

STONE & IVY

M A G A Z I N E

WELLNESS, REIMAGINED WITH INTENTION AND GRACE.

*mental wellness / lifestyle / mindfulness /
physical health / recovery / stories*



Fall 2025, Vol. 1

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EDITOR'S NOTE

Autumn arrives like an exhale – a moment of pause between the rush of summer and the anticipation of winter. The air cools, the light softens, and we are reminded that change can be both gentle and profound.

This season, Stone & Ivy invites you to slow down and be present – to listen to the rhythm of your own life as the world around you shifts. Our Fall Issue is a collection of reflections on warmth, connection, and the quiet art of belonging.

We explore the beauty of mindfulness as the holidays approach – how grounding ourselves in gratitude can transform not only our own wellbeing but also the energy we bring into the spaces we share. We lean into the joy of community – gathering around tables, creating moments of meaning, and nurturing the bonds that sustain us.

There's comfort, too, in returning to our inner child – carving the pumpkin, baking with friends, finding laughter in small things. Because play and wonder don't fade with age; they simply wait for permission to reemerge.

And as we enter this season of giving, we reflect on the ripple effect of kindness – how one thoughtful gesture, one shared moment, can reach far beyond what we imagine. To give, to listen, to care – these are the quiet luxuries of life that enrich both giver and receiver.

Above all, we remind ourselves to move through this season mindful of others – to recognize that not all hearts feel light this time of year. Compassion, presence, and gentle awareness are the truest forms of grace we can offer.

So as the leaves turn and the days grow shorter, let this issue be your invitation: to pause, to reconnect, and to savor the beauty of simply being – together.

“In every season of change, there is an opportunity to begin again – softer, kinder, more whole.”

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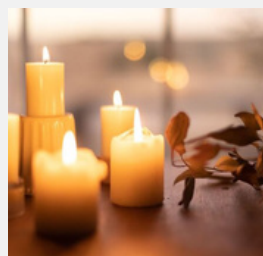
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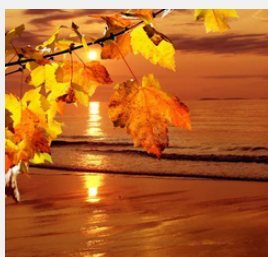
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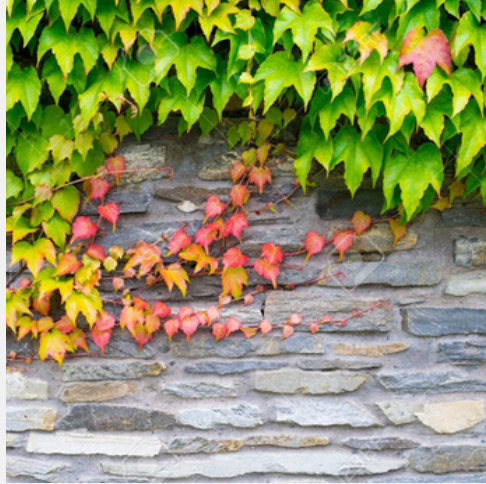


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EMBRACING THE SEASON

Mindful Living Through Autumn and Beyond



As the air turns crisp and the world softens into shades of gold and amber, autumn invites us to slow down. The long days of summer begin to fold into shorter evenings, a subtle reminder that nature moves in cycles – and so do we. This season, rather than rushing toward the holidays in a blur of lists and expectations, we can choose to move with intention, honoring the rhythm of both the world around us and the one within.

The Art of Seasonal Balance

Autumn is a natural moment of transition – the earth prepares for rest, and we too are called to recalibrate. The pace of modern life, however, rarely allows such pause. Between school schedules, work demands, and the early whispers of holiday planning, balance can feel elusive.

Begin by noticing what nourishes you and what drains you. Let go of what no longer serves – the way trees release their leaves without resistance. Prioritize rest, nutrition, and connection over perfection. Choose warmth, literally and metaphorically: wrap yourself in soft layers, cook slow meals, and invite moments of stillness into your day.

