

PREMIER ISSUE

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EMBRACE LIFE *Everyday*

GRATEFUL. SIMPLE. SOULFUL LIVING

ISSUE SPOTLIGHT

GRACE IN THE GRIEVING: FINDING GOD IN LIFE'S HARDEST LESSONS

BY KELLI ROBINSON

SUMMER FASHION

FASHION TIPS TO LOOK GREAT AND STAY COOL

FAITH IN ACTION

THE MORNING JESUS DROVE AN SUV

BY BELINDA LAWRENCE

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EMBRACE LIFE EVERYDAY

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Our Mission:
To inspire and motivate everyday mature women through education resources and mutual fellowship.

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Editor's letter



Welcome to the quarterly issue of *Embrace Life Everyday* magazine. Thank you for opening your heart to our very first issue and allowing *Embrace Life Everyday* to become a source of encouragement and inspiration in your life.

In this launch issue of *Embrace Life Everyday*, the focus is on the summer season with informative articles about travel safety, picnic planning and fashion tips to stay cool and beat the heat. We also spotlight the inspiring testimonies of Kelli Robinson and Belinda Lawrence who both overcame personal and health challenges with their faith in God.

Personally, there have been quiet, uncertain moments when I've questioned my own path, my purpose, and whether my voice mattered. But in each of those moments, God gently reminded me: you don't have to have it all together to begin. Embrace Life Everyday was not born out of perfection, but out of hope and healing. It grew from me walking through seasons of change and still choosing to believe that life can be beautiful — even in the middle of the unknown. '

In those seasons of uncertainty, I've learned that encouragement can be a lifeline: A kind word, a shared story, or even a soft color like pink can remind us that hope still exists. That we still matter. That our stories — even the broken and unfinished ones — hold value and power.

To me, this magazine is more than a publication — it's a movement. A platform where soulful living, gratitude, and purpose come together. My hope is that through these pages, you'll find a gentle nudge to keep going, a sense of connection, and the courage to fully embrace your own journey — one day, one moment at a time.

If you're in a season where you feel like you're starting over or standing still, know this: you are not behind. Every small step you take toward your purpose matters. Every day you choose hope over fear, you grow stronger. And every time you share your heart, you make space for someone else to do the same.

Thank you for reading *Embrace Life Everyday* magazine. Join us as God continues to use the magazine, our website, and social media resources to inspire and uplift mature women worldwide.

SaChe' Jacks



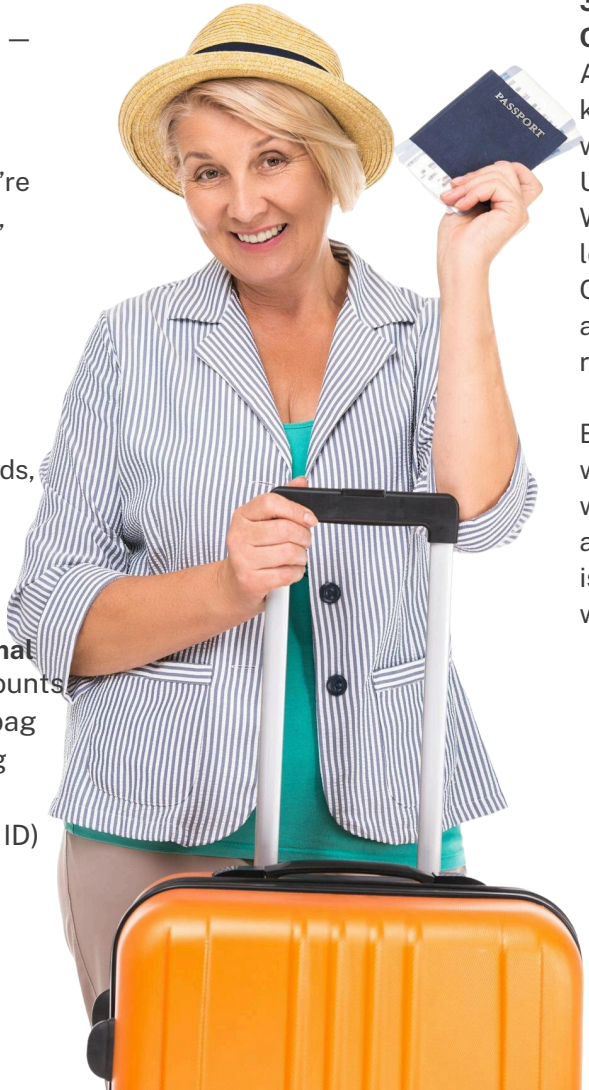
3 SMART SAFETY TIPS FOR WOMEN TRAVELING SOLO OR IN GROUPS

Traveling can be one of the most empowering experiences for women — offering freedom, adventure, and cultural discovery.

