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# July Newsletter



## A Natural Conversation: Pre-Planning with Heart

July at **Morgan Oaks** brings more than golden hills and warm breezes—it brings the invitation to talk, to plan, and to find peace of mind in doing so. Just as nature follows its rhythms with quiet purpose, we too can move with intention when it comes to life's most meaningful transitions. This month, we're focusing on education and awareness—offering resources, stories, and heartfelt guidance to help families start the conversation around green burial and pre-planning.

At **Morgan Oaks**, we believe that making thoughtful decisions ahead of time is an act of love—for yourself, your family, and the earth. Whether you're just beginning to explore or ready to take the next step, July is the perfect time to reflect, ask questions, and lean into the peace that planning brings.

From lighthearted moments with “Rides with Ruthie” to myth-busting Mondays and real stories from families who've walked this path, we're here to support you—gently, clearly, and with care.

In This Issue:

### **Why Green Burial Matters**

Explore the ecological and emotional benefits of choosing a natural, sustainable resting place—for yourself and for the earth.

### **Peace of Mind Through Pre-Planning**

Learn how planning ahead eases decision-making for loved ones and brings a deep sense of comfort and clarity.

### **Real Stories, Lasting Impact**

Hear from families who chose to pre-plan with Morgan Oaks—and how it brought them closer in life's most meaningful moments.

### **Myth Monday Begins**

Starting 7/9, we're busting myths and answering your questions about green burial on social media. Join Alicia for an “Ask Me Anything” in our Stories and help us spread the truth with compassion.

### **Rides with Ruthie: Behind the Scenes**

Hop in with Ruthie for a lighthearted look at daily life on the land. Snacks, chats, and spontaneous moments with the Morgan Oaks team—it's our mobile water cooler, and you're invited.

### **Start the Conversation**

Helpful prompts and tips for beginning gentle, honest discussions with your loved ones about end-of-life wishes.

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## Why Green Burial Matters

**A Gentle Return to the Earth**—At **Morgan Oaks Eternal Preserve**, we often hear this question: “Why choose a green burial?” The answer, for many, begins with a feeling—something quiet but deeply rooted. It’s a desire to live in alignment with nature not only in life, but in death as well. Green burial is a way to say goodbye that honors the earth, supports conservation, and offers a deeply personal, meaningful farewell.

### A Return, Not a Departure

Green burial is based on a simple, profound idea: we come from the earth, and we can return to it naturally. Without embalming chemicals, concrete vaults, or non-biodegradable caskets, your body is allowed to rejoin the natural cycles of decomposition and renewal—nourishing the soil and supporting the living landscape. At Morgan Oaks, this return is sacred. Each burial contributes to the preservation and regeneration of our wild California oak woodlands, native grasses, and vibrant ecosystems.

### Environmental Benefits

- **No toxic chemicals:** Green burial avoids embalming fluids that can pollute groundwater.
- **No concrete vaults:** Vaults used in conventional burials disrupt soil biology and prevent natural decomposition.
- **Biodegradable materials only:** Shrouds or simple wooden caskets break down naturally over time.
- **Land conservation:** Each burial at Morgan Oaks directly supports the protection of over 160 acres of diverse native habitat.

Green burial is more than low impact—it’s positive impact. It ensures that your final act is one of healing and restoration for the planet.

### A Personal, Peaceful Experience

Families often tell us they feel a deeper connection during green burial ceremonies—outdoors, among trees and birdsong, in a place that feels alive. There’s room for stillness, for music, for laughter and tears. No rushed timelines or sterile environments—just nature holding space. Green burial also provides peace of mind. It’s simple. It’s affordable. And it’s deeply authentic.

### A Legacy of Love

Choosing a green burial is an act of love—for your family, for the land, and for future generations. It’s a statement of values. A gift of clarity. A legacy rooted in care. Whether you’re planning ahead or making decisions after a loss, know that you’re not alone. We’re here to walk alongside you, to answer your questions, and to honor your wishes.

