

Nancy's Newsletter



October 2026



Dear Ladies,

Blessings to you this month of October. You can't believe how excited I am to say that "AUTUMN" is here! Yes, I just love the beauty of the Autumn season, even though we can't quite see it here in Arizona yet. . . but at least our weather has actually cooled off a bit as I'm writing this. We've even had a couple days of rain the past week and the high was 77degrees 😊! Oh was I one happy girl! The cooler temps might not last long, but at least it's a 'joyful' start for October.

It's been quite a month for me with all that our family has dealt with, so Sarah and I are running a bit behind getting our Autumn decorations put up at the house. Hopefully the bins will be out and decorations will be up this week. When they are, I will post my pics on Facebook with a SMILE! I notice that October 1st is "Pumpkin Spice Day". . . and doesn't a "Pumpkin Chocolate Chip Muffin" sound absolutely delicious! Oh the tastes & smells of Autumn!

Be sure and check out my "Word Puzzle Page" this month. I see we have several great days to celebrate. We have: "World SMILE Day" (10/2), "Do Something NICE Day" (10/5), and "Nat'l Frappe Day" (10/7) . . . a McDonald's Caramel Frappe is my favorite treat! I see it's also "Moment of Frustration Day" (10/12) and don't we all experience those at times! And. . . if you're the "grouchy" kind of person, we even have a day for you . . . "Nat'l Grouch Day" (10/15). Another great day is "Nat'l Mother-In-Law Day" (10/25), and one of my most favorite days is "Make a Difference Day" (10/26). My true heart's desire is to "Make a Difference!"

As most people know the month of OCTOBER is "PASTOR APPRECIATION." "Pastor Appreciation Day" itself is actually Sunday, October 11th. New Life will be celebrating this day on October 18th. The life of a pastor is a busy one and sometimes it seems as though you're being pushed from all different directions (especially if you're the only pastor serving a church and don't have other associates to help you), as in my husband's case. A pastor's job is unpredictable. Pastors never know when they are going to get that emergency hospital call in the middle of the night, or, that vital request for counseling comes up. Pastors show up during "family meltdowns" and head towards car accidents. Many times a pastor is on his knees in that midnight hour praying for the opposition coming against his congregation. A pastor rarely gets to say "I'm off duty," doesn't always get to punch out at 5pm, and rarely has a "normal" schedule. Many things happen all of a sudden. Not only does this effect the pastor, but also his family. As Shepherds, pastors answer the call to be available, to be God's hands extended, and to love and care for their flock, no matter what time it is. Not only those things, but sometimes pastors take on the roles of wedding planner and funeral organizer. And on top of all that, they are responsible for preparing sermons, church services, and "Worship" time (as my husband does), plus doing maintenance work at times.

I ran across some statistics recently that are sad to hear: Did you know that 97% of pastors have been betrayed, falsely accused, or hurt by their trusted friends. 70% of pastors battle depression. 7,000 churches close each year. 1,500 pastors quit each month. 94% of pastor's families feel the pressure of the ministry. 78% of pastors have no close friends. 90% of pastors report working 55-75 hours per week.

As a congregation, you can be a blessing to your pastor by lifting them and their family up in prayer. You can encourage them with "POSITIVE" words, and speak "LIFE" into them. (Hebrews 13:17) says "Have confidence in your leaders and submit to their authority, because they keep watch over you as those who must give an account. Do this so that their work will be a joy, not a burden, for that would be of no benefit for you."

On a "personal" thought since I'm talking about pastors, I do have one big "pet-peeve!" I have seen over the years "respect" for a pastor diminish. One of those being in my lifetime I would have never called my pastor by just his first name. Many feel the church has become way too casual over the past many years. Just remember your pastor has a high calling by God! Yes, pastors are human, yes they need to be a friend, and yes they need to have friends. . . but there's nothing wrong in addressing them as "Pastor" and last name, or "Pastor" and first name (if you must). . . not just "DAVID!" (OVER)

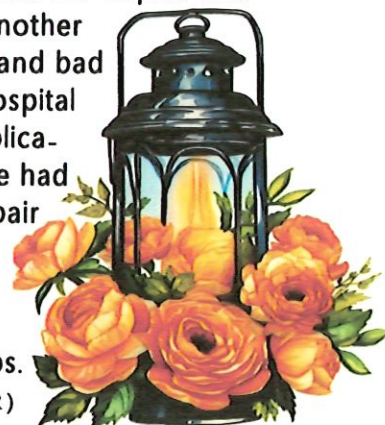
Like I said, this is personal for me and I felt led to share and encourage others to take it to heart. Let's show our pastors (who are men and women of God) the respect they so deserve.

Having an anniversary of our 26th year last month on September 10th as your pastors here at New Life and 42 years of being in full-time ministry, we thank God for being with us through every season. We thank God for His continued FAITHFULNESS! I am blessed to have a husband who will preach the non-compromising Word of God, and who totally believes that a person's life can be changed by the "POWER OF THE CROSS!" People everywhere are looking for peace, hope, satisfaction, and answers. . . but it's only through a "personal relationship" with Jesus Christ that you will find it! As our family continues on this "JOURNEY OF FAITH," we stand on God's promise in (Ephesians 3:20) that says "Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us." Just knowing that God will be "with us" and "for us" through every season of life is a promise we can believe! What an AMAZING God we serve!

As a pastor's wife, I have never felt the call to preach, but the Lord laid it on my heart 32 years ago to start making my "Nancy's Newsletter" which goes out to women all over the United States & Canada each month. I mail many and have a very long email list to send to each month. I have a heart for women and felt the need to uplift, encourage, and make them each feel special. It takes me the whole month to prepare the Newsletters, then time to print, sort, & staple together. I appreciate our Daughter, Sarah, who is willing to come down to the church on print night after she has worked her own full-time job to help her Mama get them put together, stapled, and ready to pass out at church that following Sunday. I couldn't do this without her, and I want her to know that she is an absolute valuable "GEM" to me! I also appreciate the kind words and encouragement from many of you telling me you enjoy my Newsletters and what they mean to you. Those words keep me going! Like I said earlier. . . "I WANT TO MAKE A DIFFERENCE!"

