The Pathway Post

October 2026

Every Friday
3pm - 4:30pm
Parent Support Group
Virtual

October 3, 2026
3pm - 7pm
Well Being Discovery @ Radiance Healer's Sanctuary

October 17, 2026
10am - 2pm
Whole Woman's Health & Wellness Experience @ The Grand Upper Room

October 31, 2026
5pm - 7pm
Kids and Technology
Virtual/In Person @ Galleria location

Bible Verses of the Month

"Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."
- Lamentations 3:22-23

As the mornings of October grow cooler and shorter, this verse beautifully reminds us of God's unfailing faithfulness. Each day is a fresh canvas painted with His mercy, regardless of our struggles or failures.

"He gives strength to the weary and increases the power of the weak."
- Isaiah 40:29

October can be a month of weariness as the year draws closer to its end, but God's promise here renews our hope. He acknowledges human weakness without condemnation and offers divine empowerment in its place. This verse teaches that strength does not come from sheer willpower but from God's gracious provision.

"There is a time for everything, and a season for every activity under the heavens."
- Ecclesiastes 3:1

October vividly illustrates the reality of seasons as nature changes colors and transitions toward winter. This verse reminds us that God appoints seasons not only in creation but also in our personal lives.

"Taste and see that the Lord is good; blessed is the one who takes refuge in him."
-Psalm 34:8

This verse is an invitation to personally experience God's goodness, not just hear about it. Like the abundance of harvest often associated with October, this scripture speaks of a feast prepared by God for those who trust in Him.

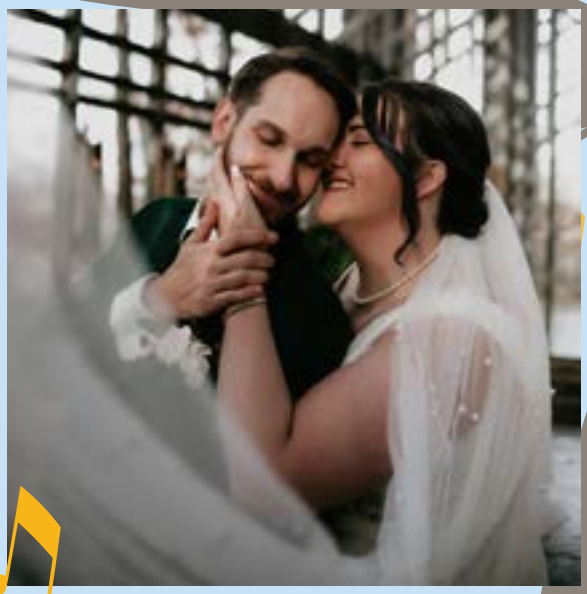
"The crisp air of October carries a promise — that even in falling, we can find grace."

MEET JACOB VELDERS



Jacob Velders hasn't always dealt in numbers. His foremost passion had been for music, even from a young age, whether it's been singing at church or school choir, performing in musicals or operas, or teaching others through music lessons. During Jacob's time studying Music Education at Southern Nazarene University, he explored his musical talents and passions from both the classroom and the stage, including experiences performing musical theater, opera, and recitals. After college, Jacob spent time teaching elementary music, where he had the opportunity to cultivate a love for music in the young minds of Oklahoma City. These experiences have shaped his approach to collaboration, communication, and supporting others in their growth.

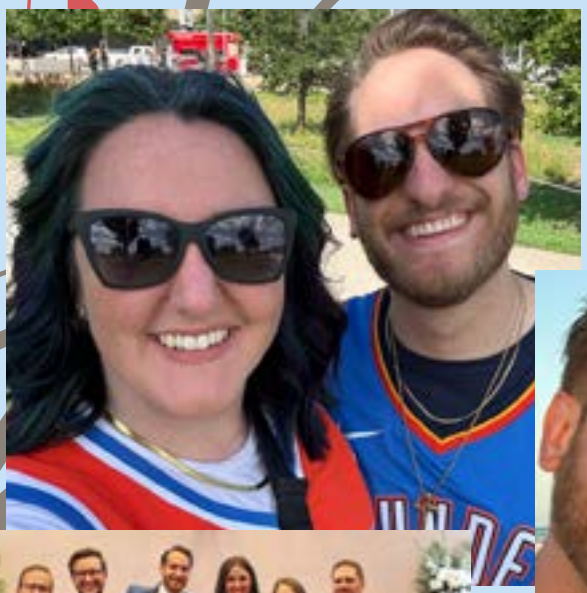
Jacob stepped into his work with Illuminated Pathways Family Therapy at the beginning of 2026. And today, Jacob serves as Biller and Bookkeeper at IPFT. In this role, he is responsible for logging transactions made by clients and insurance, managing the business payroll, as well as assisting in other insurance needs. Through his dedicated work, he helps support the practice's mission by managing business needs in the background to help keep things running smoothly. For Jacob, one of the most rewarding aspects of working at IPFT is knowing what true joy it is to work with an incredible team of individuals who share in the mission of making a difference in the lives of individuals and families seeking connection, hope, and healing, even if it's from a whole state away.



