Bald Nation Rocks Against Cancer is a faith-based non-profit mission that provides support services to women fighting against any form of cancer in Cobb, Douglas, Bartow, Paulding, and areas of Fulton county.

BNRAC

Monthly Email Newsletter
Representing All Colors of Cancer

Celebrates 5 years!

Dr. Vernitta "Rose" Love
CEO & Founder
BNRAC

Words from Our Founder:

These days are challenging for many of us, and many wonder if we will get through this difficult season. It's important to recognize that this is just a phase and it will eventually pass. A shift in our mindset, focusing on positivity one day at a time, can be beneficial in how we shape our future.. Soon enough, you may realize that things aren't as bad as they seem.

Philippians 4:8

OCTOBER IS LIVER & BREAST CANCER AWARENESS MONTH

Liver cancer is cancer that begins in the cells of your liver. Your liver is a football-sized organ that sits in the upper right portion of your abdomen, beneath your diaphragm and above your stomach. The most common type of liver cancer is hepatocellular carcinoma, which begins in the main type of liver cell (hepatocyte).

Breast cancer is a kind of cancer that begins as a growth of cells in the breast tissue. After skin cancer, breast cancer is the most common cancer diagnosed in women in the United States. Note: Everyone is born with some breast tissue, so anyone can get breast cancer.

SOURCE: American Cancer Society.org

Need Prayer?

"Sisters-n-Faith"
30-min Prayer Call
Wednesday @ 7:00am EST
425-436-6319
Code: 301717#

BNRAC 2.0 Kids Edition StayTune! 2026

Stay informed with updates: Sign up!
BNRAC Monthly Email Newsletter
https://bnrac.org/contact

"EVEN IF SOMETHING IS LEFT UNDONE, EVERYONE MUST TAKE TIME TO SIT STILL AND WATCH THE LEAVES TURN."—*ELIZABETH LAWRENCE*

"Taking pictures has been therapeutic for me. The more I capture pictures and look at them, the stronger my will to live and continue my fight grows. This encourages me to fight no matter how I'm feeling."

Source: GA Dept. Public Health

LIFE THRU PICTURES
PHOTO MEMOIR

Healing takes time, and sometimes the best way to nurture your spirit is through gentle, creative projects. Low-impact activities can give you a sense of purpose without wearing you out—and they're great for boosting your mood and mindfulness. One meaningful way to do this is create a photo memoir. Reflect, channel emotions, spark creativity, and tell your story at your own pace. Here's a quick guide to help you share your life journey through pictures.

- **Gather Your Photos:** *Start by sifting through a large collection of printed or digital photos to find ones that can spark memories and tell stories.*
- **Select & Sequence Images:** *Choose the most meaningful photos and arrange them in a sequence that creates a compelling narrative flow.*
- ***Add Context and Story:** Write text—which can include anecdotes, explanations, or emotional reflections—to accompany each photograph and provide depth to the story.*
- ***Focus on a Theme:** Instead of trying to tell your entire life story, concentrate on a specific period, event, or theme that is important to you.*
- ***Design and Publish:** Compile your photos and text into a photo book, which can be a physical or digital format.*

Source: AI Overview

FALL IS HERE,
AND YOU KNOW WHAT THAT MEANS—
IT'S SOUP SEASON!

Get ready for some true comfort food, try this recipe for roasted butternut squash soup. It's rich, velvety, and full of warm spices—perfect for that cozy Fall vibe!

- **Ingredients: Butternut squash, red onions, garlic, mini sweet peppers, vegetable broth, olive oil, coconut milk or room temperature cream cheese, and salt, pepper, cinnamon or curry, sage or cayenne.**
- **Preparation: Peel & half, reserve seeds-toast in olive oil, roast butternut squash, onions, and garlic until tender. Blend squash in heated broth with seasonings and milk/cheese until smooth. Reheat and season to taste.**
- **Topping ideas: A swirl of heavy cream or coconut milk, toasted squash or pumpkin seeds (pepitas), diced roasted squash or dried thyme.**

Community Events

Ben'RAC Founder Dr. Vernitta Love, Cassandra Dike, member & Cancer Warriors Erica Ransom, Victoria Strickland, and Mereshele Brown striking a beautiful pose to represent the BLUE experience.

We thank BLESSEDToBless for hosting this event on behalf of Ben'RAC. Their support of our mission was genuine & heartfelt. We look forward to giving back so they can further their reach of helping others. Together we ALL win.
Lenell & LaTonya Jones, WE, Thank you!

Music, Music & more Music by Ms. Candance Amazing!