October 16th is "NATIONAL BOSS'S DAY." The history of Boss's Day dates back to 1958 when the concept was founded by Patricia Bays Haroski, who was an employee at State Farm Insurance Company in Deerfield, Illinois. She designed this special day because it was her father's birthday, who also happened to be her boss. Four years later in 1962, the Illinois Governor backed this special day and proclaimed it official. As the Church Secretary of New Life Assembly for the past 22 years, I am blessed to be able to work alongside my husband. I see first-hand the hard work, long hours, and the things my husband deals with. I see the many different "hats" he wears as being the pastor. I want him to know on this Boss's Day that he is appreciated more than words can say! I truly admire his dedication and service to God and to New Life.

As I wrote you in last month's Newsletter, my Husband had spine surgery on August 24th. Here's a recap and update: As the surgeon was closing him up, he found a bone bleed, a herniated/bulging nerve root, & a tear which had leaked some spinal fluid. The incision had to be cut a little bigger so those things could be repaired & mended, which took a total of 3-1/2 hours for the surgery instead of 2 hours. When he got home that night he still wasn't feeling right having some numbness in his body, his legs hurts, & his bowels were not working. By that Thursday (8/27) we had him back at the Emergency Room. Several tests & scans were done and a catheter was put in before coming home. The following Monday (8/31) he saw a local Urologist and the catheter was taken out & he went to work at the church. That night he had a slight fever. He worked the next day and came home early having a 102 degree fever. We took him back to the Emergency Room again (9/1) and 7 tests including a CT Scan were done. He had a bad UTI and his white blood cell count was way too high. The surgeon wanted an MRI done, so he had him transported at 2:20am on (9/2) to John C. Lincoln Hospital in Phoenix (33 miles away) where he does surgery. They started treating him for 'Sepsis' and pumping antibiotics into him. After the MRI the surgeon determined he needed another surgery so that happened that evening at 6pm. The Surgeon found a hematoma and bad infection under the gel seal of the nerve root, along with the UTI. He was in the hospital for 3 days. Sadly, he came home with a catheter and has been having more complications since then. What this man has gone through the past 5 weeks is horrible! He had a post-op appointment with the surgeon on (9/16) and was told after a surgery repair like he had, it can take from 3 months to a year to heal. He also had an appointment with the Urologist that the surgeon recommended he'd see on (9/22) and the catheter was removed. He saw the surgeon's assistant on (9/29) for a post-op visit and he gave him an okay to bend a little more and he could lift up to 25-30 lbs.



My husband is still having complications and will be going back in to see the Urologist (10/6 & 10/12) for scans and a scope. He started Physical Therapy for his spine this past week (9/28). That went well and by the 2nd therapy session, they really worked him. He'll be having Physical Therapy twice weekly for the whole month of October. We would truly appreciate it if you would continue to keep him in your prayers for **"COMPLETE HEALING!"**

We have **"blessed hearts"** as we say we appreciate all those who have given & sent get-well cards, sent texts, and made phone calls during Dave's surgery & recovery. We also want to say **"THANK YOU"** (Perla & Rubi Pena) for preparing and delivering 3 wonderful meals to us during this past month. (I put Perla's recipe for **"Mexican Cheesy Soup"** (which has become a favorite of ours) on my recipe page this month. I hope you'll give it a try.) Also, we want to say **"THANK YOU"** (Kay Price) for sending home a tasty homemade soup meal with all the fixin's for us. We also so appreciate our wonderful neighbors (Dave & Lynn McCasland) who brought us a complete grilled hamburger dinner on **"Labor Day."** We have the best neighbors! Everything made for us by all was so **"DELICIOUS!"** We truly appreciate you thinking of us, all your time and effort given to prepare each item, and your thoughtfulness more than you'll ever know! You have blessed us in such a **"BIG"** way! Thank you for being God's hands extended during this time.

The **"theme"** for this month's Newsletter is **"SEASONS."** With the month of October arriving that means **"AUTUMN"** is here and the season is changing. Life is made up of seasons also, and none of them stay forever. Seasons change in our personal lives as well. There will be summers of abundance and winters of scarcity, autumns that teach you to let go and springs that whisper of renewal. If you spend your days trying to keep summer from ending, you will miss the **"miracle"** of what comes next! Let things change! Let yourself change! Even though change is hard for many of us, it's the only way our **"story"** continues.

The most famous passage about life's seasons in the Bible is in (Ecclesiastes 3) which says: **"There is a time for every purpose under heaven. A time for everything."** God has appointed different phases in life, such as a time to be born, a time to die, a time to plant, a time to heal, a time to weep, and a time to laugh. Sometimes our seasons are good and sometimes they aren't. I've talked to several people recently who are in seasons that feel like they're taking two steps forward and one step back. In fact, I've been in this kind of **"season"** for a while myself, so I know what it feels like.

During one of these seasons in my life, someone gave me a perspective that helped and I want to share it with you: We will all slip-ups, setbacks, and days when we're in a **"valley."** When this happens, we can wonder if we've even made any progress at all. We might say to ourselves **"See. . . I've been fooling myself. I'm not stronger, I'm not better. I'm right back where I began."** I want you to know that is **NOT TRUE!** The **"valley"** times in our lives are normal. It's a part of the **"process,"** and it's part of your **"story!"** You might find yourself in a low place at times, with a lonely wind howling around you, but you will never have to surrender all the ground you've gained. . . and all the progress you've made. No one can take that from you. Nothing can push you all the way back to the bottom. You will **"NOT"** go back to where you started! You will **"NEVER"** be who you were before! You will continue to walk through even the darkest of **"valley"** days with the **ONE** (Jesus) who is able to guide you all along the way.

Life is full of seasons. Some joyful and full of abundance where you're so happy you wish they'd never end. Others are heavy, painful and filled with loss where you feel like giving up. But perhaps the hardest season of all is the **"WAITING"** season. It's the time when we pray, listen, and look around. We might not see God moving the way we'd hope and maybe you even wonder **"Did He hear me?"** It's during this time that our faith is truly tested. Even those difficult and painful seasons have a purpose in shaping a person's faith and character.