Nurturing Your Natural Support Systems

Just as ivy intertwines and strengthens over time, our emotional and social connections sustain us through the darker months. Reach out to friends and family before the season feels overwhelming – not out of obligation, but out of care. A simple conversation, a shared meal, or a walk through fallen leaves or a quiet seascape can rekindle bonds that buffer stress and restore calm.

If you find yourself withdrawing, remember that solitude can be restorative – but isolation rarely is. Seek balance by maintaining gentle contact with those who understand you. Lean into your community, however small or scattered it may be.

The Practice of Mindful Presence

Mindfulness in the colder months can be as simple as breathing deeply as you watch your morning coffee steam, or feeling the crunch of leaves beneath your feet. These small acts of attention root you in the present moment, reducing anxiety and grounding you in gratitude.

Try starting or ending your day with a brief ritual – lighting a candle, journaling a few reflections, or stretching beside an open window. These moments of calm build resilience, helping you meet the bustle of the holidays with clarity rather than fatigue.

Carrying Light into Winter

As daylight wanes, it's natural to feel the pull of quiet introspection. Rather than resisting the darkness, find ways to bring light into your life – literally through soft lamps and candles, and emotionally through kindness, movement, and laughter.

Winter's stillness can be a sanctuary when we meet it mindfully. By tending to our inner world now – cultivating balance, gratitude, and connection – we move through the season not merely surviving, but thriving.

After all, wellness is not about perfection. It's about presence.



So, have faith in the enchantment of the season and let it fill you with warmth, hope, and happiness. Let it remind you of the beauty and goodness in the world and inspire you to spread kindness and love wherever you go. Embrace the magic of the season and let it fill your heart with joy.

RECLAIMING JOY

RECONNECTING WITH YOUR INNER CHILD THIS HOLIDAY SEASON

As autumn deepens and the world begins its gentle turn toward winter, the air carries a familiar mix of anticipation and nostalgia. The season ahead – from pumpkin patches to candlelit gatherings – offers a quiet invitation: to slow down, soften, and rediscover the simple, unfiltered joy we once felt as children when the holidays were pure magic.

Before the lists and logistics take over, this is your moment to reconnect – not just with others, but with the part of yourself that still believes in wonder.

Rediscover Playfulness

Carve the pumpkin. Go to the haunted house. Make the spiced pumpkin donuts. These aren't just seasonal indulgences – they're acts of self-care disguised as delight. When we engage in activities that awaken our senses and spark creativity, we give our nervous system a chance to rest and reset.

There's something restorative in laughter that comes easily, in flour-dusted countertops, in the thrill of a crisp night and the scent of cinnamon in the air. These simple pleasures remind us that joy doesn't have to be earned – it can be chosen.

Savor the Rituals

The holidays often ask much of us – our time, our energy, our attention. But they also offer opportunities to practice mindfulness through ritual.

Plan your Thanksgiving menu not as an obligation, but as an expression of gratitude and creativity. Light candles, play music, and let the process become meditative. The act of preparing and sharing food connects us – to tradition, to memory, and to one another.



Begin a gratitude journal. Each evening, note one small thing that made you smile – a golden sunset, a kind word, the quiet of early morning. Over time, these reflections become a sanctuary of perspective, a reminder that abundance isn't about what we have, but how deeply we notice it.

Reconnect and Reach Out

The holidays can stir both joy and longing, especially for those far away. Reach out to the friend you've been meaning to call. Send the card, make the plan, bridge the distance. Connection – even in the simplest form – nourishes the heart more deeply than any gift ever could.

Extend that same care outward. Volunteer at a local shelter or food drive. Donate time, talent, or warmth to those who need it most. When we give, we are reminded of our shared humanity – and that every act of kindness, no matter how small, ripples outward in ways we may never see.



The Beauty of Giving and Receiving

The holidays remind us that generosity is cyclical – the more love we give, the more it returns. Whether through a smile, a meal, or a quiet act of compassion, goodness expands when it's shared. When we do good, good comes back to us tenfold. It comes as peace in our minds, warmth in our hearts, and light in our days.

Returning to Wonder

Reconnecting with your inner child isn't about looking back – it's about remembering what's true. The joy of a pumpkin on the porch. The scent of spices in the kitchen. The warmth of gratitude shared. These are not just traditions – they're touchstones to a deeper way of living.

