
May Newsletter



Embracing Growth, Connection & Community

May has arrived, and with it comes a vibrant shift in the landscape here at **Morgan Oaks Eternal Preserve**. The golden hills are blushing green once more, native wildflowers are thriving, and our oak trees are stretching new leaves toward the sun. The land feels alive with possibility, and we're reminded why this season is such a meaningful time to be in nature—and in community. At MOEP, we've always believed in honoring life in a way that nurtures the earth and connects us to something greater. May is a time of gentle momentum—a season that encourages us to move forward with intention, to reflect, and to celebrate the growth that's both visible and quietly unfolding beneath the surface.

This month, we're excited to share a number of opportunities to connect, learn, and remember. Whether it's through our guided walks, new community partnerships, or the stories shared beneath our oaks, there are many ways to engage with the preserve this season.

In this issue:

- **Community Events** – Join us for upcoming gatherings like our yoga walks, lunch & learns, and more.
- **Local Collaborations** – Learn how we're building meaningful partnerships with businesses and organizations that share our values.
- **Nature Spotlight** – Discover what's blooming along our trails this month and which birds are nesting in our trees.
- **Green Burial Insights** – Explore more about the choices families are making in support of sustainability and legacy.
- **Seasonal Reflections** – We're sharing a poem and a moment of thoughtfulness to invite a pause in your day.

As always, thank you for being a part of the **Morgan Oaks** community. Every visit, every story shared, and every step taken on our land adds to the living tapestry of this special place.

We invite you to walk with us through May—with openness, gratitude, and a renewed sense of connection.

In this newsletter you can expect:

Community
News

Explore
Morgan Oaks

Community
Events

How Nature
Heals Us

Green Burial
Podcast

Thank You!



Morgan Oaks Community News — May Edition

Spring is in full bloom at Morgan Oaks, and we're excited to share everything happening this beautiful month! From honoring mothers to exploring the healing power of nature, May offers many ways to connect, reflect, and celebrate the season of growth.

Celebrating Mother's Day in Nature

This Mother's Day, we invite you to honor the nurturing spirit of motherhood with a peaceful walk at Morgan Oaks. Spend time under the ancient oaks, listen to birdsong, and celebrate the enduring bonds of love and memory. Nature offers a perfect setting for reflection, gratitude, and connection.

Why Nature Heals: Grief, Growth, and Green Spaces

Grief can be overwhelming and unpredictable—but nature holds a quiet, grounding wisdom that can help us carry it. A walk beneath towering trees, the warmth of sunlight, or the hush of the breeze can ease emotional pain and support healing. Research shows that time in nature:

- Lowers stress and blood pressure
- Increases feelings of calm and connection
- Improves focus and emotional clarity
- Provides space for reflection and remembrance

At Morgan Oaks, every tree, trail, and breeze is part of this healing landscape. Green burial creates a lasting, living connection to the land, offering loved ones a meaningful, ongoing relationship with nature. Grief doesn't disappear—but among the trees and open skies, it often softens. Healing sometimes begins with simply being still, breathing deep, and listening.

Coming Soon: Podcast with Death Doula Rita May Mason

Steph is recording our fourth podcast episode on **May 6** with special guest **Rita May Mason**, a compassionate and experienced death doula. Together, they'll explore end-of-life support, the role of presence, and how nature and green burial are woven into the experience of grief, legacy, and love. Stay tuned for the release date!

May Events & Community Highlights

May 16—Keaton's Golf Tournament @ The Ridge Golf Course & Event Center, Auburn, CA

We're proud sponsors of this meaningful event supporting families facing childhood cancer.

May 21 from 10 AM–NOON—@ Eskaton Village Roseville

Join Stephanie and Sarina for this 9th Annual event as they share insights about green burial and healing with nature.

May 22, 9 AM–1 PM—Senior Resource Fair in Carmichael

Come visit Nikki and learn more about our offerings for seniors and their families.

May 29, 6:30–8:30 PM – Woof, Wine & Dine Event @ Vernon Street Town Square, Roseville, CA

We're excited to sponsor this fun evening that supports our four-legged friends—good wine, great food, and wagging tails await!

May 30, 5:30–8:30 PM—Trivia Night @ Morgan Oaks, with Rancho Robles

Hosted in partnership with Rancho Robles—grab your thinking caps and join us for a fun evening!



