

Links to Nourish the Soul



Gardening for Wellness

An interview with Shawna Coronado.

Creating a Meditation Garden

Ayn-Monique Klahre shows us why we need a meditation garden in our life.

The Man in the Red Bandana

In memory of those lost on 9/11. What would you do in the last hour of your life?

Coziest Fall Recipes

Taste of Home's best southern recipes to help us savor the foods of autumn.

Happy National Addiction Professionals Day!

As part of Recovery Month, September 20th is your day! Use social media to pat yourself on the back or to share a story about a co-worker or your court!



A Funny Truth

Looks about right



The Great Outdoors



From an article posted on [Spruce.com](https://www.spruce.com) you can learn how to construct an outdoor refuge, no matter the size of your balcony, yard, or patio, to enjoy the autumn days ahead. First step? Declutter. The writer defines clutter as overgrown shrubbery, unused outdoor furniture, anything that makes your space feel too busy, less relaxing. To begin, clear out as much as possible to offer a blank canvas to create a place for you to rejoice in the sun, falling leaves, and fresh air.

The article gives a total of eleven suggestions to create this special place for yourself or to share with guests. The second tip is to have comfortable seating, allowing yourself to stretch out, soaking in the environment around you. Next comes landscaping, planting shrubbery and flowers that are natural to your setting. Select those that enhance your mood, such as smelling a planted flower that reminds you of a favorite vacation in the mountains. Your local nursery can help you choose what to plant, ensuring it can adapt to your region's climate. With landscaping, be sure to also take advantage of any views you might have, with your foliage blending with the environment, not competing with it.

Now, make your space inviting, creating a cozy mood with outdoor pillows, a throw, potted flowers, candles, or a lantern. Another suggestion is to include a shady area, such as a trellis with leafy vines, an umbrella, or awning. Then, add an element of water, such as a fountain, which can have a calming, restorative effect.

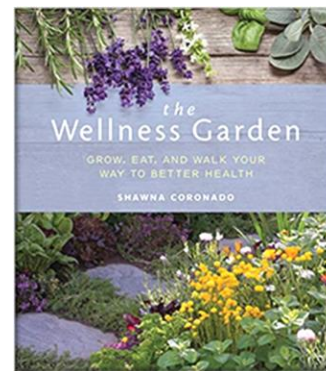
Privacy is also important, planting tall shrubs, bamboo, or adding outdoor drapery panels to tent a balcony. An element of fire is suggested, such as fire pit, to give warmth as the temperature drops. Fragrant foliage will add natural scents to breathe in and, finally, string some lights to frame your relaxing atmosphere for those feel-good fall evenings.

The Winner's Corner



Christopher Dooley wins this month's self-care gift card!

Book Club



In the Wellness Garden, Shawna Coronado shows us how to grow a place to heal.