



Hello, and welcome to October!

As we step *officially* into the crisp, beautiful days of October, our hearts are filled with gratitude for everyone who joined us for our Annual Retreat on September 22 under the theme, “*Seasons Change, Yet Our Roots Remain.*”

Thank you to all who attended, shared in such meaningful fellowship, and helped make it a truly joyful day of connection, reflection, and renewal.

Whether you are looking back fondly on those moments of community or seeking new ways to stay engaged this month, we invite you to explore the updates, reflections, and upcoming events in this issue designed to keep our spirits nourished all season long.

In this issue, you'll find—

- Annual Retreat Reflection (pp. 2-4)
- Community Events (p.5)
- 21 Conversation Starters (pp. 6-7)

HAPPY ANNIVERSARY

Nativity of the Lord Care Team

Established in 1999 in DeForest, this Care Team now encompasses five churches as it builds connections and serves neighboring communities.

- **St Jerome** – Columbus, WI
- **St Joseph** – East Bristol, WI
- **St Olaf** – DeForest, WI
- **St Patrick** – Doylestown, WI
- **St Thomas** – Poynette, WI

We are so proud to walk alongside such a vibrant, steadfast Care Team. Here's to 27 years of blessings—and many more years of fellowship and service!





Care Team Ministry & Walking with Moms in Need

ANNUAL RETREAT 2026

Seasons change, yet our roots remain

With heartfelt thanks,

We extend our deepest gratitude to our **Care Team** and **Walking with Moms Volunteers** for your generous time, your devoted attendance, and the open hearts you bring to your ministries.

We truly hope you have enjoyed this day, found rich companionship, and felt renewed in your calling.

"They shall be like a tree planted by water, sending out its roots by the stream... its leaves shall stay green; in the year of drought it is not anxious, and it does not cease to bear fruit."

— **Jeremiah 17:8**

As **Jeremiah 17:8** reminds us, those rooted in the Lord flourish and bear fruit in every season. Thank you for being life-giving roots in our community, bearing beautiful fruit through your compassionate service.

We are deeply grateful for everything you do and for your continued support and dedication.



Care Team Ministry & Walking with Moms in Need

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Here are some photos from our retreat. Thank you again for such a wonderful day—we hope you enjoyed it as much as we did!



Care Team Ministry & Walking with Moms in Need

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Here are *more* photos from our retreat. Thank you again for such a wonderful day—we hope you enjoyed it as much as we did!



COMMUNITY EVENTS

Major Expos & Health Fairs

- **West Madison Senior Expo**
 - Date: Tuesday, October 13, 2026 (10:00 AM - 1:00 PM)
 - Location: Madison Marriott West, Middleton, WI
 - Details: A free event geared toward older adults, families, and support teams. It features local organizations dedicated to senior resources, health screenings, prize drawings, and refreshments.
 - Details here: [Senior Expo USA.](#)
- **UW Institute on Aging 36th Annual Colloquium**
 - Date: Wednesday, October 14, 2026 (8:30 AM – 1:30 PM)
 - Location: Gordon Dining & Event Center (2nd Floor), 770 W. Dayton St., Madison
 - Details: Free and open to the public, this colloquium highlights the latest research and resources on positive aging. It features keynote speakers on social connections, brain health, eco-wellness, and caregiving resources, as well as a health and resource fair.
 - View details here: [36th Institute on Aging Annual Colloquium](#)



Community Center & Wellness Activities (Dane County)

- **Goodman Community Center (Madison)**
 - Activities: Offers ongoing programming for older adults throughout October, including accessible fitness classes like Easy Yoga Plus (in the Evjue Room) and dedicated Foot Care Clinics (held at the Brassworks Building). Excellent for routine wellness outings.
 - View the calendar of activities offered here: [Goodman Community Center | Activities](#)
- **ADRC of Dane County Partner Events**
 - Activities: Throughout October, the Aging and Disability Resource Center highlights community events across Dane County. These include local Memory Cafés, such as nature-based gatherings, and memory screenings at regional libraries like Fitchburg Library, offering low-stress settings for seniors experiencing cognitive changes.
 - View all events and activities here: [Event Calendar - Dane ADRC](#)

CONVERSATION STARTERS

Embracing the Present & Autumn Comforts (Mindful Moments)

1. As the autumn morning air turns crisp, what is one simple everyday detail right in front of you today that brings a sense of calm?
2. When you notice the leaves changing color outside your window, how does it help ground you right here in the present moment?
3. What was your favorite comforting food, soup, or warm drink that always signaled the true arrival of October when you were younger?
4. Taking a slow, deep breath of the cool October air, what is one small distraction or worry you can gently let go of right now?
5. How does the changing, slower pace of nature in autumn encourage you to take things one moment at a time today?
6. What is a small, routine part of your day—like a morning cup of coffee or an afternoon stretch—where you feel most settled and at peace?
7. Looking around you today, what is one unexpected bright spot or comfort you might have missed if you weren't paying close attention?

Catholic Traditions & October Devotions

8. October is traditionally the Month of the Holy Rosary. Do you have a favorite memory of praying the Rosary with family, in a church pew, or during a parish group?
9. October 1st marks the feast day of *St Thérèse of Lisieux* (the "Little Flower"). How do you practice her "Little Way" of doing small everyday tasks with great love?
10. On October 2nd, we honor the *Holy Guardian Angels*. Did you have a favorite prayer to your Guardian Angel as a child that you still find comfort in today?
11. October 4th is the Feast of *St Francis of Assisi*, who praised God for all creation. What is a specific part of nature (like a bird, a tree, or the autumn sky) that always reminds you of God's artistry?
12. October 7th is the Feast of *Our Lady of the Rosary*. How has turning to Mary in prayer brought peace to your heart during challenging seasons of life?
13. As the parish calendar turns to autumn ministries and gatherings, what role has your faith community played in keeping you spiritually connected?
14. How did your family or parish historically celebrate the blessings of the harvest and give thanks to God as the growing season came to a close?

CONVERSATION STARTERS

Reminiscing, Family, & Life Wisdom

15. What is one of your favorite crisp, clear childhood memories of playing or walking outside during the month of October?

16. Pope Saint John Paul II spoke of older age as a true privilege that allows us to evaluate the past more deeply. When you look back, where have you seen God's gentle hand guiding your life most clearly?

17. Did your family have any special traditions or wholesome fall celebrations (such as county fairs, apple picking, or community suppers) that you looked forward to each year?

18. What is a piece of spiritual wisdom or advice you received from an older family member or mentor that still guides you today?

19. How has your relationship with God changed or deepened as you've journeyed through the different "seasons" of your life?

20. What is one gift, talent, or story from your life journey that you feel called to share with younger generations or your care team today?

21. As we settle into these peaceful autumn months, what is a personal prayer intention or hope you are holding in your heart for your family and community?

