



OCTOBER 2026 | VOLUME 1

The JOI BREAKFORTH Connection

HELD IN HOPE

When Grief and Hope Exist Together

Supporting women through grief, life transitions, and difficult seasons with faith, compassion, and hope.





SANITA MITCHELL

Founder, JOI BREAKFORTH™

A PERSONAL NOTE FROM SANITA

October is a month that holds a special place in my heart.

As many of you know, October is Pregnancy and Infant Loss Awareness Month. For me, this isn't simply a month on the calendar or an opportunity to bring awareness to an important cause. It's personal.

In 2010, I experienced the loss of my daughter, Anaya, at 28 weeks of pregnancy. Although years have passed, she will always be part of my story, my family, and my heart.

One thing I've learned over the years is that grief doesn't disappear simply because life continues.

There are dates I remember, moments that bring back memories, and times when I think about what life might have looked like if things had been different.

But I've also experienced joy, laughter, new beginnings, and moments I never imagined possible during some of my most difficult seasons.

I've learned that grief and hope can exist together.

I can miss my daughter and still embrace the life in front of me. I can remember what I've lost without feeling guilty about the joy I experience today.

And that doesn't mean every day is easy or that I have all the answers.

It simply means I've learned that healing doesn't require forgetting.

As we recognize Pregnancy and Infant Loss Awareness Month, I want to acknowledge every parent who has experienced the loss of a baby. Whether your loss happened recently or many years ago, whether others know your story or you've carried it quietly, your experience matters.

And to the woman reading this who may be grieving something entirely different—a relationship, a loved one, a dream, an opportunity, or the life you thought you would have—I want you to know that there is room for your grief, too.

This month's theme, Held in Hope, is a reminder that we don't have to choose between acknowledging our pain and believing that there can still be meaningful moments ahead.

My prayer is that this month's JOI BREAKFORTH Connection encourages you to give yourself permission to grieve, remember, receive support, and embrace hope in whatever way you can today.

Because healing isn't about pretending the difficult things never happened.

It's about learning how to live while honoring the experiences and people who will always be part of our stories.

And remember, you don't have to walk this journey alone.

With love and hope,

Sanita Mitchell

Founder, JOI BREAKFORTH™



When Grief and Hope Exist Together

Grief has a way of changing how we experience the world. Some days we feel capable of handling everything in front of us. Other days, a memory, a song, an anniversary, or an unexpected moment reminds us of what we've lost.

And sometimes, in the middle of that grief, we find ourselves laughing, enjoying time with family, or looking forward to something new.

Those moments can bring unexpected guilt.

We may wonder whether feeling joy means we're forgetting. Whether moving forward means we're leaving someone behind. Whether hope somehow diminishes the significance of our loss.

But grief and hope are not opposites.

You can miss someone deeply and still experience moments of peace. You can grieve a relationship that ended and still believe meaningful connections are possible. You can acknowledge disappointment while remaining open to a new beginning.

Healing doesn't require us to erase our experiences or pretend that difficult things never happened.

It invites us to acknowledge what we've lost while learning how to live with greater intention, compassion, and hope.

For women who have spent years being the strong one, this may also mean learning that strength doesn't always look like holding everything together.

Sometimes strength means asking for help, allowing yourself to rest, acknowledging your emotions, or taking one small step toward healing.

REFLECTION

What would change if you allowed grief and hope to exist together in your life?



Pregnancy and Infant Loss Awareness Month

October is a time to recognize the babies who were deeply loved and the families whose lives have been forever changed by pregnancy and infant loss.

Pregnancy loss, stillbirth, and infant death can leave parents carrying grief that others may not fully understand.

There may be memories, dreams, milestones, and hopes for the future that remain deeply meaningful.

This month, we honor the babies who are remembered, the parents who carry their love, and the families navigating life after loss.

A GENTLE REMINDER

You do not have to minimize your loss because someone else doesn't understand it. Your baby matters. Your story matters.



A Light of Love: October 15

Pregnancy and Infant Loss Remembrance Day is observed on October 15.

Families around the world participate in the Wave of Light by lighting a candle at 7:00 PM in their local time zone to remember babies who died during pregnancy or infancy.

Whether you light a candle, say your baby's name, spend time in prayer, or remember quietly, there is no single right way to honor your child.

We remember. We honor.

We hold space for love.



Permission to Feel. Permission to Heal.

Take a moment to sit with these questions. There are no right or wrong answers — only an invitation to be honest with yourself.

1. What loss or life experience have I been carrying quietly?

2. Where might I need more compassion, support, or rest?

3. What would one small step toward hope look like for me this month?

 SCRIPTURE REFLECTION

"The Lord is close to the brokenhearted." —
Psalm 34:18

Take time this month to journal, pray, or simply sit quietly with these questions. You don't have to have the answers. You only need to begin.



COMING SOON

Held in Hope

A 30-Day Pregnancy & Infant Loss Devotional

A gentle companion for parents navigating grief, remembrance, faith, and life after pregnancy or infant loss.

This devotional is being developed to include:



Scripture-centered encouragement



Honest reflections on grief and healing



Gentle prayers



Meaningful journaling opportunities



Space for remembrance and hope



COMING SOON

Stay connected with JOI BREAKFORTH for release information and updates. Visit JoiBreakforth.com to learn more.



You Don't Have to Walk This Journey Alone

Sometimes we need more than encouragement. We need a place to begin addressing the losses and experiences we've been carrying. JOI BREAKFORTH offers faith-informed coaching, grief recovery support, relationship education, workshops, and resources.

COMING UP AT JOI BREAKFORTH

Making Room for Hope During the Holidays

Saturday, November 14, 2026 | 10:00–11:00 AM Eastern | Live Online via Zoom | \$50 per participant

A gentle one-hour workshop for women navigating grief, remembrance, holiday expectations, healthy boundaries, and the emotional complexities of the season.

Finding Your Way Forward

Saturday, December 12, 2026 | 10:00 AM–12:00 PM Eastern | Live Online via Zoom | \$99 per participant

A two-hour interactive workshop for women navigating grief, loss, and significant life transitions. Through reflection, supportive conversation, and practical exercises, participants will explore meaningful next steps toward healing, hope, and purpose.

Beyond the Strong Woman

A Four-Week Journey Toward Healing, Hope & Wholeness

Begins Saturday, January 9, 2027 | 10:00 AM Eastern | Live Online via Zoom | \$399 per participant

A four-week group experience for women who have spent so much time being strong for everyone else. Explore identity, emotional burdens, healthy boundaries, receiving support, and creating room for your own growth and well-being.

Ready to Explore Your Next Step?

Not sure where to begin? Schedule a Breakthrough Consultation to explore which JOI BREAKFORTH experience may be right for you.

JoiBreakforth.com



Conversations for the Journey

This month, The JOI BREAKFORTH Podcast explores honest conversations about grief, faith, healing, and moving forward.

PLANNED OCTOBER CONVERSATIONS

When Grief and Hope Exist Together

The Grief People Don't Always See

Faith After Loss: When You Still Believe but Still Have Questions

Remembering Without Staying Stuck

Follow The JOI BREAKFORTH Podcast for honest, faith-centered conversations about grief, healing, and moving forward. Available wherever you listen to podcasts.



There Is Still Room for Hope

Whatever this month brings, remember that healing doesn't require you to have everything figured out.

You can acknowledge what hurts. You can honor what you've lost. You can ask for support. You can take your time.

And you can still make room for moments of peace, purpose, joy, and hope

With love and hope,

Sanita Mitchell

Founder, JOI BREAKFORTH™

Helping women move toward healing, hope, and wholeness.

JoiBreakforth.com

