

# THE WELL

✦ October 2025

## SPIRITUAL & MENTAL WELLNESS WITH LADY UMEKA



"BELOVED, I PRAY THAT YOU MAY PROSPER IN ALL THINGS AND BE IN HEALTH, JUST AS YOUR SOUL PROSPERS."  
- 3 JOHN 1:2 (NKJV)

### "Whole and Well: Mind, Body, and Spirit"

*Grace and peace, church family!*

As we enter this new month, I am reminded that God desires for us to be whole. Wholeness is not only about our physical bodies but also our minds and our spirits. October gives us an opportunity to focus on complete wellness. With **World Mental Health Day** and **Breast Cancer Awareness Month** both being recognized, it is a sacred reminder that our faith journey also includes caring for our health inside and out.

When life becomes busy and the days grow shorter, it is easy to overlook our own needs. But God calls us to **rest, to reflect, and to restore**. Taking care of our minds is not selfish; it is spiritual. Checking in on our hearts, seeking help when we need it, and leaning into prayer are all acts of faith.

This month, I invite you to pause and breathe. **Thank God for the body that carries you, the mind that guides you, and the spirit that sustains you.**

Whether you are standing in strength, healing from loss, or simply pressing forward, know that you are not alone.

Let us continue to walk together in wellness, anchored in the truth that we serve a God who heals, renews, and restores.

"Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well." 3 John 1:2 (NIV)

*With love, honor and gratitude  
Lady Umeka*

In this newsletter  
you can expect:

Welcome Message  
from Lady Umeka

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Renewing The Mind

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Day

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7 Day Whole and Well  
Reset

Church & Community  
Wellness Initiatives



## Faith & Wellness Focus: Renewing The Mind

### Faith & Wellness Focus: **Renewing The Mind**

**Scripture Reflection:** “Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—His good, pleasing and perfect will.”

Romans 12:2 (NIV)

***Our mental health is deeply connected to our spiritual walk. God’s Word reminds us that true transformation begins in the mind where faith meets thought and peace replaces worry. When we renew our minds daily through prayer, gratitude, and God’s promises, we guard our hearts against anxiety, fear, and discouragement***

This month, remember:

- Seeking help is not a lack of faith but an act of stewardship over the life God has given you.
- Jesus cared for the whole person: mind, body, and spirit.
- Peace is not the absence of trouble but the presence of God in the midst of it.

**Prayer:** *Lord, help me to see my thoughts through Your truth. Calm my mind when it feels restless and renew my spirit when I feel weary. Remind me that caring for my mental health honors You.*

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## MENTAL HEALTH CORNER: YOU ARE NOT ALONE: **WORLD MENTAL HEALTH DAY – OCTOBER 10**

This year’s theme is **“Mental Health is a Universal Human Right.”**

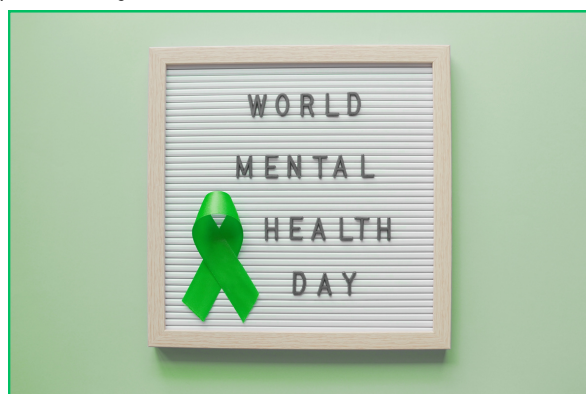
As believers, we know that mental wellness is also a spiritual responsibility. God desires that we live free from fear and full of faith.

### **Practical Ways to Care for Your Mind This Month:**

- Check in on yourself and others regularly.
- Speak kindly to yourself and those around you.
- Pray daily and invite God’s peace into your thoughts.
- Seek help early; prayer and counseling can work together.

### **Helpful Resources:**

- 988 Suicide and Crisis Lifeline (Call or Text)
- Text “HOME” to 741741 for Crisis Text Line support
- Connect with a trusted counselor or church leader



*“Cast all your anxiety on Him because He cares for you.” 1 Peter 5:7 (NIV)*

# HEALTH AWARENESS: BREAST CANCER AWARENESS MONTH

## Faith, Strength, and the Power of Pink

Each October, people around the world wear pink in recognition of **Breast Cancer Awareness Month**. Pink has become a universal symbol of **hope, unity, and compassion** for those whose lives have been touched by breast cancer. It reminds us that love, faith, and community can bring comfort and courage during even the hardest seasons.

When we wear pink, we are not simply wearing a color. We are making a statement of faith and solidarity. We are standing with those who are fighting, celebrating those who have survived, and honoring the memory of those we have lost. Wearing pink is a visible act of support that says, "You are not alone." It is also a reminder that early detection saves lives and that awareness and education are powerful tools God has given us to protect our health and one another.

