

♥☐ From the Heart of First Lady Tami

🍂 Happy October, Ladies! 🍂

Happy October, Sister to Sister!

There is something special about this time of year. **The season has officially changed, and we can see the evidence all around us**—the chill in the air, the beautiful foliage, and the wardrobe change. We are pulling out our fall gear—our hats, scarves, sweaters, and that cute jacket to match!

Just as we can see the evidence of change happening around us in October, **God is bringing about changes in our lives.**

And ladies, **change isn't always a bad thing.**

Sometimes change is God's way of moving us into a new season. It can be a time for growth to become visible. A time to mature. A time to release what no longer serves us. A time to step into opportunities we never thought would be possible.

I've heard it said that **"change is the only constant."**

So, Sister to Sister, let's not be afraid of change. **Let's embrace it!**

Maybe it's a **new relationship.**

Maybe it's a **new opportunity.**

Maybe it's a **new job.**

Maybe it's **new friendships.**

Maybe it's a **new assignment.**

Or maybe the change God wants to make is **in us—our attitude, our mindset, our habits, or the way we see ourselves.**

Whatever the change may be, let's trust that God is still working.

☐ Scripture — Isaiah 43:19 (KJV)

"Behold, I will do a new thing; now it shall spring forth; shall ye not know it?"

God says, **"I will do a new thing."**

That means we don't have to be afraid of the new season. We don't have to hold on to yesterday simply because it is familiar.

New doesn't always mean easy—but new can mean necessary.

This October, let's ask ourselves:

What is God changing in me?

What am I being asked to release?

What new thing am I being asked to embrace?

Just as the leaves change and make room for a new season, **God may be asking us to let go of some things so that something new can grow.**

Ladies, let's embrace the change, trust the process, and remember:

We are not just going through changes—we are transforming together. 🍂♥☐

A Special Word and Reminder 💕💕

Ladies, October is a very significant month as we recognize **Breast Cancer Awareness Month and Domestic Violence Awareness Month.**

These two areas of awareness can be heavy. They can bring up emotions, memories, and experiences that are difficult to talk about. But let's take a moment to look at them through a different lens.

Let's remember that God can use these awareness moments to **inform us, guide us, protect us, and remind us of how important it is to take care of ourselves and one another.**

Get the mammogram.

Don't put it off. Know your body. Pay attention to changes. And encourage another sister to do the same.

And when it comes to domestic violence, let's be willing to **see, listen, and take action.** Sometimes a sister may not recognize that she needs help, or she may be afraid to leave a relationship that is hurting her. We cannot judge her—we must **love her, listen to her, and help her connect with people who are trained to guide her safely.**

Sometimes being a sister means saying, **"I see you. I believe you. You don't have to walk through this alone."**

We may not have all the answers, but we can help connect her with professionals and resources who can help her make a safe plan and move toward safety.

So this month, let's not just wear the colors or acknowledge the awareness campaigns.

Let's take action.

Take care of **you.**

Check on your sister.

Encourage her to get her mammogram.

Listen without judgment.

Recognize the signs.

Speak up when something isn't right.

And when a sister needs help, help her find the right people and resources to guide her safely.

Because **Sister to Sister isn't just something we say—it's something we live.**

We inform.

We encourage.

We protect.

We support.

We pray.

And most importantly, **we don't leave a sister behind.**