As the season unfolds, may you find yourself not only celebrating, but feeling again – curious, playful, and full of light. After all, the holidays are not merely something to get through. They are something to come alive in.

AUTUMN RECIPE

SPICED PUMPKIN DONUTS



Ingredients

- 1 1/4 cups flour
- 1 tbsp baking powder
- 2 tsp pumpkin pie spice
- 1/4 tsp salt
- 1/2 cup pumpkin puree
- 1/2 cup brown sugar
- 1/3 cup milk
- 1/3 cup butter softened
- 1/4 cup butter melted (for dipping!)
- 1/4 cup cinnamon sugar (3 tbsp sugar + 2 tsp cinnamon)

SPICED PUMPKIN DONUTS



Instructions

1. In a large bowl combine the wet ingredients – pumpkin puree, brown sugar, milk, 1/3 cup butter. Add the dry ingredients to the bowl of wet ingredients and mix until just combined. Don't over-mix here, but also don't under-mix (we don't want huge pockets of flour in the batter).

2. Transfer the batter to a piping bag or ziploc bag with the corner cut. Pipe the batter into a greased mini donut pan (or muffin pan), filling each until it's 3/4 full.

3. Transfer to the oven and bake for 12-15 minutes, until donuts bounce back when you touch the top or until a toothpick comes out clean. Remove the donuts from the pan and onto a cooling rack.

4. Add 1/4 cup melted butter to a shallow bowl. Add cinnamon sugar to a separate shallow bowl. Working one at a time, dip each donut in butter until fully coated, then transfer to the cinnamon sugar bowl and move it around until fully coated. Enjoy!!



LIGHT IN THE TURNING

*FINDING MEANING THROUGH GRIEF &
THE AUTUMN SOLSTICE*

As autumn settles in, the air grows stiller, the days shorter, and a hush begins to fall over the world. The autumn solstice marks the balance of light and dark – a moment when day and night briefly share equal measure before the tilt toward winter begins. For many, this shift brings beauty: the golden leaves, the comforting rituals of warmth and home. Yet for others, it quietly stirs something tender – a deep ache for those we've lost.

The early darkness has a way of drawing memory to the surface. As the year begins to close, we feel the outlines of those absences more clearly – the empty chair, the familiar song, the way laughter once filled a room. The missing deepens as the holidays approach, when traditions serve as both comfort and reminder.

The Seasonal Pull of Grief

There is a natural rhythm to grief, one that often echoes the seasons themselves. Autumn, with its beauty and its endings, can awaken feelings we thought had softened. The mind and body remember – and in remembering, the heart tugs gently at the past.

This is not regression; it is remembrance. Just as trees let go of their leaves to rest and renew, we too must allow space for release. Grief, when honored rather than resisted, becomes an act of love – a testament to the bonds that shaped us.

When Darkness Visits

The shorter days can bring a kind of quiet melancholy. Sunlight fades early, our energy dips, and the pace of life can amplify feelings of loneliness or depression.

In these moments, it's important to name what we feel and to care for ourselves gently. Move your body – take slow walks beneath the changing trees. Eat nourishing foods. Keep your home warm and softly lit. Allow yourself rest.

Connect with others, even in small ways: a call, a letter, a shared meal. Speak honestly when you can – vulnerability, after all, is not weakness but an opening.

If sadness lingers or deepens, reach out for professional support. Therapy, community groups, or even simple conversation can ease the weight of solitude. You are not meant to carry it alone.

The Healing Power of Story

One of the most beautiful ways to honor those we've lost is to speak their names – to tell their stories aloud. Share their favorite recipes, play the music they loved, or revisit a tradition they cherished. In doing so, we allow their essence to live within the fabric of our days.

Grief is softened when transformed into remembrance. Storytelling is how love survives loss – how memory becomes legacy, and how sorrow begins to bloom again into gratitude.

Honoring Without Overwhelm

The key is balance. Create moments of remembrance that nourish rather than consume. Light a candle each evening and think of a joyful moment shared. Write a note to the one you miss, expressing gratitude for what they gave you. Volunteer or give in their honor – turning love outward, where it can continue to do good.

Find beauty in small rituals of continuity. They remind us that though life changes form, love remains.