But staying safe is key. Whether you're exploring a new city or going abroad, here are three essential safety tips every woman should keep in mind:

1. Stay Aware of Your Surroundings
Avoid distractions like texting or wearing both earbuds in unfamiliar places. Stay alert, especially in crowds, public transportation, or quiet areas after dark. Trust your instincts — if something feels off, it probably is.

2. Keep Valuables Secure and Minimal
Leave flashy jewelry and large amounts of cash at home. Use a crossbody bag or anti-theft backpack with locking zippers. Keep copies of important documents (like your passport and ID) in a separate location from the originals, or store digital versions securely online.



3. Share Your Plans and Stay Connected
Always let someone you trust know where you're going and when you plan to check in. Use apps like Life360 or WhatsApp to share your live location when traveling solo. Consider booking accommodations in well-reviewed, well-lit areas.

By combining common sense with a little preparation, women can travel confidently and safely. After all, the goal is to enjoy the journey — not worry through it.



5 ESSENTIALS FOR A GREAT OUTDOOR PICNIC



There's something timeless and joyful about an outdoor picnic — fresh air, good company, and the simple pleasure of eating under the open sky. Whether you're planning a romantic afternoon for two, a family gathering, or a casual hangout with friends, a few essentials can elevate your picnic from average to unforgettable. Here are six things you need to make your next outdoor picnic great:

1. A Comfortable and Durable Picnic Blanket
Start with the foundation — a large, comfortable blanket is key. Choose one that's waterproof or has a water-resistant bottom layer to protect against damp grass or sand. Thick, padded blankets add comfort, especially if you're sitting for a while. Bonus points if it's machine-washable and folds up easily with a strap or handle for carrying.

2. Delicious and Portable Food
Think simple, packable, and finger-friendly. Sandwiches, wraps, pasta salad, fruit skewers, and cheese boards travel well and are easy to serve. Avoid overly messy or temperature-sensitive foods unless you have a cooler. Don't forget snacks like nuts, chips, or cookies, and pack more than you think you'll need — picnics have a way of working up appetites.

3. Cold Drinks and a Cooler
Hydration is key. Bring bottled water, canned drinks, or a batch of homemade lemonade or iced tea in a thermos. A small cooler or insulated bag keeps drinks cold and food fresh, especially on hot days.

4. Entertainment and Extras
Depending on your group, bring along a deck of cards, a Bluetooth speaker for soft background music, a frisbee, or a ball for kids. A book or magazine is perfect for laid-back solo moments. Don't forget sunscreen, bug spray, and maybe a small trash bag for clean-up.

5. The Right Location
Finally, where you picnic matters. Choose a spot with some shade, soft grass, and a scenic view if possible — a park, lakefront, or even your backyard can be perfect. Scout ahead for nearby restrooms, trash bins, and picnic tables in case you want extra convenience.





Grace in the Grieving Finding God in Life ‘s Hardest Seasons

BY KELLI ROBINSON

Gratitude is not reserved for the sunny days.

It is, in fact, the lantern we carry into the storm. I’ve come to understand this deeply. Over four long, tender, soul-testing years, I lost someone I loved, every single year. My brother-in-law. Then my mother-in-law. Then my grandmother. And then, in 2019, my beloved mom.

Each loss felt like a wave crashing against my spirit. By the time my mother passed, the tide of grief had nearly carried me away. Still, gratitude; raw, unfiltered, and persistent, became my anchor. Even in the hardest moments, I could whisper, “Thank you.” And that simple act pulled me closer to God.

Losing my mom was the final, devastating blow. She was my greatest cheerleader, the one who knew every corner of my heart and loved me unconditionally. She had battled advanced heart disease for years, so we knew the day would come. But the knowing didn’t soften the pain. If anything, it magnified it. The fear of her loss weighed heavily on me long before she left this earth. Just a few months after her passing in November 2019, the world shut down.



Photo: Kelli and Lehmon Robinson

The pandemic arrived in March 2020, and with it came a silence that matched the ache in my heart. Then, our family dog of 12 years, our gentle, loving fur baby, had to be put down.

Her loss was another deep grief, a reminder that even quiet, faithful companionship can leave a huge void. At the time, I wasn’t working. After my employer of 11 years sold the business unit I supported, I accepted a severance package, what I now know was a divinely orchestrated decision. My mom’s health had been declining, and I wanted time with her. Time to show up. Time to care. Time to love.