Waiting is a hard thing! Many times we say **"Lord, here's 'my' plan, and if You could, just sign off on it and make it happen by next Tuesday, that would be great!"** But that's not trusting God. That's trying to maintain control of God. We were never meant to bear the weight of orchestrating our own destiny. . . that's God's job! (Ecclesiastes 3:1) says **"To everything there is a season, a time for every purpose under heaven."** I want you to know today that even when you can't see what He is doing. . . God is working behind the scenes in ways we don't understand.

I love the song **"WAY MAKER."** Some of the lyrics are: **"Way maker, miracle**



worker, promise keeper, light in the darkness. My God, that is who You are. Even when I don't see it You're workin,' even when I don't feel it You're workin.' You never stop, You never stop working'."

The delay your facing is not a denial. Sometimes the answer to our prayers is "NOT YET!" It's not because God is withholding something good from us, but because He is preparing something EVEN GREATER!

(Psalm 30:18) says "Yet the LORD longs to be gracious to you, therefore He will rise up and show you compassion. Blessed are all who wait for Him!"

I want you to remember how far you have come. Everything you have gotten through. All the times you have pushed on even when you felt you couldn't. All the mornings you got out of bed no matter how hard it was. All the times you wanted to give up, but you got through another day. Never forget how much strength you have. The waiting can be exhausting, especially when the season seems to last so long and there's no end in sight, but always remember, God is "with" YOU and He "sees" YOU right where you are!

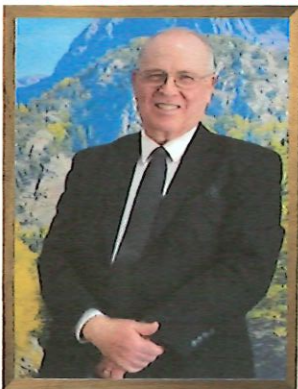
Ladies, (and my faithful men readers) always remember, YOU are SPECIAL!

Nancy DeAnne Land



*Becky, Justin, Abigail, & Alaina
Centerton, Arkansas*

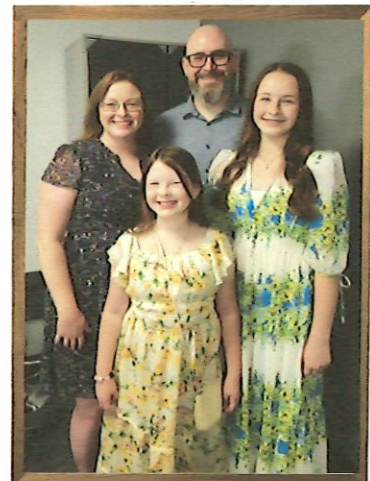
Pastor David Land



Nancy Land



Sarah Land





When a Season Brings Both Good and Hard

"We are hard-pressed on every side, yet not crushed; we are perplexed, but not in despair; persecuted, but not forsaken; struck down, but not destroyed." (2 Corinthians 4:8-9)

There's something about this time of year that whispers that something new is possible.

You can feel it in small ways. The light lasts a little longer. The air shifts. There's a sense that what felt dormant might not stay that way forever. And depending on where you are right now, that can feel really comforting. . . or a little complicated.

Because maybe part of your life does feel new. There's fresh energy, a sense of movement, even excitement about what's ahead. Or maybe you're in a season that still feels heavy, the kind where you're showing up, doing what you can, but things haven't changed the way you hoped they would.

Most of us, if we're honest, are holding a bit of both. Hope in one area. Hard in another. And sometimes we wonder if we're doing it right, if we should feel more joyful or more certain about what's next.

But God doesn't ask us to choose between hope and honesty. He meets us in both. He's present in the places that are blooming and in the ones that still feel like winter. He isn't waiting for everything in your life to line up neatly before He calls this season good. He's already with you in it, right now, as it is.

You don't have to get to a certain place before you can step into what's next. You are already held, already seen, already invited into what God is doing, even if part of your story still feels unfinished. Even if it's tender. Even if it's slow.

New seasons don't cancel out hard ones. Often, they grow right alongside them. A small shoot pushing up through the soil doesn't mean winter never happened. It means life is still at work in the middle of it.

So wherever you find yourself today, you don't have to force hope or deny what's hard. You can hold both. You can say, "This is difficult," and also, "God is still at work here." You can notice what's hurting and still stay open to what's beginning.

One small way to lean into that today is to take a moment and gently ask, "Where do I see signs of life or growth right now?" They might be small, maybe barely even noticeable. They might not change everything. But they count, and they mean there's more to come.

Because new seasons don't always arrive all at once. Sometimes they come through little reminders that you're not alone, you're loved, and your story isn't finished yet.

(Holley Gerth Devotions)



Seasonal Changes Can Be a Good Thing!

"There is a time for everything, and a season for every activity under the heavens." (Ecclesiastes 3:1)

As summer has faded into fall and autumn, and if you are fortunate enough to live in a state with four seasons, you have noticed beautiful changes. . . stunning in their splendor and varying degrees. But to get to this season, it requires us to embrace change.

Last week, during one of my walks, I noticed a familiar maple tree turning slightly orange. I thought to myself "How terrifying it must be to be a leaf." To be forced into change so quickly, yet slowly. . . so "paradoxical" (which means something that contains two opposite facts or ideas that seem impossible together, yet may still be true). To not know the future that lay ahead, I thought to myself, I wonder if it's better that way?

Leaves, like many of us, embrace beautiful seasons. Spring and summer bloom beautiful flowers and lush pastures. Fresh greenery lights up every face. But fall and winter tell a different story. Though they are stunning, their contrast can seem harsh. Crisp reds, burnt tangerines, and faded yellows are not the known and familiar sage evergreens we're used to seeing.

For a moment, they are breathtaking. Then in a second, they are gone. Empty and barren trees fill their places. I wonder if the leaves wonder what's happened to them? They might wonder where have they gone? And yet, they embrace the change in seasons, knowing there is beauty in every one of them. Knowing there is something even more beautiful to come.

Maybe this autumn you find yourself in a season of change. You might sense yourself growing fearful and anxious as the days grow shorter and the nights grow longer. And yet. . . we know that God has a purpose and plan for every weathering season, just like He has a purpose and plan for you. (Jeremiah 29:11) says "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

Seasons are the perfect opportunity to witness the beauty of change and learn to embrace it more gracefully. While it's a process, God is with us in every transition. We must learn to let go of things that no longer serve us and embrace new beginnings. Without each season, we'd never know the beauty of spring, summer, winter, and fall. (Ecclesiastes 3:1) "There is a time for everything, and a season for every activity under the heavens."