Green Burial Insights — Honoring Life, Protecting the Earth

At **Morgan Oaks Eternal Preserve**, green burial is more than an option—it's a philosophy rooted in respect for the natural world and the cycle of life.

A green burial forgoes embalming chemicals, concrete vaults, and non-biodegradable caskets. Instead, the body is returned to the earth in a natural, unembellished way—using biodegradable materials and sustainable practices that allow the land to remain wild, beautiful, and alive.

Why are more people choosing this path?

- **Simplicity and Meaning** – Green burial offers a return to time-honored traditions, allowing families to participate more intimately in the process.
- **Environmental Impact** – Each green burial helps protect open space, reduce pollution, and support thriving native habitats.
- **Legacy and Conservation** – At Morgan Oaks, every burial supports the preservation of the land itself—ensuring that future generations can continue to find peace here.

We're always here to answer questions and provide guidance. Whether you're pre-planning or simply curious, our team is honored to walk alongside you in understanding this beautiful, natural choice.

Why Pre-Plan?

Pre-planning your green burial is one of the most thoughtful gifts you can offer your loved ones. It's not just about making arrangements in advance—it's about creating clarity, peace, and a lasting legacy rooted in your values.

When you choose to pre-plan at **Morgan Oaks Eternal Preserve**, you:

- **Ease the Emotional Burden** – Your family won't have to make difficult decisions during a time of grief. Instead, they can focus on remembrance and healing.
- **Ensure Your Wishes Are Honored** – You decide how you want to return to the earth, with the confidence that your plan reflects your beliefs and intentions.
- **Lock in Today's Rates** – Pre-planning protects you from rising costs and secures your place in our conservation grounds.
- **Support Land Preservation** – Every pre-planned green burial contributes to protecting open space and maintaining our natural ecosystem for generations to come.

Our team is here to guide you gently and respectfully—whether you're ready to begin the process or just exploring your options.

Planning ahead brings peace of mind now and comfort later.

Morgan Oaks Community Bulletin Board & Recipe of The Month

Celebrating Student Athletes

At **Morgan Oaks**, we honor life, community, and the spirit of renewal that springtime so beautifully brings. As nature flourishes around us, we are also proud to celebrate the dedication, teamwork, and perseverance of our local high school athletes.

Throughout May, student-athletes across our community continue to compete with heart and determination on fields, courts, and tracks. From the crack of a bat at a baseball game to the swift action of a soccer match, the focus of a tennis competition, or the excitement of a track and field meet—these young athletes inspire us all with their commitment, resilience, and sportsmanship.

Your support plays a vital role in their journey. By attending games, cheering from the stands, and recognizing their efforts, we strengthen the fabric of our community and uplift the next generation. Every event not only showcases athletic skill but also celebrates the values of perseverance, teamwork, and friendship.

Stay up to date on upcoming games, tournaments, and meets by checking the High School Sports Calendar. Bring your friends, family, and neighbors to cheer on our student-athletes and help foster a spirit of encouragement and pride throughout our community.

At **Morgan Oaks**, we embrace both tradition and growth—honoring life's natural cycles, nurturing community bonds, and celebrating the remarkable achievements of our young athletes. Let's come together this May to champion their hard work, celebrate their successes, and support the vibrant spirit they embody.

[Lincoln High School](#)
[West Park High School](#)
[Rocklin High School](#)
[Granite Bay High School](#)
[Twelve Bridges High School](#)
[Whitney High School](#)



Red, White & Blueberry Trifle (No-Bake)

Ingredients:

- 1 store-bought pound cake (cubed)
- 1 pint strawberries (sliced)
- 1 pint blueberries
- 1 tub whipped topping (like Cool Whip)
- Optional: vanilla pudding for layering

Instructions:

1. In a clear trifle dish or large bowl, layer cubed pound cake on the bottom.
2. Add a layer of whipped topping (or pudding).
3. Sprinkle a mix of strawberries and blueberries.
4. Repeat layers until the dish is full.
5. Top with extra berries in a flag pattern or swirl for a festive look!

Tip: Chill for at least an hour before serving. It's light, sweet, and perfect for a warm day.



Why Nature Heals: Grief, Growth, and Green Spaces

Grief is not linear. It can come in waves—unexpected, overwhelming, and deeply personal. At **Morgan Oaks**, we understand that loss is a journey, and nature can be a powerful companion along the way. Whether it's a quiet walk beneath our oak trees, the soothing sound of birdsong, or a simple moment in the sun, nature holds a steady presence. Its rhythms remind us of life's cycles—of endings, beginnings, and the quiet in between.

