



"Live by Design, Not by Default"

SEPTEMBER THEME

Set the Pace: Start the New Season with Intention

A Welcome Message From Marc Dickerson



Set the Pace for the Season Ahead

Dear PRG Community,

September has a way of feeling like a second beginning. School doors reopen, schedules change, teams return to work, and families settle into new routines. That change can energize us, but it can also pull us into motion before we have decided where we are going.

This month's theme, "Set the Pace: Start the New Season with Intention," reminds us that pace is not the same as speed. Moving faster is not always moving forward. When demands, distractions, and expectations control our time, we can stay busy without making meaningful progress.

The PRG framework gives our effort direction. Priorities identify what deserves our attention. Roles remind us who we are responsible to be. Goals turn those priorities and roles into action. Together, they help us enter a new season with purpose instead of reacting to whatever comes next.

Take an honest look at your current pace. Is it sustainable? Does it reflect your values? Are your daily choices supporting the person you want to become? Your answers will tell you where intention is needed most.

You do not need to change everything at once. Choose one priority that needs attention, strengthen one role that matters, and take one meaningful step toward one goal. Then repeat it until intention becomes a dependable rhythm.

Do not let someone else's urgency set your pace. Establish a rhythm that protects your purpose, supports the people who count on you, and allows steady progress. Begin September deliberately: set your direction, build your rhythm, and move forward with intention.

Give yourself permission to begin this season at a pace you can sustain. The goal is not to do everything at once, but to keep moving with clarity, discipline, and purpose.

Live by Design, Not by Default.

Marc Dickerson

Founder, Priorities, Roles, and Goals

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QUOTE OF THE MONTH

*"Adopt the pace of nature:
her secret is patience."*

ATTRIBUTED TO RALPH WALDO EMERSON

Full PRG reflection on page 7

PATIENCE | CONSISTENCY | GROWTH

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Priorities, Roles, and Goals

PRG Pulse

September 2026

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PRG Key Insight | Marc Dickerson



Set the Pace Before Life Sets It for You

BY MARC DICKERSON | FOUNDER, PRIORITIES, ROLES, AND GOALS

CLARITY | PURPOSE | CONSISTENCY

A new season brings new responsibilities, opportunities, and challenges. It is easy to begin with excitement, take on too much, and eventually lose momentum. Setting the pace means choosing a clear and sustainable direction before outside pressures begin controlling your time and energy.

1 Let Your Priorities Set the Direction

Everything cannot receive equal attention. Identify what matters most during this season of your life. When your priorities are clear, it becomes easier to decide what deserves your time and what must wait. A strong pace begins with knowing where you are going.

2 Be Intentional About Your Roles

Your roles show where your priorities become personal. You may be a parent, spouse, student, teacher, coach, leader, friend, or community member. Each role carries responsibilities, but not every role requires the same level of attention every day. Decide how you need to show up in the roles that matter most right now.

3 Choose Goals That Fit the Season

A meaningful goal should move you forward without pulling your life apart. Before committing to a goal, ask whether it supports one of your priorities and strengthens one of your roles. A goal that does not connect to what matters may create activity, but it will not create meaningful progress.

4 Start at a Sustainable Speed

Starting fast can feel productive, but moving too quickly often leads to exhaustion. A pace you can maintain is more valuable than a burst of effort you cannot repeat. Begin with small, disciplined actions that fit your schedule, responsibilities, health, and available resources.

5 Protect Your Rhythm

Once you establish a healthy pace, protect it. Not every request, distraction, or unexpected opportunity deserves an automatic yes. Boundaries are not selfish; they help you remain dependable in your most important roles. Saying no to one thing may allow you to give your best to something that matters more.

6 Review and Adjust

Setting the pace does not mean refusing to change. Life shifts, responsibilities grow, and unexpected challenges appear. Take time each week to review your progress. Keep what is working, adjust what is not, and make sure your daily actions still reflect your priorities.

PRG in Practice

ONE PRIORITY | ONE ROLE | ONE GOAL

Choose one priority that needs greater attention this month. Identify one role connected to it, and establish one realistic goal that you can work on consistently. Then write down the first action you will take this week.