### Start the Conversation

If you’re curious, uncertain, or just beginning to explore this path, know that we are here to support you. Green burial is a deeply personal choice—but it doesn’t have to be a lonely one. Reach out, ask questions, and walk the land. We invite you to learn more, to visit, and to begin imagining what it means to be part of a place where life continues—even in rest.



## Peace of Mind Through Pre-Planning

**Clarity today. Comfort tomorrow** -Planning ahead isn't just about logistics—it's about love. At Morgan Oaks, we've seen firsthand how pre-planning end-of-life arrangements offers families something truly meaningful: peace of mind.

When you make your wishes known ahead of time, you give your loved ones the gift of clarity during a moment when emotions can feel overwhelming. And just as importantly, **you give yourself the quiet assurance that your values will be honored—with care, intention, and simplicity.**

### A Gift to Your Family

Grief is a tender and vulnerable time. When your end-of-life wishes are already in place, it eases the burden on those who love you most.

Pre-planning:

- **Relieves loved ones from making difficult decisions under pressure**
- **Reduces potential confusion or conflict about your preferences**
- **Allows your family to focus on healing and remembrance, not arrangements**

Your choices—laid out with clarity—become a compass for your family. That's peace of mind for everyone involved.

### Aligned with Your Values

When you choose a green burial and pre-plan at Morgan Oaks, you ensure that your final act is one of **environmental stewardship and personal meaning.**

Pre-planning empowers you to:

- Choose a **resting place** that resonates with your connection to nature
- Decide on the type of **service or ritual** that feels authentic to you
- Document preferences for **materials, shrouds, music, readings**, or even a walk on the land

This is your legacy. Pre-planning helps shape it with **intention and heart.**

### Ease, Not Urgency

Many people think pre-planning is something you “put off” until much later. But we invite you to consider the opposite: what if pre-planning is one of the most grounding, loving actions you could take now?

We've designed our process to be:

- **Gentle** – we move at your pace, with respect for your needs
- **Simple** – our team walks with you through every step
- **Flexible** – plans can always be updated as your wishes evolve


You don't have to know everything right now. You just have to begin the conversation—and we're here to help.


### Start Today, at Your Own Pace


Whether you're ready to choose a plot, create a written plan, or simply explore your options, we welcome you.

#### Schedule a pre-planning consultation

 Walk the land with one of our team members

 Download our Pre-Planning Guide for thoughtful prompts and step-by-step support:

 <https://www.morganoaksgreenburial.com/pre-planning/>

 Or just reach out—we're always here to talk.

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## ? Myth Monday: Clearing the Air About Green Burial

**Truth grows best in honest soil. At Morgan Oaks Eternal Preserve,** we believe that education opens hearts—and that starts with truth-telling. Each Monday this month, we're busting common myths about green burial on our social media channels to help families make informed, confident choices rooted in care for both the earth and their loved ones.

There's a lot of misinformation out there about natural burial. We're here to gently set the record straight—with facts, stories, and thoughtful answers from our team.

### ☕ Here's What You Can Expect Every Monday:

- A **new myth** or misunderstanding, clearly explained
- A compassionate, clear **truth**, backed by experience and knowledge
- Insightful **stories, visuals, or behind-the-scenes moments** from the land
- Interactive **Q&As with Alicia**, our guide for "Ask Me Anything" Mondays

We welcome your curiosity—send us your questions, and we just might feature them in a future post!

### 🌿 Examples of Common Myths We're Busting This Month

#### 🔍 Myth #1: "Green burial isn't legal."

✅ **Truth:** Green burial is fully legal in all 50 U.S. states. It simply requires choosing a cemetery, like Morgan Oaks, that allows natural burial practices.

#### 🔍 Myth #2: "You have to be embalmed before burial."

✅ **Truth:** Embalming is not legally required. In fact, it's avoided in green burial because it introduces toxic chemicals into the earth.

