
October Newsletter



🍂 Seasons of Remembrance at Morgan Oaks

October at **Morgan Oaks** is a time of gathering light and lengthening shadows—a season that invites reflection, remembrance, and togetherness. As the air grows crisp and the trees dress in their final colors, we are reminded that each moment is fleeting yet deeply meaningful. This month, we welcome you to embrace the balance of stillness and celebration, finding comfort in the rhythms of the land and in the memories we hold close.

At **Morgan Oaks**, October becomes a bridge—between seasons, between generations, between the past and the future. Whether you're walking beneath canopies of gold, honoring a beloved companion, or sharing stories around the fire, this is a season to slow down, connect, and carry forward the love that binds us together.

From twilight walks and fireside gatherings to meaningful memorial spaces and quiet acts of presence in nature, we're here to walk alongside you—warmly, gently, and with care.

In This Issue

🕯️ Twilight Moments in Nature

October's light brings a special kind of beauty—soft, golden, and fleeting. Join us for quiet moments of reflection at dusk: sitting by the pond, journaling in the meadow, or simply breathing beneath the shifting sky. These mindful pauses offer a gentle way to reconnect with nature and yourself.

🍁 Seasonal Walks & Autumn Reflections

Step onto the trails as the leaves blaze with color. Guided or self-paced, our autumn walks provide opportunities for remembrance, peace, and a deeper connection to the earth's changing seasons.

🐾 Pet Memorials & Honoring Companions

In our Rainbow Bridge area, families can celebrate the love of pets who have brought joy to their lives. This month, we highlight simple, meaningful rituals for honoring their memory.

🔥 Fireside Fridays & Community Gatherings

October nights call for warmth and connection. Fireside Fridays return, offering space to gather, share stories, and reflect together in the glow of firelight.

🌙 Start Your Reflection

This month, we're sharing thoughtful prompts and gentle ideas to spark conversations with your loved ones—about memory, ritual, and the ways we carry meaning into each season.

At **Morgan Oaks**, October reminds us that endings and beginnings are woven together. We invite you to join us in embracing this season of beauty, memory, and connection.



Reflection & Remembrance

A Sanctuary in Nature

Though many families choose to scatter a loved one's ashes or keep them in an urn at home, others find deep comfort in having a permanent place of remembrance. A resting place in nature offers more than a marker — it becomes a sanctuary where family and friends can return, reflect, and feel connected.

Peace Through Connection

At Morgan Oaks, we've seen how walking the trails, sitting quietly beneath the oaks, or simply knowing there is a natural space dedicated to a loved one can bring peace and grounding. Reflection and remembrance are not limited to a single day of loss; they are lifelong practices. Having a place to return to helps keep memories alive and offers healing in the seasons that follow.

A Living Legacy

As we enter tree planting season, this is also a meaningful time to consider a Tree Memorial for either a cremation burial or green burial. Planting a tree in honor of a loved one creates a living legacy — one that grows, shelters wildlife, and stands as a place of remembrance for generations. If you've been thinking about pre-planning with a Tree Memorial, now is the perfect season to make that commitment and create a lasting tribute.

Honoring in Many Ways

Moments of remembrance can take many forms — from family gatherings and quiet walks to personal rituals of reflection. By creating a dedicated space in nature, loved ones are honored not only in memory but also through the living landscape that surrounds them. These gentle reminders offer comfort, continuity, and a place where stories and legacies can be shared for years to come.

Planting Roots & Memories

If you'd like to learn more about leaving a legacy with a Tree Memorial or pre-planning a place of reflection at Morgan Oaks, we invite you to reach out to our team or schedule a visit. This season is the perfect time to plant both roots and memories that will endure.

Whenever you're ready, we'll meet you there:

- Schedule a Consultation
 - Explore the preserve with our team
 - Download our Pre-Planning Guide: morganoaksgreenburial.com/pre-planning.
 - Reach out anytime—we're always here to talk
-



🍁 Discover the Wildlife & Trails of Morgan Oaks This Fall

As autumn settles over **Morgan Oaks**, the preserve awakens with color, sound, and reflection. Our trails aren't just paths through nature—they are spaces for remembrance, connection, and community. Each step offers a chance to slow down, honor loved ones, and notice the rhythms of life that surround us.

