



THE LIVING LIFESTYLE

"Refresh Your Health and Wellness Goals This Season"

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Savor Seasonal Produce:

Autumn harvests bring nutrient-rich foods like sweet potatoes, squash, apples, and dark leafy greens. Adding hearty vegetable soup or roasted root vegetables to your dinner rotation is an easy, delicious way to nourish your body.

Autumn Produce:

Butter Nut Squash

Celery Root

Acorn Squash

Brussel Sprouts

Delicata Squash

Kale and Collards

Spaghetti Squash

Cabbage

Sugar Pie Pumpkins

Apples

Sweet potatoes

Persimmon



Keep Hydrated:

We often forget to drink water as the weather cools down. Keep a refillable bottle nearby, or warm up with caffeine-free herbal teas like chamomile, ginger, or peppermint throughout the day.

Practice Safe Yard Care:

As we enjoy the beautiful changing colors and gather to tidy up our yards, let's make sure we are taking care of the bodies God gave us. When raking leaves or doing your autumn garden cleanup, protect your back by bending at your knees rather than your waist. Avoid heavy twisting motions while lifting bags or moving piles, and remember to take frequent, short breaks to stretch and hydrate.

The Power of Rest:

In our fast-paced culture, rest is sometimes viewed as an afterthought, yet taking time to truly unwind is essential for a steady spirit. Quality sleep, quiet moments of prayer, and stepping away from the daily rush allow us to reset both physically and mentally so we can show up fully for our families, our work, and our church community.



Autumn Glow Juice:

Try this vibrant, nourishing recipe perfect for autumn mornings or afternoons. It features peak fall produce and is packed with rich color, antioxidants, and a natural energy boost.

This refreshing blend combines the earthy sweetness of root vegetables with crisp fall fruits and a bright, zesty finish.

Prep time: 5 minutes

Yield: 1 large serving



Ingredients

- 1 medium Beet (peeled and chopped)
- 2 large Carrots (washed and trimmed)
- 1 Crisp Red Apple (such as Gala or Fuji, cored)
- 1/2 cup Fresh Cranberries (or 1/2 cup pomegranate seeds)
- 1/2 Lemon (peeled)
- 1 small knob Fresh Ginger (about 1/2 inch)
- Optional for nutrient absorption: A tiny splash of pure coconut milk or 1 teaspoon of unflavored liquid vitamins/minerals mixed in at the end.

Instructions

1. Prep the produce: Wash all ingredients thoroughly. Chop the beet, carrots, and apples into pieces that easily fit your juicer's chute.

2. Juice: Feed the ingredients through your juicer, alternating between the harder root vegetables (beets and carrots) and the juicier fruits (apple and lemon) to get the maximum yield.

3. Stir and serve: Give the juice a good stir. Pour it over ice if desired and drink it fresh to enjoy.

Walking In Faith: By Sis. Toi Pauline Member, LWAC

Did you know that taking a short walk after a meal can be a simple way to add more movement to your day? Even a brief walk around your home or workplace gets your body moving after sitting and can be a practical part of maintaining an active lifestyle.



Regular walking can also support heart and physical fitness. Making movement a consistent part of our daily routine can help us care for our bodies, manage everyday stress, and support our overall well-being.

As Christians, caring for our physical health is one aspect of stewardship. God has entrusted our bodies to us, and Scripture reminds us:

"What? the glory of God. ." (1 Corinthians 10:31 KJV)

There is a valuable lesson here that reaches beyond..... (cont. on pg.2)



Triple Green Salad:

When it comes to green garden salads, the darker the leaves the more nutrients, they contain this salad features a powerhouse trio of lettuce, arugula and dandelion that deliver a cocktail of vitamins and antioxidants to make one of the healthiest garden salads you will ever eat.



For the dressing

1/4 extra-virgin olive oil
2 tablespoons of balsamic vinaigrette
2 tablespoons pure maple syrup
2 tablespoons Dijon mustard
1 clove of fresh garlic(optional)
1/2 teaspoon dried
Salt and pepper to taste
The Salad
4 cups chopped leaf lettuce (green or red)
2 cups of arugula
2 cups of dandelion
2 cups of grape tomatoes halved
2 medium carrots slices
1/2 medium onions thinly sliced
1 yellow bell pepper thinly sliced
1 thinly sliced cucumber

Practice Good Hygiene:

In the United States, cold and flu season generally runs from October through May, with activity most often peaking between December and February.



Let's care for one another this season by washing hands frequently with soap and warm water for at least 20 seconds and staying home to rest if you feel under the weather.

Walking In Faith Cont.

your own?" 1 Corinthians 6:19 KJV We are also reminded, **"whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God."** (1 Corinthians 10:31 KJV)

There is a valuable lesson here that reaches beyond physical health. **Consistency is important in caring for our bodies, and steadiness and endurance are important in our walk with God.**

A single walk does not create physical fitness. It is the continued practice of making healthy choices that produces lasting benefits. In the same way, our spiritual strength is developed as we continue to pray, read and obey the Word of God, worship, fellowship with the saints, and remain faithful to Christ.

There will be days when we feel strong and days when we feel tired. There will be seasons when the journey is easy and seasons when it requires endurance. The answer is not to give up. We keep walking.

The Apostle Paul reminds us: **"And let us not be weary in well doing: for in due season we shall reap, if we faint not."** Galatians 6:9 KJV

Our physical walk teaches us something simple: **keep moving.** Our spiritual walk teaches us something even greater: **keep walking with God.**

Two Key Takeaways

Physical Stewardship: Consis-

tent movement, including short walks after meals, can be a simple and practical way to care for the body God has entrusted to us.

Spiritual Steadiness: A strong walk with God requires faithfulness, endurance, and perseverance. We may have difficult days and difficult seasons, but we continue to pray, obey God's Word, trust Him, and keep

Keep walking physically. Keep walking spiritually. Stay faithful, stay steady, and don't give up.

Shorter Days, Watchful Ways:

As the autumn air turns crisp and the leaves begin to fall, our daylight hours are quietly slipping away. With Daylight Saving Time ending soon, many of our children and youth will be walking to bus stops, biking home from after-school activities, or crossing streets during peak twilight hours — often in heavy shadows, dim light, and reduced visibility.

Shorter days bring new safety challenges, and it's important for parents, guardians, and our church community to stay alert and prepared.

As a church family, we share the responsibility of keeping our children safe. A quick reminder, a reflective sticker, or simply walking with a child to the bus stop can make a meaningful difference.