impact on my mental health as well. So began the yo-yo cycle for the next ten years.

In 2010 my daughter was born and my mom passed away just 7 weeks later, she was only 52 years old. THAT was when things started to spiral. The baby weight never came off, and in fact more piled on. I joined Weight Watchers for the first time in 2011 and over the course of the next eight years it was a constant up and down cycle until 2019 when I reached my highest weight and the lowest point in my mental health. The dreadful pandemic hit, my husband was out of work due to his mental health struggles, our daughter was doing online schooling at home full time, I lost my job, found a new job, was working remotely at home, I was dealing with an alcoholic father...the list went on, and my health was just not my focus. In 2020 I tried to get serious again about losing weight and becoming a healthier version of myself. I was working out, and back on Weight Watchers...but the habits still wouldn't stick.

MEET THIS MONTH'S WARRIOR
Krista
CONT.

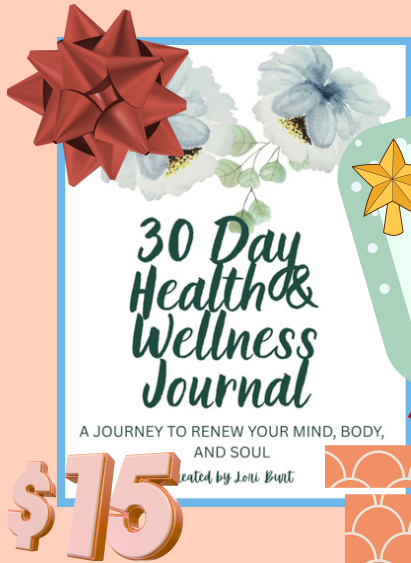
When I turned 45, I remember thinking to myself “girl, you are 7 years shy of the age your mother was when she passed away...imagine only 7 years left with Ava...it’s time to wake up and get serious about this”. That’s just what I did. I rejoined WW, I started walking (a lot) and working out and I lost twenty pounds in the first 6 months of 2025. Then I hit a wall.

Now let me rewind a little bit for a minute so I can point out when I started exploring my faith. In the Spring of 2023, I “saw the light” I guess you could say. I literally woke up one day and decided that I needed to go to church. Over the course of the next few months, I started getting to know God, I started looking at the world and my life through a different lens. The dots weren’t all connected yet though, and I still felt lost in all aspects of my health and wellness journey. The pounds were coming off, and I was involved at church, I was feeling better mentally but something was still amiss. So, back to mid-2025 I am now down thirty pounds total (from my heaviest), and I hit a wall. This was also around the time that I really started to dial in on my relationship with God. After a brief break from church, I had started going back again, I (reluctantly and nervously) joined my first bible study and ending up having some huge ah-ha moments. It all really started to make so much sense and quickly became clear that faith was the missing piece of my wellness journey. Due to a couple of minor injuries, I was on an unintentional break from movement, the scale wasn’t budging...but I was definitely growing in my faith.

Now, with more of a faith-focused approach to the rest of my wellness journey I can really see myself coming back to life if you will. Injuries have healed, so movement is making its way back into my routine. I am gaining some confidence back because I am making progress with nutrition and weight loss again, but mostly my confidence is coming back because I realize that I am not on this walk alone. He is with me every step of the way and will guide me anytime I start to feel lost again.



8/4th Merch



These would make great Christmas gifts! To order your copy, please visit my website.

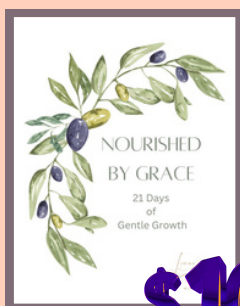


This month marks 38 years since our sweet baby, Briana went to heaven. To honor her life, I've created "Briana's Box."

This is a care package for mothers who have experienced infant loss. Each box is filled with comforting items, Scripture, and reminders of God's love and presence in their grief. My prayer is that every mom who receives one feels deeply seen, loved, and held by grace.

These will be available for special order through my website.

each box contains: "Held~A Devotional for Mom's of Infant Loss, a hand-painted journal, a heart bracelet, breath prayer cards, and a prayer quilt"



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