PRIORITY

What matters most right now?

ROLE

Who do you need to be within that priority?

GOAL

What specific progress will you make?

"You do not have to move at everyone else's speed. You need to move with clarity, purpose, and consistency."

Do not allow the demands of the season to determine your direction. Set your pace with intention, stay connected to what matters, and allow consistent action to build lasting momentum.



Spiritual Health | Nicole Luther

Set the Pace and Exhale

BY NICOLE LUTHER | CERTIFIED CHRISTIAN LIFE & MINDSET COACH

FAITH | STILLNESS | INTENTIONAL LIVING

September has a way of making us feel like we need to hit the ground running. New schedules. New routines. School activities. Work demands. Family responsibilities. Goals we promised ourselves we would finally tackle. Before we know it, the calendar is full - and so are we. But what if, instead of asking "What do I need to accomplish?", we asked a different question: "What pace do I want to live at?" Because the pace we set matters.

A constantly rushed pace can leave us exhausted, reactive, and disconnected from the things that matter most. An intentional pace, however, creates room to think, breathe, connect, and make choices that reflect our priorities rather than simply responding to whatever demands our attention next.

We all carry multiple roles - spouse, parent, grandparent, sibling, friend, employee, business owner, caregiver, volunteer, and more. The challenge isn't always figuring out what matters. It's making sure the way we're spending our time reflects what matters.

As you enter this new season, consider:

- What are my most important priorities right now?
- Which priorities need more of my attention?
- What can I release, simplify, or say "no" to?
- Am I creating space for the things that restore me?

Sometimes setting the pace means adding something meaningful to our calendar. Other times, it means taking something away.

Our nervous system has a pace too. When we're constantly rushing from one responsibility to another, our bodies can begin operating as though we're always under pressure. We may become more anxious, distracted, irritable, overwhelmed, or simply exhausted. Creating intentional pauses gives us an opportunity to slow down and reconnect with ourselves. Taking three deep breaths before responding to a difficult email, taking a walk without your phone, spending a few quiet minutes with your coffee, and being fully present in prayer are a few small pauses that can create big shifts.

Scripture reminds us, **"Be still, and know that I am God."** - Psalm 46:10 Stillness isn't something we earn after accomplishing enough. It is an invitation.

This is one of the reasons I'm excited to announce a second offering of **Sacred Space: A Place to Exhale**, a workshop I'm co-leading with Kim Sammons on **Saturday, November 7, 2026, from 10:00-11:30 AM at the Lewes Public Library**. Together, we'll explore the connection between Scripture and neuroscience, along with practical tools for calming the mind and regulating the nervous system. We'll also make space for reflection, meaningful conversation, and reconnecting with God.

While the workshop is created from a Christian perspective, we welcome women wherever they are on their spiritual journey. Sometimes we don't need to accomplish more. We simply need a place to pause, breathe, and exhale.

As you step into this new season, consider not only what you want to accomplish, but how you want to live while you're accomplishing it.

SET YOUR PACE THIS MONTH

Set a pace that reflects your priorities.

Set a pace that leaves room for what matters.

Set a pace that makes room for God.

BREATHE | WALK | REFLECT | PRAY

"Come to me, all you who are weary and burdened, and I will give you rest." - Matthew 11:28

Sacred Space: A Place to Exhale



SATURDAY, NOVEMBER 7, 2026

10:00-11:30 AM

Lewes Public Library

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Disclosure: Nicole Luther is a PRG sponsor and contributing writer. This workshop is not sponsored or endorsed by the Lewes Public Library or its Board of Commissioners.



Spotlight | Griff Dunn

Griff Dunn: Built to Stay the Course

A Seaford musician balancing work, responsibility, rejection, and a determined dream



PRG SPOTLIGHT | SEPTEMBER 2026

For Griff Dunn, the path from Seaford to Nashville has not been a quick climb or a perfectly mapped-out plan. His journey has been shaped by hard work, rejection, family support, and a willingness to keep going when easier choices were available.