#### 🔍 Myth #3: "Green burial is only for environmentalists."

✅ **Truth:** While nature lovers are drawn to green burial, families of all backgrounds and beliefs choose this path for its simplicity, affordability, and meaningfulness.

#### 🔍 Myth #4: "Bodies aren't protected without a vault."

✅ **Truth:** Nature is the protector. Vaults are unnecessary in green burial and hinder the natural decomposition process. Our burial sites are safe, respectful, and naturally regenerative.

#### 🔍 Myth #5: "Green burial grounds look unkempt or wild."

✅ **Truth:** Morgan Oaks is beautifully tended to reflect the native landscape. Trails are maintained, the environment is conserved, and every burial site is marked with care and dignity.

### 💬 Join the Conversation

Follow along each Monday on our Instagram and [Facebook](#) pages.

Tag us, send us your questions, or share a post to help others learn the truth about this natural, meaningful choice.

📅 First Myth Monday drops **July 9th**

👤 Featuring: Interactive Q&As with our Morgan Oaks experts

✉️ Have a myth or question you've heard? **Email us or DM—it might be featured!**

Green burial is simple. It's sacred. And it's time more people understood just how beautiful—and normal—it truly is. Let's start the conversation together.

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## Rides with Ruthie!

Meet **Ruthie**, our four-legged team member and the unofficial “morale manager” of Morgan Oaks Eternal Preserve. Friendly, fluffy, and always ready for an adventure, Ruthie is now your guide to the behind-the-scenes rhythm of daily life on the land.

**Rides with Ruthie** is our newest social series—where Ruthie hops into the Gator and rolls through the preserve to check on the crew, deliver snacks and water, and share a few tail wags and trail updates along the way. Think of it as our **mobile water cooler**, with paws on the ground and heart at the wheel.

 What to Expect:

- **Check-ins** with the Morgan Oaks team—from field staff to forest stewards
- Candid moments full of **lightheartedness, dust, and dog energy**
- Seasonal observations: what's blooming, buzzing, or needs a good sniff
- A glimpse of the **real-life caretaking** that happens each day across our sacred space

### Catch the Rides

Watch Ruthie's latest episodes on:

 **Instagram Stories + Highlights**

 **Facebook video posts**

 Or browse the archive on our website

### Ask Ruthie Anything!

Got a question about green burial, native plants, or how we keep the trails maintained? Ruthie's got the ride—and we've got the answers. Drop us a message or comment, and we might feature it in the next adventure.

**Rides with Ruthie** reminds us that tending the land and caring for each other doesn't have to be serious all the time. Sometimes, a happy dog and a cold drink are exactly what the day needs.

 **Hop in. Ruthie's ready.**

## Peach Basil Summer Spritzer (Mocktail or Cocktail!)

A simple, hearty dish perfect for summer celebrations.

### Ingredients:

- 1 lb sirloin steak, cut into 1-inch cubes
- 1 red bell pepper, cut into chunks
- 1 zucchini, sliced into rounds
- 1 red onion, cut into wedges
- 2 tbsp olive oil
- 1 tsp garlic powder
- Salt & pepper to taste
- Optional: BBQ sauce or steak marinade

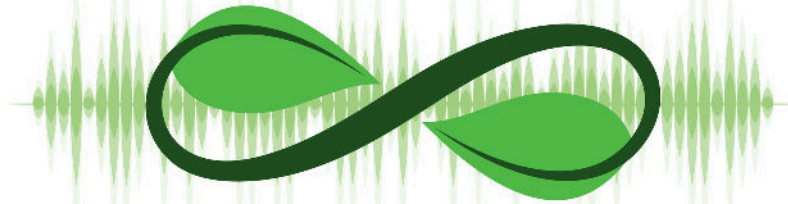
### Instructions:

1. In a bowl, toss steak cubes and veggies with olive oil, garlic powder, salt, and pepper. Let it marinate for 15–30 minutes (optional: use your favorite marinade).
2. Thread steak and veggies onto skewers, alternating items.
3. Preheat grill to medium-high. Grill skewers for 8–10 minutes, turning occasionally, until steak is cooked to your liking.