🌿 A Living Landscape

The preserve shifts beautifully with the season. Golden meadows sway in the crisp breeze, oak groves drop acorns for deer and turkeys, and chaparral and manzanita provide year-round color and shelter for birds and small mammals. Autumn's changing light and colors invite mindfulness, helping us pause to reflect on the cycles of life, renewal, and memory.

🚶 Walks That Connect Us

This October, the trails are alive not just with wildlife, but also with opportunities for reflection and community participation:

- **Fall Nature Walk** – Guided by experts like Bill, explore seasonal changes, wildlife behavior, and conservation practices.
- **"Colors of the Season" Photography Walk** – Capture the vibrant fall foliage and share your photos with the Morgan Oaks community or on social media.
- **Memory Stones Trail** – Leave a word, a name, or a message of remembrance on a smooth stone along a designated trail area, creating a visual tapestry of love and memory.
- **Wellness in Nature** – Reconnect with yourself through fall-themed outdoor yoga and mindfulness practices.
- Each walk or event offers a chance to honor loved ones, reflect on personal memories, and share moments with the community.

🌱 Why It Matters

Morgan Oaks is more than a green burial preserve—it is a sanctuary where life, memory, and legacy coexist. Every trail, event, and mindful pause helps visitors:

Connect with nature's cycles and find peace in its rhythms

Honor memories through intentional acts like Memory Stones or guided reflection

Strengthen bonds with family, friends, and the broader community

Through participation in our walks, wellness sessions, and reflection activities, visitors experience the preserve as a space of remembrance, renewal, and shared care.

🌟 Seasonal Reminders & Community Highlights

This October, we also celebrate:

- All Souls / All Saints-style remembrance
- Preparation of the preserve for fall and winter
- Stories of remembrance from families, highlighting love and legacy
- Education around pre-planning and end-of-life conversations before the holidays
- Breast Cancer Awareness Month, featuring pink ribbons in nature and memorial stories

Mark your calendars for special events, and join us as the preserve becomes a bridge between the seasons, between memory and life, and between each of us as a caring community.



Rides with Ruthie: October Strolls

Crisp air, golden leaves, and quiet moments of reflection—October at **Morgan Oaks** invites us to honor the season and those we love. **Ruthie**, our four-legged joy ambassador and keeper of trail secrets, is ready to guide you along the preserve's trails, reminding us that caring for the land can be both playful and meaningful.

This month, join Ruthie for a ride in the golf cart as she explores the preserve's autumn beauty: trails dusted with falling leaves, Memory Stones waiting to be placed along the path, and peaceful spots perfect for quiet reflection or mindful connection with nature.

What You'll See on the Trail

Ruthie inspecting the trails and seasonal plantings, tail wagging in approval.

Fall preparation projects: native grasses readied for winter, trail upkeep, and conservation care.

Autumn's living beauty: deer grazing in the meadows, songbirds gathering before migration, and leaves shifting with the breeze.

Heartfelt community moments: families adding names or words of remembrance to the Memory Stones trail, pausing at scenic groves to honor loved ones, and taking quiet moments to reflect.

Where to Watch

Instagram Stories + Highlights

Facebook video updates

Full archive on our website for fans who don't want to miss a moment

Ask Ruthie Anything!

From green burial practices to fall ecology—or just how she chooses her favorite trail snacks—send your questions in our DMs or comments. Ruthie and the team will answer in an upcoming ride. Because honoring loved ones is seasonal, joyful, and sometimes a little muddy. And Ruthie wouldn't have it any other way.

 Buckle up—October's trails are calling, and Ruthie's ready to lead the way.



Autumn Pumpkin Apple Crisp

Ingredients (serves 6–8):

2 cups diced apples

1 cup pumpkin puree

1/4 cup maple syrup

1 tsp cinnamon, 1/2 tsp nutmeg, pinch ginger & salt

Topping:

3/4 cup oats, 1/4 cup flour

1/4 cup brown sugar, 1/4 cup melted butter

1/2 tsp cinnamon, pinch salt

Instructions:

Preheat oven to 350°F.