## Understanding the Impact

According to the American Cancer Society, breast cancer remains the most common cancer diagnosed among women worldwide, following skin cancer. In the United States, **one in eight women** will be diagnosed with breast cancer in her lifetime. Although it occurs less often, men can also be affected. Each year, about **2,800 men** are diagnosed with breast cancer in the United States.

The good news is that awareness and early detection are saving lives. When breast cancer is found early, the **five-year survival rate** is about **99 percent**. This is why it is so important to schedule regular mammograms, perform monthly self-exams, and encourage loved ones to do the same.

Faith reminds us that our bodies are temples of the Holy Spirit. Caring for them is not fear-based; it is faith-based. Taking preventive steps, making healthy choices, and encouraging others to do the same are acts of good stewardship over the life that God has entrusted to us.

## Ways to Participate This Month

- Wear pink as a symbol of faith, strength, and hope.
- Encourage friends and family to schedule annual screenings and self-checks.
- Pray for those currently in treatment or recovery and for families who have experienced loss.
- Share educational resources to help others learn about prevention and early detection.

*"She is clothed with strength and dignity; she can laugh at the days to come." Proverbs 31:25 (NIV)*

*As a faith community, we stand together in love and awareness. Let us continue to pray for healing, speak words of encouragement, and use the power of knowledge and compassion to save lives.*



# 7-Day Whole and Well Reset

## *Restoring Balance in Mind, Body, and Spirit*

This month's challenge is designed to help you slow down, breathe deeply, and care for the whole person God created you to be. Each day centers on a different focus to strengthen your faith, renew your mindset, and refresh your body.

### Day 1: Grounded in Gratitude

Write down three blessings and thank God for them out loud. Take a few moments to reflect on how God has shown up for you recently.

*"Give thanks to the Lord, for He is good; His love endures forever." Psalm 107:1 (NIV)*

### Day 2: Digital Detox and Divine Connection

Put away your phone or screens for at least 30 minutes. Use that time for prayer, journaling, or simply sitting in silence and letting God speak to your heart.

*"Be still, and know that I am God." Psalm 46:10 (NIV)*

### Day 3: Faith-Focused Movement

Take a walk, stretch, or do gentle movement as an act of gratitude for your health. As you move, repeat: "Lord, thank You for strength in my body and peace in my mind."

*"Do you not know that your bodies are temples of the Holy Spirit... Therefore honor God with your bodies." 1 Corinthians 6:19-20 (NIV)*

### Day 4: Speak Life

Send a message, note, or prayer to encourage someone. Use your words to lift others up and spread light.

*"Gracious words are a honeycomb, sweet to the soul and healing to the bones." Proverbs 16:24 (NIV)*

### Day 5: Nourish and Hydrate

Drink eight glasses of water and eat something fresh and colorful today. Thank God for the gift of nourishment and ask Him to fill you with spiritual hunger for His Word.

*"Whether you eat or drink or whatever you do, do it all for the glory of God." 1 Corinthians 10:31 (NIV)*

### Day 6: Soulful Stillness

Set aside time for complete rest. Take a nap, journal your thoughts, or sit quietly outside and notice God's creation. Let your soul be refreshed by His presence.

*"He makes me lie down in green pastures, He leads me beside quiet waters, He refreshes my soul." Psalm 23:2-3 (NIV)*

### Day 7: Worship and Renewal

Begin or end your day with worship. Play your favorite song, sing along, or simply lift your hands in gratitude. Allow God's presence to renew your spirit and fill you with peace.

*"Create in me a pure heart, O God, and renew a steadfast spirit within me." Psalm 51:10 (NIV)*

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## Seeking Counseling Services? We're Here to Help.

If you or your loved ones are in need of professional counseling, the Bridging The Gap Foundation is ready to assist.

They offer low cost counseling options for children 11 and over and adults.

Let us help you find the support you need.

For more information, visit [www.btgf.org](http://www.btgf.org).



**Making Access to Care a Reality**

**BRIDGING THE GAP FOUNDATION**

**ABOUT BTGF**  
Our Mission  
To address the disparities associated with mental health and access to quality care within underserved communities.

**Our Vision**  
A Dallas where there is mental health parity and equal access to quality mental health treatment regardless of demographics, ethnicity, geography, or socioeconomic status.

**WE CAN HELP!**

**WHAT WE OFFER**  
Access to culturally competent mental health professionals.  
Funding for ten (10) professional counseling sessions

**WHO WE SERVE**  
Adults, Adolescents, and children ages 11 and older  
Overlooked, underinsured, and uninsured residents of Dallas and the surrounding area.

**WHAT TO EXPECT**

- Acknowledgment
- Advocacy
- Assistance
- Non-judgmental listening approach
- Support
- Transparency

**CONTACT US NOW**  
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<https://btgf.org>

**YOU ARE NOT ALONE**

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*Thank you for reading!*