Serve with a side of corn on the cob or a fresh green salad.



# THE GREEN BURIAL CHRONICLES



with Morgan Oaks

## Coming Soon on The Green Burial Chronicles With Morgan Oaks!

We're excited to announce that a new episode of The Green Burial Chronicles is on its way—and this one's especially meaningful. We sat down with our friends at **Murray Family Funeral Home** to talk about the evolving landscape of end-of-life care, and how green burial is opening new pathways for families and funeral professionals alike.

This thoughtful conversation bridges the worlds of funeral tradition and natural innovation—and highlights how connection, education, and choice are shaping a more sustainable future.

### In This Episode (Coming Soon):


- Why more families are asking about green **burial options**
- How funeral homes and green burial preserves can **collaborate with care**
- Stories from families who found peace in planning naturally
- A behind-the-scenes look at what it takes to support **personal, earth-centered farewells**

### Why It Matters

This upcoming episode is about **starting honest conversations**, challenging outdated myths, and showing how **traditional services can evolve with heart and integrity**.

### Stay Tuned!

The episode drops soon—watch our social channels and inbox for the release!

 Available on Apple Podcasts, Spotify, and everywhere you stream.



*Coffee & Conversation*  
with Morgan Oaks

MONDAY, JULY 14TH  
10:30 AM - NOON  
KILAGA SPRINGS LODGE  
PLACER ROOM  
1167 SUN CITY BLVD  
LINCOLN, CA 95648

Join us for a relaxed morning with coffee, bagels, and donuts as we explore planning with Morgan Oaks and our partner funeral home. Whether you're planning ahead or simply curious, it's a friendly space to ask questions and learn your options.

SCAN TO SIGN UP!



COA 667


Morgan Oaks  
Eternal Preserve

You're warmly invited to **Coffee & Conversation with Morgan Oaks**

— a relaxed, friendly event designed to make talking about end-of-life planning feel easy and approachable.

 **Monday, July 14th**

 **10:30 AM – Noon**

 **Kilaga Springs Lodge – Placer Room**  
**1167 Sun City Blvd, Lincoln, CA 95648**

Enjoy **coffee, bagels, and donuts** while learning more about green burial and planning options with the caring team from Morgan Oaks and our partner funeral home.

Whether you're ready to make decisions or simply exploring your options, this is a safe and supportive space to ask questions, gather information, and connect with others.

**No pressure. Just conversation.**

We look forward to seeing you there!





## ☀️ Thank You for Sharing July with Us

As July comes to a close, we want to thank you for walking alongside us—through the golden days of summer, thoughtful conversations, and moments of quiet reflection. Whether you’ve visited the preserve, joined us online for Myth Monday or Rides with Ruthie, or simply took time to read this newsletter, your presence in the Morgan Oaks community means so much.

This month, we’ve focused on the power of **pre-planning**—how making thoughtful choices now can bring peace of mind later. We hope these conversations have offered clarity, comfort, and a deeper connection to what matters most.

At Morgan Oaks, we believe in creating space not only for remembrance, but for **intention, education, and heartfelt dialogue**. Thank you for being part of this journey.

Have a question about green burial or pre-planning? Want to visit the land or share your own story? We’d love to hear from you.



### Reach out anytime:

[stephanie@morganoaksgreenburial.com](mailto:stephanie@morganoaksgreenburial.com)



### Stop by or schedule a visit.

Whether you’re planning ahead, asking questions, or simply seeking a place to reflect, we’re here—with care, clarity, and a listening heart.

Thank you for being here. We look forward to growing, remembering, and planning—season by season, together.

*Thank you for reading!*

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