The Healing Power of Nature

Modern research and ancient wisdom agree: spending time in natural spaces can profoundly support emotional and physical well-being. Nature has been shown to:

- 🌿 Lower stress and blood pressure
- 🌻 Increase feelings of calm and connection
- 🌳 Improve focus and emotional clarity
- ☀️ Provide space for reflection and remembrance

These aren't just ideas—they're lived experiences. Many who visit **Morgan Oaks** tell us they feel a sense of grounding, peace, and connection here. And we believe that's no coincidence.

Green Burial: A Living Tribute

At Morgan Oaks, healing extends beyond time spent in nature—it's woven into how we care for our loved ones. Green burial is a gentle return to the earth that honors life and legacy. It allows families to maintain a lasting connection to the land, where memories can grow and be remembered among wildflowers, trails, and trees.

Each tree, breeze, and birdsong becomes part of a tribute that endures.

A Quiet Invitation

Grief doesn't disappear. But in nature, it often softens. Sometimes, the first step toward healing is simply being still, breathing deep, and listening to the leaves.

We invite you to visit Morgan Oaks this season—walk the trails, find a quiet bench, or stand beneath a canopy of green. Whether you come to remember, to grieve, or to simply be, know that this space holds you with care.

With warm regards,

The Morgan Oaks Green Burial Team

Where nature and remembrance meet.

THE GREEN BURIAL CHRONICLES



Morgan Oaks Podcast – Episode 4 **"Holding Space: A Conversation with Death Doula Rita Mason"**

In our **fourth episode**, we welcome a very special guest: **Rita Mason** (Rita4Life.com), an experienced death doula and compassionate advocate for conscious end-of-life care. Through her work, Rita helps individuals and families navigate one of life's most sacred transitions—with presence, clarity, and heart.

Rita brings a grounded, human approach to conversations about death and dying. In this episode, she joins us to discuss:

- 🌱 What it means to be a death doula
- 🔥 How holding space can ease fear and foster peace
- 🌿 The connection between green burial and mindful end-of-life choices
- ❤️ How nature, ritual, and presence can support both the dying and those who grieve

Whether you're just beginning to explore end-of-life planning, supporting a loved one, or simply curious about how we can approach death with more compassion and less fear, this episode offers gentle insight and powerful reflection.

Where to Listen:

- ✓ **Apple Podcasts** 🍏
- ✓ **Spotify** 🎵
- ✓ **Amazon Music/Audible** 📺
- ✓ **Podbean App** 🎧
- ✓ **iHeart Radio** ❤️
- ✓ **Player FM** 📶
- ✓ **Boomplay** 🔊
- ✓ **YouTube** ▶



Meet Our Guest: Rita Mason **Death Doula, Educator, Guide**

With years of experience guiding individuals through the final stages of life, Rita believes deeply in the power of listening, storytelling, and connection. Her mission is to help others feel seen, heard, and held—emotionally, spiritually, and practically.

Tune In & Reflect

This episode will be available soon on all major platforms. Follow us on social media or check our website for the release date. We hope you'll join us for this heartfelt conversation about what it means to live well—and leave well.



Thank You for Spending Time with Us

As we wrap up this month's newsletter, we want to thank you for being part of the **Morgan Oaks Eternal Preserve** community. Whether you're visiting our grounds, attending events, or simply taking time to read and reflect with us, your presence matters deeply. Our goal with each issue is to keep you informed, inspired, and connected—to nature, to meaningful choices, and to a community that values both remembrance and renewal.

Have a question about green burial? Curious about the preserve or upcoming events? Want to share a story or suggestion for the next newsletter? We'd love to hear from you.

Reach out to us anytime at: stephanie@morganoaksgreenburial.com

You can also stop by our office at **Morgan Oaks** or call us to schedule a visit or consultation. We're always here to support you—with compassion, transparency, and a listening ear.

Thank you again for being with us. We look forward to walking this path together—season by season.

With gratitude,

The Morgan Oaks Eternal Preserve Team

Thank you for reading!

MORGAN OAKS GREEN BURIAL	833-667-4266
www.morganoaksgreenburial.com	421 Fleming Rd. Lincoln, Ca 95648