Carrying the Light Forward

The autumn solstice teaches us that darkness and light coexist – that both are necessary parts of the whole. In the same way, grief and gratitude can live side by side.

Even in sorrow, there is a kind of grace. In missing, there is proof that we have loved deeply. And as the world grows darker, our remembrance becomes its own source of illumination – a quiet, enduring light that guides us through the season ahead.

THE NOVEMBER RESET

*A MINDFUL PAUSE BEFORE THE
HOLIDAY RUSH*



As autumn settles in and the air turns crisp, November arrives with a gentle invitation: to slow down, to clear space, and to care for ourselves before the season of celebration begins. Between gatherings, dinners, and the anticipation of the holidays, this month offers an often-overlooked gift – the chance to reset.

The November Reset isn't about restriction or rigid rules. It's about clarity, balance, and intention – a mindful moment to recalibrate your body and spirit before the year draws to a close.

By late autumn, our schedules fill quickly – work obligations, family commitments, social events. It's easy to find ourselves running on autopilot, reaching for quick comforts that soothe in the moment but drain us over time.

Choosing to step back this month – from excess, from overindulgence, from routine habits – allows the body to rest and the mind to refocus. Think of it as a gentle detox, not just from toxins, but from overstimulation.

Even small changes – fewer late nights, lighter meals, less alcohol – can bring profound benefits: deeper sleep, steadier energy, a calmer mood.

Less Is More

You don't have to commit to complete abstinence or overhaul your entire lifestyle to feel the difference. The November Reset encourages mindful moderation – noticing your habits, making conscious swaps, and finding pleasure in the simplicity of less.

Choose a sparkling water over a cocktail on weeknights. Savor a cup of tea instead of a nightcap. Enjoy gatherings for their conversation and connection, not their excess.

When you choose less, you gain space – for clarity, creativity, and calm.

The Mind-Body Benefits

Even a few weeks of mindful moderation can create visible and emotional transformation:

- Improved sleep quality and more consistent energy
- Brighter skin and clearer eyes, as the body rebalances
- Reduced anxiety and inflammation, supporting mental and physical harmony
- Sharper focus and increased emotional stability
- A renewed sense of inner calm as your nervous system finds equilibrium

By taking a restorative pause before the holiday season, you prepare yourself not only to show up more fully for others – but to feel more grounded in your own joy.

Nourishing Alternatives

Replacing old routines with mindful rituals turns this month into a season of self-discovery. Consider trading the glass for a grounding practice that brings joy and connection:

- Yoga or meditation to realign breath and balance.
- Evening walks to reflect and reset beneath autumn skies.
- Reading or journaling as gentle ways to process and unwind.
- Cooking and baking to nourish creativity and body.
- Art, crafts, or music to awaken playfulness and calm.
- Spending intentional time with loved ones – quality over quantity, presence over performance.

Small changes can reintroduce a sense of wholeness that indulgence alone cannot provide.

A Clearer, Calmer Start to the Season Ahead

The November Reset is not about doing less – it’s about being more. More aware, more alive, more attuned to what truly restores you.

By entering the holidays from a place of clarity and balance, you gift yourself a kind of quiet strength – the ability to enjoy, to celebrate, and to connect without losing yourself in the rush.

In the end, the greatest preparation for the festive season is not the checklist or the menu – it’s the calm you cultivate within.

30 DAYS OF

Fall self care

Make your space feel cozy and welcoming	Go on a cute little nature scavenger walk	Make a fall bucket list	Make a fall mood board	Journal your feelings
Bake a festive treat with seasonal fruits	Decorate your bedroom for the fall season	Re-read your favorite comfort book	Update your skincare routine for winter	Have a bonfire with friends
Roast s'mores	Binge watch your comfort show	Use fall scented essential oils in your diffuser	Go to a pumpkin patch	Rake up leaves for an elderly neighbor
Clean out your closet + buy 1 new fall item	Order alllll the seasonal autumn drinks	Carve a pumpkin	Make a fall gratitude journal	Do the touristy fall activities in your town
Put together a fall playlist	Send postcards to loved ones	Take fall-themed Polaroid pics with friends	Put on your coziest outfit for a home movie night	Try your hand at knitting or crocheting
Make homemade apple cider	Have a game night w/ friends & serve seasonal snacks	Have a self care spa day + light a fall scented candle	Go for a hike to see the leaves changing color	Take a social media break