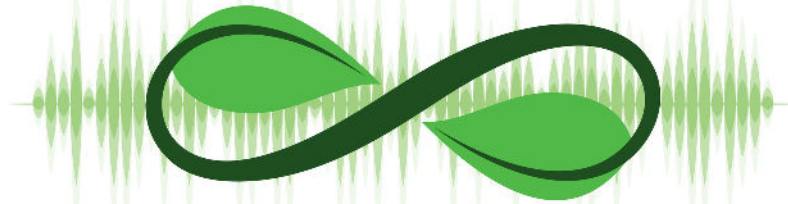
Mix apples, pumpkin, maple syrup, and spices; spread in greased dish.

Combine topping ingredients; sprinkle over fruit.

Bake 35–40 min until golden & bubbly.

Optional: serve with vanilla ice cream or whipped cream.

THE GREEN BURIAL CHRONICLES



with Morgan Oaks

This Month on The Green Burial Chronicles

Join us for a heartfelt conversation with **Omar**, our **Lead Services Steward** at **Morgan Oaks**. Omar shares what it means to walk alongside families during one of life's most tender moments, while also caring for the land we all cherish. From behind-the-scenes stories to reflections on stewardship and legacy, this episode offers a touching glimpse into the heart of green burial.

What You'll Hear in This Episode

- Omar's journey to becoming Lead Services Steward at Morgan Oaks
- What "stewardship" really means in the context of green burial
- Behind-the-scenes insights into caring for families and the land
- Memorable moments where nature brought comfort to grieving families
- How Morgan Oaks balances conservation with end-of-life care
- Omar's reflections on the future of green burial and his personal calling in this work

Why It Matters

Green burial is about more than where we rest — it's about how we honor life, care for the earth, and create spaces of remembrance for future generations. Omar's perspective reminds us that behind every service is a story, a family, and a natural place that holds meaning. His work reflects the heart of **Morgan Oaks**: compassion for people, respect for nature, and the belief that our final acts can leave a lasting legacy of care.

Listen Now

Catch this new episode on Apple Podcasts, Spotify, or wherever you stream your favorite podcasts.



Join Us for Yoga at Morgan Oaks Eternal Preserve

We're excited to invite you to a special yoga session at Morgan Oaks Eternal Preserve. This is a beautiful opportunity to relax, reconnect, and restore in nature's peaceful setting.

 **Friday, October 24th**

 **10:00 AM**

 **Morgan Oaks Eternal Preserve: 421 Fleming Rd.
Lincoln, CA 95648**

What to Bring

- Your yoga mat (if you don't have one, we'll have some available)
- Water
- Towel

RSVP Today

Please let us know if you'll be joining:

 Call/Text: 916-298-8883

 Email: stephanie@morganoaksgreenburial.com

PEACEFUL PATH



Rewards

When your journey
inspires another's, you
both walk a little lighter.

Green Burials = \$200 referral credit*
Cremation Burials = \$100 referral credit
Pet Burials = \$50 referral credit

*Credit is paid out when your referral makes a purchase in 2025

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Welcome, October

As the days grow shorter and the air turns crisp, October invites us into a season of remembrance. It is a time to honor the love we carry, to pause in the beauty of autumn's colors, and to gather with one another in community. Whether you're joining us for a fireside evening, placing a Memory Stone along the trail, or simply walking beneath the golden oaks, we're grateful to share this season with you.

A Season of Remembrance

In September, we celebrated community—the connections that sustain us and remind us we are never alone. This October, our focus turns to reflection: creating space for memory, honoring loved ones, and finding comfort in the gentle rituals that guide us through change.

We'd Love to Hear from You

Your stories of remembrance enrich the heart of Morgan Oaks. If you'd like to share a memory, ask a question, or connect about upcoming events, we welcome your voice.

 **Reach out anytime – stephanie@morganoaksgreenburial.com**

Visit the Preserve:

Wander the trails, join us for a seasonal walk, or find stillness by the pond—each moment here is an invitation to reflect and reconnect.

Thank you for being here—together, let us honor the season and the memories that guide us forward.

Thank you for reading!

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