After graduating from Sussex Tech in 2017, Griff spent his freshman year at the University of Maryland before transferring to Belmont University in Nashville. The move gave him a chance to study, perform, and see whether music could become more than a dream. Nearly a decade later, he is still there.

"I didn't ever imagine it turning into me being here for almost a decade."

Family: The First Support System

Griff's foundation began at home. He grew up as the oldest of four children in a busy household, and he speaks with real gratitude about the people who raised and shaped him. His parents and siblings remain central to his life, even from twelve hours away.

"My two parents were two of the most supportive people that I've ever met."

"I didn't get to choose them, but I would not have picked them any different if I had the choice."

When Griff decided to move to Nashville, he knew the distance could not have been easy for his parents. Still, he said their response gave him confidence to pursue the opportunity.

"Everything I ever got from them was just support."

Cutting His Teeth in Nashville

The dream, however, came with real adversity. After college, Griff worked day jobs while playing four, five, and sometimes six nights a week. Early on, many of those shows did not pay. He took jobs at a gym, detailed planes at an airport, and eventually worked his way from laborer to superintendent for a construction company - all while continuing to perform at night.

"You have to cut your teeth for some years, playing for free."

The Business Is Adverse

Griff does not romanticize the music business. He understands that talent alone is not enough. Nashville is full of gifted people, and the industry demands patience, toughness, and the ability to handle rejection without losing your direction.

"The music industry in itself is adverse."

"It's kind of built to where you're going to get a thousand no's."

Drive, Work, and the Dream

DISCIPLINE | RESPONSIBILITY | PERSISTENCE

Griff's drive is grounded in reality. He has continued to work demanding day jobs while performing at night, understanding that bills, responsibilities, and the practical needs of daily life do not disappear because he has a dream. Instead of treating work as proof that music is failing, he has used steady employment as part of the structure that allows him to keep pursuing it.

That balance takes discipline. After a full workday, it would be easy to let preparation or another performance wait. Griff keeps plugging away because every show and every hard-earned opportunity strengthens his experience. He is not waiting for a perfect break; he is staying prepared for one.

His example shows that pursuing a dream does not require ignoring reality. Sometimes the strongest pace is carrying today's responsibilities while continuing to build tomorrow's possibility.



Spotlight | Griff Dunn - Continued

The People Behind the Persistence

Staying true to the dream while staying connected to the people who matter

SUPPORT SYSTEM | AUTHENTICITY | PURPOSE

He has watched talented friends decide the pressure was too much and return home. Griff respects that decision, but he believes he is built to keep going.

"I think I've got the wherewithal and, I guess, just nature to stick with it."

An Incredible Support System

That ability to stay the course is strengthened by a dependable support system. Griff says his parents and three siblings—five family members—remain people he can lean on for advice, encouragement, or simply someone who will listen. He also credits his girlfriend as an important source of support.

"Any one of them I can call up at any moment of the day or night and get advice or honestly just talk at them."

"I've got an incredible support system with all five of them."

Success Is Bigger Than Fame

For Griff, success is bigger than a record deal, fame, or money. He wants to make a living doing what he loves, but he measures a good life by the people beside him and the people he can support in return.

"I think that's truly probably one of the most important measures of success in my mind - is just going through life with people."

Stay True to Who You Are

His advice to young people with a dream is simple: build your own path, stay authentic, and do not let someone else define success for you.

"Stay true to who you are."

What Griff's Story Teaches Us

Griff Dunn's story is a reminder that adversity does not always arrive as one major obstacle. Sometimes it looks like unpaid work, long days, rejection, uncertainty, and the slow process of earning your place. His response has been steady: keep working, keep creating, stay connected to the people who believe in you, and do not give up on the life you are building.

PRG Spotlight Takeaway

Priority: Protect the work and relationships that matter most.

Role: Be the person who keeps showing up with gratitude, discipline, and authenticity.

Goal: Take the next meaningful step, even when progress feels slow.

Griff's pace has not been easy or fast. It has been steady - and steady has kept him moving.