PRAYER:

Dear Jesus, Embracing change can feel much like embracing the change of seasons. We know that every season of our lives has a purpose and that you have a good plan for us, but facing these things can be scary. Jesus, we ask for your guidance as we navigate this next season you have for us. Help us to let go of things we need to release and make room for the new things you have in store for us. Though change can be challenging, please remind us of its immense beauty, growth, and renewal in our lives. In Jesus' Name, Amen.



Believing God For Seasons of Joy Again

"Moses said to Joseph 'I never expected to see your face again, and now God has allowed me to see your children too.'" (Genesis 48:11)



I remember the day my daughter said "Mom, I miss our old house, she so sweetly whispered. I asked why and expected to hear thoughts on our lush backyard or her pink bedroom.

We were so happy there. Her tender honesty pierced my heart. I affirmed her feelings that day and proceeded to name some positive points about our current life. . . but I couldn't escape the reality she'd so wisely identified.

We were happy there, in our season of "before." Before an agonizing diagnosis rocked our family. Before a cross country move and the loss of a supportive community. Before multiple hardships wore us down with a fierce relentlessness.

The loss of a "before" season often leaves us listless and low on hope. We wonder if life can indeed be good again, as it once was before the diagnosis, job loss, crisis, death or something that destroyed our marriage. . . Before the lights went out and life stopped making sense.

This soul ache presses hard into our faith muscle, sometimes even threatening to wear it out. And when these grueling seasons unpack their bags and linger for a while, it's easy to begin believing the thought that "My best days are behind me."

The patriarch Jacob experienced a "before" season, too. . . before the loss and presumed death of his beloved son, Joseph. While Jacob had many children, (Genesis 37:3) tells us "He loved Joseph more than any of his other sons, because he had been born in his old age; and he made an ornate robe for him."

Unfortunately, this favoritism led Joseph's jealous brothers to sell him into slavery and fake his death. With chilling deception, they presented Joseph's bloodied, multicolored coat to Jacob, who then grieved mightily.

While Scripture doesn't give us many details, we can imagine the depth of Jacob's trauma. We can envision the way this massive loss tore at his soul and clouded his mind. I don't think it's a stretch to imagine Jacob was never quite as lighthearted from that day forward. Perhaps, like us, he believed a season of "joy" would never come again.

And yet the conclusion of Genesis reveals the exquisite story God had been writing through those dark days: Joseph, alive and well in Egypt, was finally reunited with his father. "Moses said to Joseph, I never expected to see your face again, and now God has allowed me to see your children too." (Genesis 48:11).

What a resolution! Not only does Jacob have his son back, but he also experiences the joy of knowing his grandsons. After years of heartache, God brought Jacob into a spacious season where he enjoyed 17 years with Joseph.

As for us, when seasons of loss arrive, let us not forget the truth that God always, always works for our good! He loves us deeply and will never cease moving on our behalf. . . even when we don't understand His ways. . . for what is dark to us isn't dark to Him.

You and I may not receive the ending we would have chosen, but we can choose to trust the God who wants the very best for us. It's tempting to draw conclusions about the end of the story when we're in the middle of it. But what if we leaned into our faith a little deeper? What if we grasped onto the truth with all our might and trusted God to write the ending He knows we need?

In painful seasons, we can draw hope and strength from this story of Jacob and Joseph. Instead of pulling away from Jesus, we can run to Him and entrust our heartache and disappointment into His nail-scarred hands. We can reject the enemy's lie that joy will never come again.

Your best days are not behind you. In Jesus, we know each season serves a divine purpose. And just as God was faithful to Jacob and Joseph, so God will be faithful to you, too. I encourage you to never give up hoping and expectantly looking for the goodness of the Lord. He sees you right where you're at my friend. . . and he is near!

(Proverbs 31 Ministries/Meredith Houston Carr)

Faithful In Every Season

Here it is "autumn" and the official changing of the seasons. With delight I switched the sign on my front porch that says "Hey Friends!" To "Hello Fall" and hung a autumn floral wreath on my door.

There's just something about this time of year that feels so refreshing. Maybe it's the color of the deep blue sky against the crimson and gold leaves, or the cool breeze mixed with the warm sun on my face. There's just a pace to it that seems to keep us going forward. . . Like there are new possibilities just around the corner.

We see a renewing of God's faithfulness in every season. Whether it's the radiant sunbeams of summertime, the brilliant colors of the leaves in autumn; the still serene blanket of snow in

winter; or the promise of new life emerging with the flowers in spring. . . they all point to God's abundant love.

Turning a page in the calendar is one thing, but sometimes we find ourselves facing an entirely new or challenging season of life, and that doesn't always feel as easy. The difficult seasons in our lives can usher in feelings of anxiety, fear, or stress, making it hard to discern the best way to go forward.

The book of Ecclesiastes describes life as a "hevel" when life gets like that. A modern translation calls it "meaningless" but that word actually misses the mark. The word literally means "smoke or vapor" and the author of the book is using it as a metaphor of how life is like smoke or vapor. . . here one minute and gone the next! Life is temporary and at times, unclear. It can feel impossible to grasp and hard to see ahead. It can seem like just when things look one way. . . everything changes and life looks completely different. We lose any illusion of control we once had, and that can sure be painful.

But it's also one of the "best-worst" things that can happen to us because it calls us to a posture of total surrender to God. It can also help us rediscover the many simple gifts that God provides every day. . . if we just have eyes to see them. Scripture says "There is a time for everything, and a season for every purpose under heaven" (Ecclesiastes 3:2)

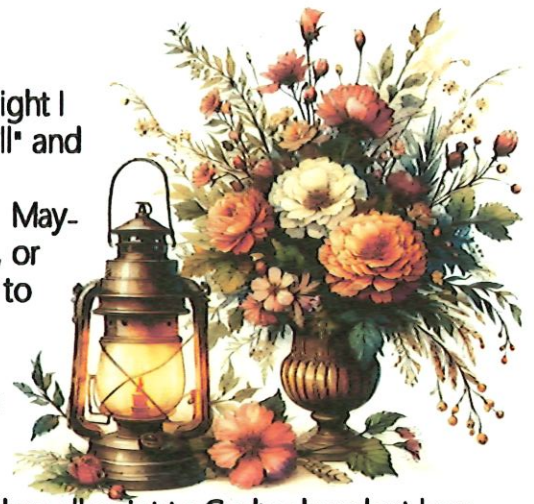
When we live a life of trusting in God, we will see that in each season of life, there are gifts from God. The enjoyment of simple good things in life, like friendship, family, a good meal, or a beautiful autumn day are like little bits of heaven breaking into our life here on earth. We begin to trust and see that in each season, even the challenging ones, God's love and faithfulness is constant.