She came to live with my husband and me under hospice care. Doctors said she had four to six weeks. God gave us seven months. In those months, I lived close to the edge of eternity.

I watched her fade a little each day, and with every moment, I became more aware of how fleeting time really is. I wish we had more walks. More belly laughs. More “I love yous.” I wish I had savored her presence more, knowing that someday, the phone call wouldn’t be answered.

But in that season of caregiving and heartache, God's grace poured over me like morning light through a dark window.

The stillness of the pandemic became, strangely, a gift. It forced me to slow down. To grieve. To reflect. And most of all, to heal. That quiet season stripped away the noise and left only the essentials: faith, family, and the breath in my lungs.

For the first time in 25 years, I didn't have a job to define my days. So, I followed where God led me. I enrolled in courses I had put off. I earned a certification. I learned to meditate and made space for Scripture. The stillness became sacred. The silence, soulful. The solitude, healing.'

Then in 2021, another storm rolled in. I was diagnosed with breast cancer. Hearing those words brought a different kind of fear. A new kind of grief. My body, already worn from sorrow, was now facing a battle I never expected.

And yet, somehow, I was steadier this time. God had prepared me through the losses. I knew what it meant to trust Him when I didn't understand. I knew how to rest in His presence when life was falling apart. **Cancer didn't break me. It revealed me.**

It showed me the strength I didn't know I had. It reminded me that even in suffering, I am never alone. And it deepened my gratitude for the simple things. Sunlight on my skin. The smell of fresh-cut grass. A phone call from a friend. The quiet comfort of being in the presence of my family.

Romans 8:28 became my anthem: "And we know that all things work together for good to them that love God, to them who are called according to His purpose." Even grief. Even joblessness. Even cancer. God was working through it all for my good.

What emerged from that season was not the same woman who entered it. I was softer. Stronger. More aware. More grateful. I began to live with deep intention, embracing the sacredness of the ordinary.



The Robinson Family - From Left to Right: Lehmon (Husband); Kamryn (Daughter); Judy (Mom) and Kelli

Today, I cherish every moment. I don't just go on walks with my daughter, I treasure them. I don't just laugh with my grandkids; I imprint their giggles on my soul. I linger longer in conversations with my husband. I say "I love you" without hesitation. Because I know what it means to wish you had said it more.

Grief taught me that time is not promised. But presence? That's a choice. I choose to be present. I choose to embrace life every day, not in spite of my losses, but because of them. Gratitude has rewired my heart.

Simplicity has grounded me. And soulful living has become my way of honoring those I've lost and the God who carried me through. So, to anyone walking through a season of sorrow or uncertainty, I say this. Lean in. Live gratefully, even when it hurts. Choose simplicity over striving. Nurture a soulful connection with God and others.

Your pain has purpose. Your journey has meaning. And even in the most broken places, God is planting seeds of something beautiful. **This is not the end of your story. It's the beginning of something sacred.**

Kelli Robinson

> Age is not a limitation—it's a style advantage



Summer FASHION STYLE TIPS

Create Your Own *Summer* Style

1. Lighten Up with Linen and Cotton
Breathable fabrics are your best friends when temperatures soar. Opt for flowy linen trousers, cotton sundresses, and gauzy button-downs that let your skin breathe. Not only are these materials naturally cooling, but they also lend an effortlessly polished vibe that transitions from day to night. Choose soft neutrals or muted tropical prints for an elevated summer palette.

Style Tip: Pair a crisp white linen tunic with wide-leg cotton pants and metallic sandals for a breezy, pulled-together look.







For women over 40, this season is all about embracing style with comfort, confidence and just the right amount of flair.

2. Embrace the Elevated Sandal
This summer, footwear is all about ease — without looking like you gave up. Think leather slides, cushioned platform sandals, or minimalist strappy heels with arch support. Comfort no longer means compromising style, thanks to brands designing shoes that cater to form and function.

Style Tip: A tan leather sandal with gold hardware adds instant polish to maxi dresses or cropped trousers.

3**. Prioritize Smart Accessories**
Beat the heat with oversized sunglasses, wide-brim hats, and breathable statement jewelry. Think raffia earrings, straw bags, and lightweight scarves tied at the neck or in your hair. Not only do these elements pull a look together, but they also serve practical purposes like sun protection and moisture control.

Style Tip: Swap heavy necklaces for bold cuffs or acrylic earrings to stay stylish without breaking a sweat.

Final Word: Confidence Is the Best Look
Age is not a limitation — it's a style advantage.
Women over 40 know what flatters, what fits, and what feels good. This summer, lean into that wisdom with wardrobe choices that are equal parts cool, current, and unmistakably you. Let your style reflect your power. After all, staying cool is about more than the temperature — it's about owning your space with grace and ease.