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Fall Mocktails



CHAI ICED TEA

chilled chai tea, milk, honey,
cinnamon stick garnish

PUMPKIN SPICE FIZZ

pumpkin puree, ginger ale,
splash of vanilla extract,
cinnamon stick garnish



SPICED PEAR MOCKTAIL

pear juice, sparkling water,
nutmeg, pear slice for garnish



HARVEST PUNCH

pomegranate juice, orange juice,
ginger ale, pomegranate seeds
and orange slice garnish



NOURISHING MORE THAN THE PLATE

UNDERSTANDING EATING DISORDERS DURING THE HOLIDAYS

The holidays are often portrayed as joyful feasts – tables full, hearts full, laughter flowing. But for many, especially those living with an eating disorder or a complicated relationship with food, this season can carry quiet pain beneath the sparkle.

While celebrations revolve around meals, it's important to remember: **mental health doesn't take a holiday**. The pressure to “just enjoy” can amplify anxiety, guilt, and self-criticism, making gatherings feel more isolating than joyful.

If this season feels overwhelming, allow yourself compassion. Set gentle boundaries. Step away from triggering conversations, plan ahead with a therapist or loved one, and create moments of calm that have nothing to do with food – a morning walk, decorating, journaling, or time spent in quiet connection.

For loved ones, support means presence, not pressure. Avoid commenting on appearance or eating. Listen with empathy, offer reassurance, and remember – your understanding may mean more than you realize.

The truth is, the holidays aren't about perfection; they're about presence. You are allowed to protect your peace and nurture yourself with kindness. Because the most meaningful nourishment isn't found on the plate – it's in the grace we extend to ourselves and each other.

Kindness nourishes more deeply than any meal ever could.



BEYOND THE GAME

MEN, PRESENCE, AND THE HEART OF THE HOLIDAYS

The holidays often bring warmth and gathering, yet for many men, they also carry unspoken emotions. Beneath the calm or humor, there's often reflection – on family, on time, on those who are missing.

Men are often seen as steady, unshaken, but the truth is they feel the season deeply – sometimes more than they let on. As the years pass, they grow more present, more aware of connection, and more grateful for moments that matter.

Many men have a stellar way of masking their emotions. They may have grown up believing that not appearing overly emotional portrays strength, or that their role is to provide rather than to participate emotionally. But during the holidays – when memories of lost parents, siblings, or friends can resurface, and when adult children are away at college or starting families of their own – that quiet strength can turn into quiet sadness, grief, or loneliness.

This year, invite the men in your life to take a fuller place at the table – not just as guests, but as participants. They don't just want to be included – they want to contribute. Ask for their input in planning traditions. Invite them to share stories from years past. Encourage them to help decorate, cook, or plan an outing that feels meaningful to them. Small gestures like these can send a powerful message of connection.

As the years pass, many men find themselves more present, more reflective, and more appreciative of connection. It's not just about football or carving the turkey. It's about belonging – the shared laughter, the memories of those who aren't here, the subtle ways they show care.

Because when we open the door for men to express themselves – to help, to laugh, to lead with heart – the holidays become what they're meant to be: a season not just of giving, but of belonging.

GATHER GRACEFULLY

THE HEART OF FRIENDSGIVING



There's a unique beauty that arrives in late autumn – a hush in the air, a golden light that lingers just long enough to remind us to slow down. As the holidays approach, we're reminded that gratitude isn't found solely around family tables, but also in the circles we choose – our friends, our kindred spirits, our chosen family.

Friendsgiving has become more than a modern tradition. It's a celebration of presence – a reminder that connection is both a comfort and a cure. In the rhythm of adult life, this gathering rekindles the warmth of childhood – the laughter, the belonging, the simple joy of showing up and being seen. It nourishes not only the body, but the heart.

When we come together – to cook, to share, to laugh – we awaken something gentle and familiar inside us: that innocent part of ourselves that delights in togetherness, that believes in the magic of community. It's more than a meal; it's a moment of return.