There have been many circumstances throughout my life that have been unexpected blessings and plenty where nothing was in my control. It seemed all I could do was cry out to God. But every time I turned my eyes to the Lord, He helped me to stop controlling my own plans and instead, submit to His.

God's steadfast love shifted my focus from what I thought things should look like. . . to the glorious hope of what they could be in the masterful hands of my loving God. It allowed me to be more confident that God's faithfulness in the past would see me through anything I might be facing now. It allowed me to rest in the knowledge that while my circumstances might have changed, who I am in Christ did not. My identity remained secure as God's daughter. . . chosen and loved.

We can't always see it in the moment, but God is present and working on our behalf because He loves us so very much. When we hurt, He is faithful to comfort us. When we are discouraged, He is faithful to cheer us on. When we pray, He is faithful to listen and meet us in our need. He does what He says He will do. His goodness and faithfulness is a part of His character.

Seasons will inevitably change and sometimes it can seem like we are looking through a cloud of smoke trying to make out a clear path. But God remains our firm foundation that allows us to continue forward, trusting Him to guide us and provide for us. We can be confident that even when new seasons are unexpected, God has planned ahead for us in every detail. Isn't He AMAZING! When our lives are built on Christ, we can have faith that is unshakable in any season because we are loved by an Unshakable God. "I have set the Lord always before me; Because he is at my right hand I shall not be shaken" (Psalm 16:8). *(Revive Ministries/Summer Shore)*





Embracing Life's Changing Seasons

"He has made everything beautiful in its time. He has also set eternity in the human heart: yet no one can fathom what God has done from beginning to end." (Ecclesiastes 3:11)

Here we are in the beautiful season of Autumn. It reminds me about the time many years ago that our family took a vacation and embarked on a beautiful scenic drive to witness the vibrant autumn foliage in the Tennessee mountains.

As we marveled at the splendid tapestry of the changing leaves, it struck me how magnificent God's creations are. . . particularly in the transition of seasons. However, I must confess that I don't always view the changing seasons of my life with the same awe and wonder and I'm sure many of you don't either. Sometimes, I find myself struggling to accept the shifts, changes, and uncertainties of my life.

As I was reading the Bible one day, I was reminded that being a daughter of the Almighty God, shouldn't we approach the changing seasons of life with unwavering trust in our Heavenly Father?

This, dear friend, is often easier said than done isn't it. We have all heard the timeless wisdom of (Ecclesiastes 3:1) that says "To every thing there is a season, and a time to every purpose under heaven."

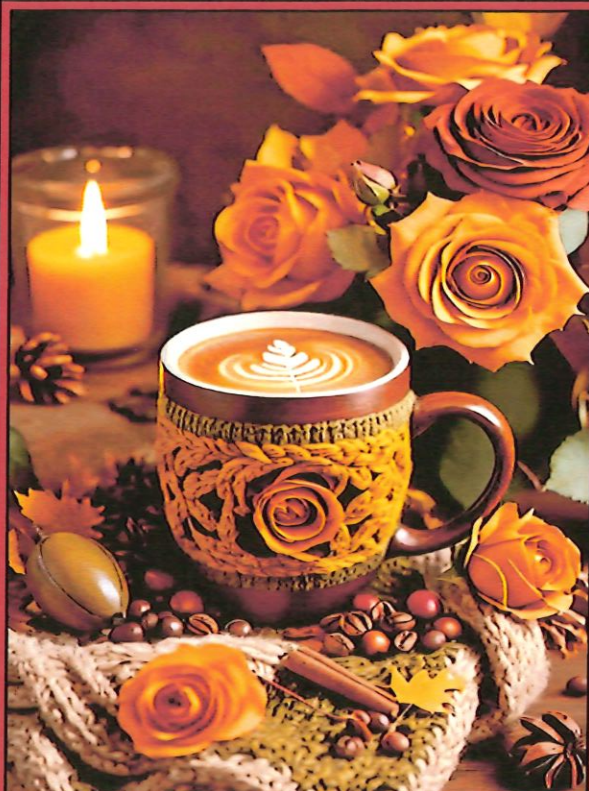
Each season in our lives has a divine purpose. It may be a season of abundance, a season of loss, a season of joy, or a season of sorrow. No matter what season we're in. . . we are called to find gratitude and trust in the plan that our Heavenly Father has designed for us.

Just as the leaves transform from green to a brilliant array of colors, our lives, too, experience transformation. In these moments of transition, we can choose to embrace the beauty and trust in God's unwavering love. Let us all stand firm in our faith, knowing that He who created the changing seasons also holds our lives in His loving hands.

May you find comfort and encouragement in this truth, dear sisters. Let's all embrace the changing seasons of our life with faith, gratitude, and trust in our ever-faithful God.

(Women Warriors of Light Devotion/Tamara K. Anderson)





SLOW COOKER PUMPKIN SPICE HOT CHOCOLATE

6 cups whole milk (can use 2% but will vary flavor)

2 cups heavy whipping cream

1 (15 oz.) can pure pumpkin puree

1 Tbsp. vanilla extract

1 (14 oz.) can Eagle Brand Sweetened Condensed Milk

2 tsp. pumpkin pie spice seasoning

2 tsp. ground cinnamon

1 (12 oz.) bag either Semi-sweet, milk chocolate, or white chocolate chips

Whipped cream & marshmallows for topping

1. In slow cooker add milk, whipping cream, pumpkin puree, vanilla, sweetened condensed milk, pumpkin pie spice, ground cinnamon & chocolate chips. Whisk all ingredients together to combine.