The Morning Jesus Drove an SUV

By Belinda Lawrence

One early autumn morning, as I was training for a half marathon, I decided to do hill sprints.

A hill sprint is a type of interval training that involves sprinting uphill for short bursts, with recovery periods in between. I believed this type of exertion would elevate my fitness level and lead to peak performance.

I chose a stretch of road located half a mile from the home I shared with my daughters. As I walked to the incline, I began to pray, as I always do before starting my day — thanking God for life, health, and strength, and asking Him to protect me from all hurt, harm, or danger.

There were no cars or people out at that time. The street was well-lit and free of debris, making it ideal for training with limited distractions — staying focused was key.

As I positioned myself, I inhaled deeply and began my first sprint. Motivation pursued me. I walked back down to the starting point. The second sprint gave me a greater rush; confidence surged through my veins.

The third sprint was more intense and required deeper engagement of both my muscles and my mind.

I considered stopping at this point, but my determination overshadowed my fatigue — living out the proverbial "no pain, no gain" concept. While still in the discomfort of recovering, I exploded uphill once more.

I made it to the top of the hill, depleted of physical and mental energy. I struggled to regain my breath and ease the tightness in my chest. Suddenly, my sense of accomplishment was shattered by a chilling sound: the deep growl of a large, muscular dog.

There was no time to think, and no one was around to help. My fight-or-flight response kicked in — but given the size of the animal, flight was my only option. Though exhausted, I had to try to escape or at least make it harder for the dog to reach me.

Faced with no other choice, I stepped into the thicket — through tall bamboo stalks, limbs, and overgrown, thorny weeds — and cried out, "Lord, please help me… please help me!"

Suddenly, a loud thump sounded behind me, from the direction of the dog. With frightened curiosity, I turned my head to see what had disrupted the fate I had so feared.

To my surprise, I saw the dog spinning counterclockwise on its side, helpless and defeated. It had been struck by an SUV. No other cars were in sight, and I hadn't even heard the vehicle approach. A blanket of relief covered me.

I felt a deep connection to the driver, hoping to express my gratitude through eye contact — but I couldn't see through the tinted windows. I did not wish harm upon the dog, but I was grateful for its incapacitation.

Though the adrenaline had started to fade, fear still gripped me. I hurried home, glancing back repeatedly to make sure the dog hadn't somehow recovered and resumed its pursuit. Thank God — it hadn't. Within two hours, I shared the frightening experience with my daughters, my father, and my best friend — giving thanks to my Heavenly Father for being my Protector.

As the adrenaline rush subsided, a burning sensation set in. I became aware of the many scratches and bug bites I had sustained while fleeing through the thicket. While tending to my wounds, a flood of questions filled my mind. Unwelcome "what ifs" clouded my day.

Nonetheless, through it all, I've learned to trust in Jesus and depend upon His Word — He hasn't failed me yet. To this day, I continue to commune with God each morning, intentionally thanking Him for the many blessings He bestows upon me... especially His protection.

Belinda Lawrence





Trusting God in Times of Need

Life doesn't always go as planned. We face hard times — sickness, loss, worry, or financial struggle. In those moments, it's easy to feel afraid or alone. But the good news is this: we can trust God, no matter what we're going through.

Proverbs 3:5-6 says, "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight." When we don't have the answers, God does. When we feel weak, He gives us strength.

Trusting God means believing He will provide, protect, and guide — even when we can't see what's ahead. He is faithful, and His love never fails.

So if you're in a season of need, don't give up. Trust Him with your heart, your worries, and your future. Jesus is always near, and He will carry you through.



Do you have a Personal story to share?

If ***Embrace Life Everyday*** magazine has spoken to your heart, and you feel led to share a moment of hope, faith, or healing, we would love to hear from you. Every story has power — and yours might be the light someone else needs.

Email us at: info@embracelifeeveryday.com



SUMMER SPINACH DIP



Ingredients

- [ ] 8 ounces cream cheese softened
- [ ] 1 cup sour cream
- [ ] 10 ounces fresh spinach leaves
- [ ] 1 teaspoon minced garlic
- [ ] 1/2 teaspoon salt
- [ ] 1/4 teaspoon pepper
- [ ] 1/2 cup grated parmesan cheese
- [ ] 1 1/2 cups shredded mozzarella cheese divided use
- [ ] 1 tablespoon chopped parsley
- [ ] Bread, crackers and vegetables for serving
- [ ] Cooking spray