Outside of work, Jacob enjoys married life with his wife, Alexandria, and their three dogs, Lou, Lady, and Olive in Oklahoma City, OK. Together, they enjoy the many different crafts and hobbies they share their talents in, whether it's jewelry, stained glass, furniture restoration, or custom sports projects.

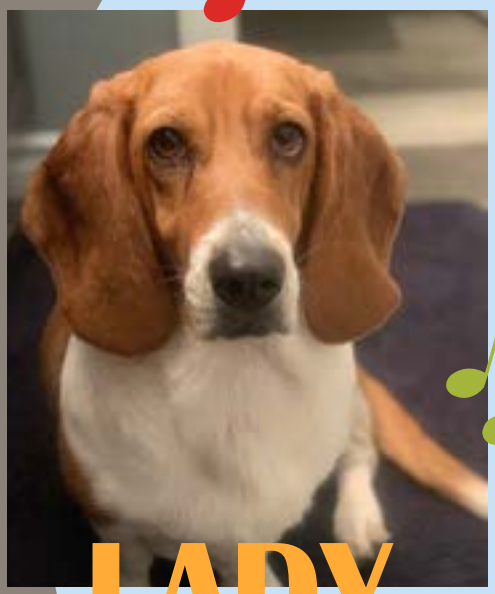
Jacob is proud to share his support for his wife in her roles of school administration and coaching volleyball, both for high school and club. They are proud fans of OKC Thunder basketball, Michigan Wolverines and Arkansas Razorbacks football, and currently hold a friendly rivalry in their fantasy football league. Music remains an important part of Jacob's life through singing in his church choir and teaching music lessons through his private home academy. Whether at work or at home, Jacob values the connections and his calling to IPFT and is grateful for the opportunity to continue growing both personally and professionally.







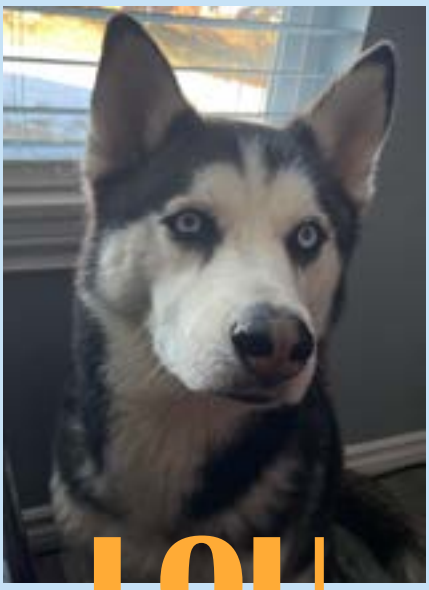




LADY



OLIVE



LOU

Tips

Start Small

Even 2-5 minutes of meditation can help you slow down and reset.

Try box breathing

Breathe in for 4 seconds, hold for 4, breathe out for 4 and hold for 4.

Create a calm space

Dim the lights, silence notifications, and sit somewhere comfortable.

Stretch before you meditate

A few gentle stretches can help release tension and make sitting easier. Use the 5-4-3-2-1 trick: Notice 5 things you

Tools

Take a mindful walk

Put your phone away and focus on your breathing, surroundings, and how your body feels.

Make wellness part of you routine

Drink water, get enough sleep, move your body, and take breaks throughout the day.

Don't worry about having a "blank mind"

When your thoughts wander, simply notice them and bring your attention back to your breath

Illuminated Pathways
Family Therapy LLC

CALL US TODAY!!!!!
972.768.0754

Locations

Nassau Bay
18303 Blanchmont Lane
Houston, Texas, 77058

Conroe
12416 FM 1485
Conroe, Texas 77306

Missouri City
2310 Brightwater Drive
Missouri City, Texas 77459

Galleria/River Oaks
5721 Winsome Lane
Houston, TX 77057