2. COVER and cook on LOW for 2 hrs. (whisking occasionally).

3. SERVE, top with whipped cream & marshmallows. ENJOY!

(NOTE: Store leftovers in an airtight covered container in fridge for up to 3 days.)



Hello

A

U

T

U

M

N



This is the season to shed the old and embrace the new



Autumn is God's way of showing us how beautiful change can be

10 THINGS TO DO IN OCTOBER

- 1 Enjoy cozy mornings. 
- 2 Take a walk and enjoy the fall air. 
- 3 Set goals for the new month. 
- 4 Read a good book. 
- 5 Bake something delicious. 
- 6 Declutter and refresh your space. 
- 7 Spend time with people you love. 
- 8 Practice self-care daily. 
- 9 Try something new and fun. 
- 10 Be grateful for the little things. 

October Reset Checklist

Declutter & Simplify:

- ☐ Clear out summer clothes & items you didn't use
- ☐ Toss "just in case" clutter
- ☐ Tidy your digital space (apps, photos, emails)

Refresh Your Routines:

- ☐ Reset your morning + evening habits for fall
- ☐ Schedule rest days + mindful breaks
- ☐ Add one cozy ritual (tea, journaling, walks)

Refocus Your Goals:

- ☐ Revisit your 2025 goals → cross off what doesn't matter anymore
- ☐ Pick 1-2 goals to focus on this month
- ☐ Add one new challenge (daily walk, journaling, no-spend week)

Money & Energy Check:

- ☐ Review your budget before holiday season
- ☐ Cancel unused subscriptions
- ☐ Say no to draining commitments & protect your time



HEALTHY HABITS TO START in OCTOBER

Here are some "HEALTHY HABITS" to start in October that can really set the tone for the rest of the year. Autumn is a cozy season, & the perfect chance to refocus on yourself before the holidays begin.

- 1. START A GRATITUDE JOURNAL** - Autumn is the perfect time to build a daily gratitude habit to improve your mindset and reduce stress. Just slowing down and sitting with your thoughts can be amazing for your overall well-being!
- 2. TAKE ADVANTAGE OF AUTUMN PRODUCE** - October brings apples, squash, pumpkins, & root veggies. They are more affordable & plentiful this time of year. Cooking with in-season produce adds more nutrients & flavor.
- 3. DRINK MORE TEAS** - Swap out sugary fall drinks with cozy herbal teas like chamomile, peppermint, or spiced rooibos to stay hydrated & warm. OR, if you're a diehard holiday "Starbucks" drink girlie, they have many seasonal drinks to choose from.
- 4. REFRESH YOUR SKIN ROUTINE** - The air gets drier in October, so add a thicker moisturizer or hydrating mask to keep your skin healthy.
- 5. EAT A BALANCED BREAKFAST EVERY DAY** - It can be easy to delve into delicious seasonal baked goods in this season, but they aren't always great for your overall health. Start your mornings with a protein-packed breakfast to stabilize energy & avoid mid-morning crashes.
- 6. DECLUTTER BEFORE THE HOLIDAYS** - Use October to clean out closets, your pantry, or your schedule so you feel lighter going into the busy holiday season.
- 7. PRIORITIZE SLEEP WITH A NIGHTTIME ROUTINE** - As the days get shorter, let your body sync with the season by going to bed earlier & creating a relaxing bedtime ritual.
- 8. GET OUTSIDE & ENJOY THE FALL COLORS** - Spending time in nature not only boosts mood but also helps you soak up the last bits of sunlight giving you some Vitamin D!

TIP TALK . . .

(From: *Good Housekeeping & Taste of Home* Magazines, & *Pinterest.com*)

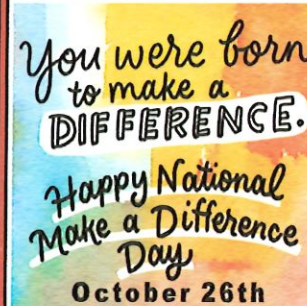


The month of October is a great time to re-stock your spice rack. It's time to check the EXPIRATION DATES on your spices. Ground Cinnamon starts losing its "OOMPH" after just a few months.



SEASON FOR "SPICES"

Just 2 TEASPOONS of spices in a meal can DECREASE inflammation. A blend of spices can have an even stronger anti-inflammatory effect. It was reported that people who took 2 teaspoons of a mix of 1 to 3 spices a day had less inflammation than those who didn't.



To make a difference in someone's world, you don't have to be amazing, rich, talented, beautiful, or perfect! You just have to be YOU. . . and CARE!

You are making a difference every day! We each can change the world and make it a better place. It is in your hands to "MAKE A DIFFERENCE!" You may find that making a difference for others makes the biggest difference in YOU!!



Always Pray to have EYES that see the best in people. A HEART that forgives the worst. A MIND that forgets the bad. A SOUL that never loses FAITH in God.

FAITH is fundamental to Christian living. Without FAITH we are easily swayed & lose sight of why we do what we do.



You're never too old to color! Here's an "OCTOBER" coloring page for you. I hope you'll take a few moments out of your day to enjoy some coloring time. There are some great health benefits of coloring. They are:

- * REDUCES STRESS & ANXIETY
- * REDUCES DEPRESSION
- * INCREASES FOCUS & CONCENTRATION
- * MAKES YOU FEEL HAPPY & RELAXED
- * PROVIDES A "DIGITAL DETOX" FOR BETTER SLEEP



Apples
Autumn
Birds
Blanket
Bonfire
Changing
Cider
Colorful
Cozy
Crow
Deciduous
Equinox
Flannel
Foliage
Frost
Harvest
Hayride
Jacket
Leaves
Migrate
Orchards

Pumpkin
Quilt
Rake
Rustling
Scarecrow
Season
Spider
Squash
Sunflower
Sweater
Trees
Vegetables
Wheelbarrow