If You're Hosting

Hosting a Friendsgiving doesn't have to be elaborate; it's about intention, not perfection. Begin with an atmosphere of calm – candlelight, natural textures, soft music, a table dressed in warmth rather than formality. Invite guests to bring something meaningful, whether it's a dish, a poem, or a bottle of wine tied with gratitude.

Plan interactive touches that invite connection – a gratitude bowl where guests jot down what they're thankful for, a shared playlist built by everyone, or a dessert table that sparks conversation. And above all, make space for laughter. It's the most effortless kind of nourishment.

If You're Attending

Friendsgiving is about contribution – not just what you bring, but how you show up. Bring something that reflects you: a signature side, a family recipe, fresh flowers, or a small token for the host – perhaps a handwritten note of appreciation.

Arrive with presence. Leave comparison and expectation at the door. Offer help in the kitchen, pour someone a glass, or check in with a friend who's quieter than usual. These small acts of awareness are the very threads that make community so beautifully resilient.



The Spirit of Togetherness

In a world that often rushes past connection, Friendsgiving reminds us to pause – to savor, to listen, to belong. It's a practice of mindfulness disguised as celebration. When we gather this way, we remind our inner child that joy is still here, waiting to be shared.

So open your home, or open your heart. Light a candle, pass a plate, laugh until you forget the clock. Because at its core, the season isn't about how much we have – it's about how deeply we share it.

"Community is the quiet luxury of the season – presence, shared freely."



AUTUMN VIBES

THE SOUNDTRACK OF TOGETHERNESS

No gathering is complete without the gentle hum of music weaving through the laughter. The right melody softens the edges of conversation, warms the air, and invites presence. This curated mix – a tapestry of soul, folk, and timeless classics – is meant to fill your holiday moments with ease and light.

Because music is more than background; it's the heartbeat of togetherness – the sweetest companion to friendship, gratitude, and a table full of love.

1. Harry Connick, Jr - *It Had to Be You*
2. Michael Buble - *The Very Thought of You*
3. 10,000 Maniacs - *These Are Days*
4. Peter Gabriel - *Solsbury Hill*
5. Sting - *Fields of Gold*
6. Sarah McLachlan - *Sweet Surrender*
7. Coldplay - *Yellow*
8. Van Morrison - *Moondance*
9. Bill Withers - *Ain't No Sunshine*
10. Frank Sinatra - *September in the Rain*
11. Toad The Wet Sprocket - *Nightingale Song*
12. Mazzy Star - *Fade Into You*
13. Foo Fighters - *Everlong*
14. Simple Minds - *Don't You (Forget About Me)*
15. The Cranberries - *Dreams*
16. Ed Sheeran - *Castle on the Hill*
17. Jeff Buckley - *Lover, You Should've Come Over*
18. Dave Matthews Band - *The Space Between*
19. The Goo Goo Dolls - *Iris*
20. Fleetwood Mac - *Everywhere*
21. Bodeans - *Good Things*
22. Ella Fitzgerald, Louis Armstrong - *Autumn in New York*
23. Etta James - *Stormy Weather*
24. Hollow Coves - *Blessings*
25. U2 - *One Tree Hill*
26. Radiohead - *High and Dry*
27. O.A.R. - *Shattered (Turn the Car Around)*
28. Stevie Wonder - *Signed, Sealed, Delivered (I'm Yours)*
29. Aretha Franklin - *Chain of Fools*
30. Iron & Wine - *Autumn Town Leaves*
31. Vance Joy - *I'm With You*
32. Ella Fitzgerald - *Someone to Watch Over Me*
33. Mumford & Sons - *October Skies*
34. Ray LaMontagne - *Such a Simple Thing*
35. Brenn! - *Rearview*
36. Brandi Carlile - *Most of All*
37. Nat King Cole - *Autumn Leaves*
38. Jack Johnson - *Better Together*
39. Norah Jones - *Come Away With Me*
40. Tracy Chapman - *Fast Car*
41. James Taylor - *Shower the People*
42. Etta James - *At Last*



WHEN THE DAYS GROW SOFT

SIMPLE RITUALS FOR A BRIGHTER SEASON

As the days grow shorter and the air turns crisp, it's easy to retreat indoors – to wrap ourselves in quiet comfort and let the weeks blur toward winter. Yet autumn calls us to engage, to feel the shift around us, and to meet it with open hearts and steady minds.