Instructions

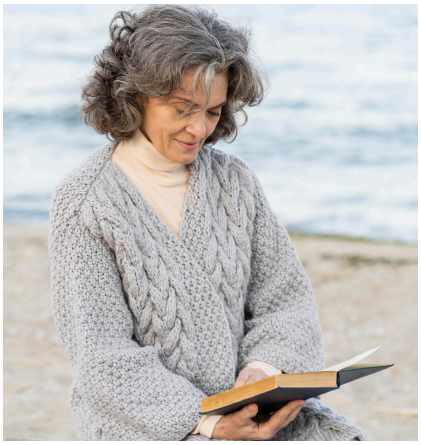
- Steam or saute the spinach until wilted. Let cool, then wring out all the excess water. Coarsely chop the spinach.
- Preheat the oven to 375 degrees F. Coat a small baking dish or skillet with cooking spray.
- Place the cream cheese, sour cream, cooked spinach, garlic, salt, pepper, parmesan cheese and 3/4 cup of the mozzarella cheese in a bowl. Stir until well combined.
- Spread the spinach mixture into the prepared dish. Top with remaining mozzarella cheese.
- Bake for 20 minutes or until dip is bubbly and cheese is melted. Turn the oven to broil and cook for 2-3 more minutes or until cheese starts to brown.
- Sprinkle with chopped parsley then serve with bread, crackers and vegetables.

Spinach dip is such a classic recipe, and there are so many different ways to serve it! I've seen hot spinach dip, cold dip,dip in a bread bowl, no matter what it's always a hit at a party. This cheesy version is always a favorite out of the bunch, it takes just minutes to put together and will be the first thing eaten at your next gathering.

How to make spinach dip

This dip is a mix of cream cheese, sour cream, cooked spinach, garlic, parmesan cheese, mozzarella cheese and seasonings. All of the ingredients get stirred together and spread into a baking dish or skillet. The finishing touch is another layer of cheese. Bake your dip until it's hot and melted, then add a sprinkling of parsley and serve.

THE POWER OF PRAYER IN OUR DAILY LIVES



Prayer is a powerful way to connect with God. It's not about saying the perfect words — it's simply talking to Him with an open heart.

Whether you're facing a challenge, celebrating a win, or needing direction, prayer brings peace, clarity, and strength.

Life can often feel overwhelming, but prayer reminds us we're not alone. Philippians 4:6-7 says, "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God... will guard your hearts and your minds in Christ Jesus." Through prayer, we can trade worry for God's peace.

Prayer also helps us make better decisions. When we invite God into our thoughts and plans, He guides us, sometimes in unexpected ways. Over time, consistent prayer strengthens our relationship with Him. We begin to recognize His voice and trust His timing.

It's also a way to show gratitude. Even when life is hard, taking a moment to thank God helps us focus on the good and builds a thankful heart.

And prayer isn't just for ourselves — it unites us with others. Praying for loved ones, our community, or even strangers reminds us we're all connected through faith.

In every season, prayer matters. It doesn't have to be long or perfect. Just real. Let prayer become part of your daily life — your anchor in the storm and your joy in the sunshine.

God is always listening. Keep praying. Keep believing. You are never alone.

EQUIPPED BY GRACE



There's a quiet kind of grief that comes when you expect celebration and are met with silence. You launch a dream, a vision, a purpose-filled project—and naturally hope those closest to you will cheer the loudest. But sometimes, they don't.

When friends don't mention it, family doesn't share it, and those you love treat your leap of faith like a small step, it hurts. You may feel invisible or even foolish. If you're not careful, their silence starts to feel like a verdict.

But hear this: Your calling doesn't require their confirmation.

Your purpose isn't tied to popularity. Your assignment isn't validated by likes, reposts, or applause from those who feel threatened by your growth.

Some people won't support you—not because your dream isn't worthy, but because your boldness highlights their fear. Your movement unsettles their comfort. Your courage makes them question their own.

And that's okay. Not everyone will clap. But don't stop showing up for yourself. Keep building without applause.

You don't have to prove anything. You just need to honor what was placed in your heart. When you know your vision came from a higher place, you stop seeking permission and start walking with purpose.

Let their silence remind you: you're outgrowing the crowd. The world may overlook you now, but they won't ignore the fruit forever. Keep planting. Keep showing up. Someone out there needs what you carry.

Embrace life anyway. You didn't come this far for validation—you came to impact, to uplift, to rise.

Let your joy be stubborn. Let your hope be loud. Let your peace be unshakable. And when it gets quiet again, look in the mirror and say: "I'm still called. I'm still chosen. I'm still enough."

Keep *Embracing Life Everyday*. Without apology.

SaChe' Jacks


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