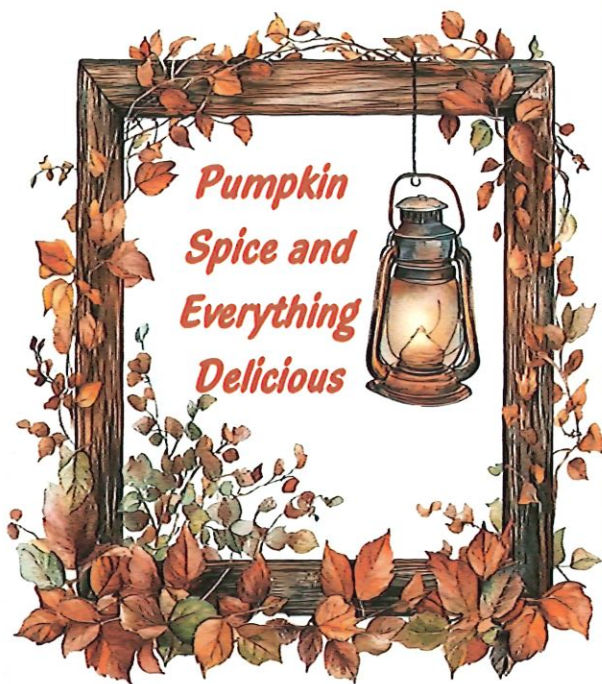


SPECIAL DAYS IN OCTOBER:

- 1 - Homemade Cookies Day
Pumpkin Spice Day
Int'l Coffee Day
- 2 - Peanuts Comic Strip First Published/1950
World SMILE Day
- 3 - Captain Kangaroo Day/1st aired 1955
Look At The Leaves Day
Nat'l Boyfriends Day
Techies Day
World Card Making Day
- 4 - Sputnik 1 Launched/1st Space Vehicle - 1957
Nat'l Golf Day
Nat'l Taco Day
- 5 - Do Something Nice Day
- 6 - Thomas Edison Shows 1st Motion Picture/1889
Physician Assistant Day
Come and Take It Day
- 7 - Nat'l Forgiveness Day
Nat'l 'Frappe' Day - Oh Yummy!
- 8 - 1st Two-Way Telephone Conversation/1876
- 9 - Fire Prevention Day
Curious Events Day
- 10 - Columbus Day - 1492 discovered America
Nat'l Angel Food Cake Day
Tender Loving Care Day
- 11 - PASTOR APPRECIATION DAY - (Show him he matters)
1st Steam-Powered Ferryboat Begins Operation/1811

- 12 - Moment of Frustration Day (Amen to that!)
- 13 - Nat'l "M & Ms" Day
- 14 - Nat'l Dessert Day (Take an extra helping!)
Nat'l Take Your Parents to Lunch Day (YIPPEE!)
- 15 - Nat'l Grouch Day
- 16 - Boss's Day (Let your Boss know they are appreciated)
Dictionary Day
- 17 - Sweetest Day
- 18 - Alaska Day - Raising of the US flag at Sitka/1867
Nat'l Meatloaf Appreciation Day
- 19 - Star Spangled Banner 1st Sung/1814
Thomas Edison Demonstrated Electric Light/1879
Evaluate Your Life Day (Make positive changes)
- 20 - Mickey Mantle's B/D - Spavinaw, OK 1931
- 21 - Nat'l Pumpkin Cheesecake Day
- 22 - Nat'l Nut Day
- 23 - Theodore Roosevelt's B/D - 1858
- 24 - Nat'l Bologna Day
- 25 - Nat'l Mother-In-Law Day - (Remember this one Justin)
- 26 - Make a Difference Day! (You can do this)
Nat'l Pumpkin Day
- 27 - Nat'l Tell A Story Day
Statue of Liberty's B/D - Gift from France to US/1886
- 28 - Nat'l First Responders Day
- 29 - Nat'l Cat Day
- 30 - John Adams B/D - 1735
Nat'l Candy Corn Day
- 31 - Carve a Pumpkin Day





BLUE RIBBON "PUMPKIN POKE CAKE"

(If you think you don't like pumpkin desserts, give this "Blue Ribbon Winner" cake a try. There's a hint of pumpkin flavor, but it's not overpowering. This is so delicious, super moist, and insanely easy to make. Hope you'll give it a try.)

- 1 box (15.25 oz.) Yellow Cake Mix
- 1 can (15 oz.) pumpkin puree (NOT pumpkin pie mix)
- 1 can (14 oz.) Eagle Brand Sweetened Condensed Milk
- 1 (8 oz.) container Cool Whip
- 1/2 bag (8 oz. bag) Heath bits
- Caramel Sundae Sauce

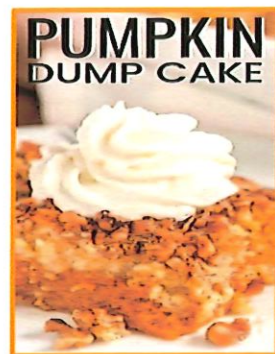


1. Preheat oven to 350 degrees. In large bowl, mix together cake mix & pumpkin puree until a smooth batter forms. Pour batter into a greased 9"x13" baking dish & bake at 350 degrees (approximately 23-28 min.).
2. Remove cake from oven & let cool for about 10 min. after baking.
3. Using the end of a wooden spoon, poke holes all over the top of the cake. Pour Eagle Brand Sweetened Condensed milk over the cake. This should fill in the holes & soak into the cake.
4. Refrigerate for 30 min. Then remove cake from fridge and spread Cool Whip over top of the cake. Sprinkle Heath bits on top, then drizzle caramel over top of those. Refrigerate for 3-4 hours OR overnight. Serve & ENJOY!

The Secret Ingredient is Always LOVE ❤️

EASY PUMPKIN DUMP CAKE

- 1 (15 oz.) can pumpkin puree
- 1 (12 oz.) can evaporated milk
- 4 eggs
- 1-1/2 cups white sugar
- 2 tsp. pumpkin pie spice
- 1 tsp. salt
- 1 box yellow cake mix
- 1 cup chopped pecans or pecan halves
- 1 cup butter (melted)



1. Preheat oven to 350 degrees. Lightly grease a 9"x13" baking pan.
2. In large bowl, combine pumpkin puree, evaporated milk, eggs, sugar, pumpkin pie spice, & salt. MIX WELL. Then spread into prepared pan.
3. Sprinkle cake mix over the top of the pumpkin mixture & pat down. DO NOT MIX! Then sprinkle chopped pecans evenly over the cake mix, then drizzle with melted butter OR you can add pats of butter.
4. Bake for 60-75 minutes, OR until done. Top with vanilla ice cream or Cool Whip when ready to serve. ENJOY!