The earlier sunsets and cooler mornings are gentle reminders of life's rhythm – change is constant, but beauty endures. The light may fade sooner, but it still offers golden hours worth chasing. Step outside and take them in. Schedule that morning hike before the cooler temps arrive. Unroll your yoga mat beneath the changing trees. Wander your local farmers' market, breathing in the earthy scent of apples, spices, and possibility.

When the days grow shorter, our energy tends to slow too. But nature reminds us that movement is medicine. Take advantage of the daylight – even a short walk at lunch or a spontaneous weekend hayride can lift your spirit. Plan a day trip or weekend getaway. Gather friends for a tailgate or a cozy evening by the fire. Staying active keeps both the body strong and the mind bright.

Still, balance matters. Rest when you need to, but don't isolate. The changing season can stir melancholy, especially as we approach the holidays. Connection is the gentle antidote. Call the faraway friend. Host a simple dinner. Send the text that says, "I was thinking of you." These small gestures weave warmth through the cool days ahead.

Let gratitude anchor you in the midst of it all. Notice the warmth of a sweater, the scent of cinnamon, the laughter that fills a room. Gratitude roots us in presence – and presence brings peace.

The light may fade early, but life still glows brightest when we step outside and live it fully. Be present for the color, the chill, the gatherings, the quiet moments in between. Breathe it in. Embrace the change. Carry the warmth with you into the season ahead.



FUN THINGS TO DO IN FALL

- **Have a Fall Movie Marathon**
- **Stay at a Haunted Hotel**
- **Try a Hot-Air Balloon Ride**
- **Plant a Fall Garden**
- **Take a Chilly Beach Stroll**
- **Play Fantasy Football**
- **Visit a Pumpkin Patch**
- **Tailgate at a Football Game**
- **Go For a Fall Hike**
- **Rent a Cabin**
- **Take on a Mud Run**
- **Go Zip Lining**
- **Make a Pumpkin Spice Coffee**
- **Visit a Zoo or Petting Zoo**
- **Take a Scenic Train Ride**
- **Create an Autumn Wreath**
- **Make Caramel Apples**
- **Host a Scary Movie Night**
- **Play Touch Football**
- **Light Autumn Scented Candles**
- **Bake an Apple or Pumpkin Pie**
- **Go To a Beach Bonfire**
- **Decorate the Outside**
- **Plan an Autumn Date**
- **Go Wine Tasting**
- **Take in Fall at a Family Farm**
- **Celebrate at a Fall Festival**
- **Go on a Hayride**
- **Make Your Own Fall Candle**
- **Spend a Day Apple Picking**
- **Visit a Farmers' Market**
- **Book a Weekend Getaway**
- **Go Line Dancing**
- **Journey through a Corn Maze**
- **Binge on the New Fall TV Lineup**
- **Drink Pumpkin Beer at a Brewery**
- **Have fun at an Amusement Park**
- **Whip up a Batch of Mulled Wine**
- **Run a Fall 5k or Turkey Trot**
- **Organize a Fall Themed Photo Shoot**
- **Tell Scary Stories in a Tent**
- **Get Spooked at a Haunted House**
- **Observe Veterans Day**
- **Attend a Día de los Muertos Event**
- **Celebrate at an Oktoberfest**
- **Go Horseback Riding**
- **Plan a Touch Football Game**
- **Make Fall Cocktails**
- **Attend a Scary Halloween Event**
- **Closeout Fall with Black Friday**



Through the arch of the season, the light softens – yet somehow glows warmer. Each falling leaf reminds us that beauty is found not only in bloom, but in the letting go. The chandelier's gentle light – steady, graceful, eternal – mirrors the resilience within us all. This season, we step forward with quiet gratitude. We gather, we listen, we rest. We open the door to connection – to ourselves, to one another, to the simple joy of being present in this moment.

May you find warmth in the stillness, peace in the pace, and light in even the quietest corners of the season.