PUMPKIN SPICE SWIRL BROWNIES

- 1/2 cup melted butter
- 1 cup sugar
- 2 eggs
- 3/4 cup flour
- 1/2 cup cocoa powder (black can)
- 1/2 cup pumpkin puree
- 1-1/2 tsp. pumpkin pie spice



1. Preheat oven to 350 degrees and line a pan with parchment paper.
2. Whisk butter, sugar, & eggs. Divide the batter in half.
3. Stir the cocoa powder into one half & the pumpkin & spice into the other half. Spoon both batters into the pan in alternating dollops. Swirl them together with a knife.
4. Bake at 350 degrees for 30-32 minutes. Cool before slicing. Serve & ENJOY!

PUMPKIN MAGIC BARS

- 1 box yellow cake mix
- 1/2 cup butter (softened)
- 1 cup chocolate chips
- 1 cup toffee chips
- 1/2 cup shredded coconut
- 1/2 cup walnuts (chopped)
- 1 (14 oz.) can Eagle Brand Sweetened Condensed Milk
- 1/4 cup pumpkin puree
- 1/2 tsp. pumpkin pie spice



1. Preheat oven to 350 degrees. Line a 9"x13" baking pan with foil. Spray foil with PAM. Mix cake mix & butter together (mixture will be crumbly). Gently press in bottom of the baking pan. Sprinkle chocolate chips, toffee chips, coconut, & walnuts over the crust.
3. In small bowl mix Eagle Brand Sweetened Condensed Milk, pumpkin, & pumpkin pie spice together. Pour over the cookie layer in the pan. Bake for 20-25 min. Let COOL. Cut into squares. (Store leftovers in fridge). ENJOY!



CROCKPOT MEXICAN CHEESY SOUP

(This soup was delivered to our family by two amazing sisters (Perla & Rubi Pena) who attend New Life Assembly during my honey's spine surgery & recovery. What a treat this was! This soup is "DELICIOUSNESS" in a bowl and easy to make. Hope you'll give it a try.)

- 1 lb. ground beef
- 1 lb. grated cheese (mozzarella & cheddar cheese were used)
- 1 can (15 oz.) kidney beans (rinsed & drained)
- 1 can (14 oz.) Ro-Tel tomatoes
- 1 can (14 oz.) stewed tomatoes (NOT drained)
- 1 can corn
- 1 pkg. Taco Seasoning Mix
- (Optional) - 1 jalapeno pepper (seeded & diced)
- Tortilla Chips
- (Optional) - 1 Avocado (peeled, sliced or diced)

1. Coat inside of Crockpot Slow Cooker with PAM spray or line with a Reynolds or storebrand "Slow Cooker Liner."
2. Brown ground beef in large skillet 6 to 8 minutes, stirring to break up meat. Drain, then remove to Crockpot Slow Cooker.
3. Add cheese, beans, Ro-Tel tomatoes, stewed tomatoes, corn, taco seasoning, & jalapeno (if desired). MIX WELL. COVER, & cook on LOW 4 to 5 hours or on HIGH 3 hours.
4. Ladle soup into bowls. Serve with tortilla chips & sliced avocado (if desired). ENJOY!

CARAMEL APPLE ORCHARD IN A CUP

- 1 cup apple juice OR apple cider
- 2 Tbsp. caramel sauce
- Pinch of cinnamon
- Whipped cream (for topping)

Warm the cider & caramel together until steaming. Pour into a mug & stir until smooth. Top with whipped cream & a dusting of cinnamon. ENJOY!



(Pinterest.com)

EASY SKILLET LASAGNA

- 1/2 lb. ground beef
- 1 jar (28 oz.) Your favorite Spaghetti Sauce
- 1 (14.5 oz.) can Hunts petite diced tomatoes
- 1/2 onion (chopped small)
- 1 clove garlic (minced)
- 2 tsp. dried basil (optional)
- 2 tsp. dried oregano (optional)
- 1 tsp. salt
- 1 tsp. black pepper
- 2 cups dried "Mafida" pasta
- 1 cup Mozzarella cheese (shredded)



(AllRecipes.com)

1. Preheat oven to 350 degrees. Cook & stir ground beef in a hot large skillet until browned & crumbly (about 5-7 min.). Drain & discard grease. In skillet add spaghetti sauce, small diced tomatoes, onion, garlic, basil, oregano, salt, & pepper. Cook over LOW heat until sauce is hot (about 15 min.).
2. Meanwhile, fill large pot with lightly salted water & bring to a rolling boil. Cook "Mafida pasta" at a boil until tender, yet firm to the bite (about 8 minutes). Drain.
3. Add cooked & drained pasta to the sauce & stir until completely coated. Sprinkle mozzarella cheese on top.
4. Place skillet in heated oven & bake about 20-25 minutes, or until cheese is golden & bubbly. ENJOY! (NOTE: you can also use a baking dish after frying meat.)

INCREDIBLE POTATO CASSEROLE

- 6 medium potatoes
- 1/4 cup unsalted butter
- 1 (10.5 oz.) can condensed Cream of Mushroom soup
- 1 pint sour cream
- 1-1/2 cups Cheddar cheese (shredded)
- 1/3 cup chopped green onion
- 1/2 cup crushed Cornflakes Cereal
- 2 Tbsp. unsalted butter (melted)



(AllRecipes.com)

1. Preheat oven to 350 degrees. Lightly grease a 9"x13" baking dish.
2. Fill a large pot with lightly salted water & bring to a boil. Add whole unpeeled potatoes & cook until tender (about 25-30 min.). Transfer potatoes to a cutting board, discard water. When cool enough to handle, peel the potatoes & grate them into a medium bowl using the large holes of a grater.
3. Melt 1/4 cup butter in a large skillet over medium heat. Stir in Cream of Mushroom soup & cook until it begins to bubble. REMOVE from stove, stir in sour cream, Cheddar cheese, & green onion. . . then stir in potatoes. Spread mixture into the prepared casserole dish.
4. Mix Cornflake crumbs & 2 Tbsp. melted butter in a resealable plastic bag; seal & shake until combined. Sprinkle over top of casserole. Serve & ENJOY!



Laughter . . . "A Cheerful heart doeth good like a medicine." (Proverbs 17:22)