Keep Working. Keep Creating. Stay Connected.

STAY TRUE TO WHO YOU ARE | STAY THE COURSE

Steady effort and strong relationships can carry a dream through difficult seasons.



Mental Health | Fred Sayin

Before We Judge

The Human Side of Medical Circumstances, Fair Process, and Bullying

BY FRED SAYIN

FAIRNESS | PRIVACY | COMPASSION

People are often judged by what others can see: a delayed response, an incomplete screening, a change in appearance, or an emotional reaction. Yet the most important part of the story may be invisible. Medication, illness, disability, anxiety, or another private health concern can affect what a person is able to do without changing that person's character or intentions.

1. Medical Circumstances and Fair Process

A health-related difficulty during a required workplace screening or hiring step can be misunderstood as refusal, dishonesty, or noncooperation. That conclusion may be wrong when the person was trying to comply but experienced a legitimate medical limitation.

A fair response is to pause, document what happened, explain the next steps clearly, and allow appropriate medical information to be considered through the proper channel. When an initial screening result is disputed, confirmation and professional review matter before serious conclusions are reached.

Privacy matters as much as procedure. A person should not have to reveal sensitive medical details to everyone involved in a workplace decision. Fairness begins when we replace assumptions with questions and use a consistent, fact-based process.

2. When Judgment Becomes Bullying

Imagine a second-grade student named Betty returning to school after a serious illness. Her body has changed, possibly because of treatment or medication. Another student, Michelle, makes comments about Betty's weight in front of classmates. The teasing focuses on what is visible while ignoring what Betty may have endured.

Betty does not owe classmates her medical story. She can say, "Please stop talking about my body," walk away, and tell a trusted adult. A classmate named Melissa notices what is happening and chooses to help. Melissa can stay beside Betty, invite her into another activity, and help her reach a trusted adult. The supervising adult should stop the behavior, protect Betty's dignity, document the incident, and follow the school's bullying procedures.

Betty's anger is understandable. Slow breathing, movement, drawing, writing, or talking with a trusted adult can help her express it safely. Accountability should also help Michelle learn, repair harm, and understand that body-based teasing must stop.

PRG Takeaway | The Fairness Check

1 PAUSE

What facts could be missing?

2 PROTECT

Is medical privacy being respected?

3 VERIFY

Has the information been confirmed properly?

4 RESPOND

Can accountability correct harm without humiliation?

Compassion does not eliminate accountability. It makes accountability more accurate, fair, and humane.

Sources: FDA Drug Testing Guidance | EEOC: Job Applicants and the ADA | StopBullying.gov
Educational information only. This article does not provide medical or legal advice.

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Aligned Living with PRG | Marc Dickerson

Set the Pace Through Daily Alignment

BY MARC DICKERSON | FOUNDER, PRIORITIES, ROLES, AND GOALS

ALIGNMENT | RHYTHM | INTENTION

The beginning of a new season often brings changes in schedules, responsibilities, expectations, and routines. It can feel like everything needs your attention at once. Without a clear direction, you may spend your days responding to whatever feels most urgent instead of focusing on what is truly important.

Aligned living begins when your daily choices reflect your **Priorities**, support your **Roles**, and move your **Goals** forward. It does not mean that every part of life will be perfectly balanced. It means you understand what matters in the present season and intentionally organize your time and energy around it.

1. Decide What Matters Most

Start by identifying the priority that needs your greatest attention right now. It may be your family, health, faith, education, career, or personal growth. Trying to improve everything at once usually creates frustration. Choosing one central priority gives your effort a clear direction.

2. Identify the Role You Must Strengthen

Every priority contains important roles. If family is your priority, you may need to be more intentional as a spouse, parent, sibling, or caregiver. If education is your priority, your role as a student may require greater discipline. Ask yourself, "How do I need to show up in this role during this season?"

3. Establish One Meaningful Goal

Your goal should connect directly to the role you selected. Avoid making it too broad or complicated. Choose something specific and realistic that represents genuine progress. A meaningful goal could be exercising three times each week, studying for 30 minutes each evening, planning one family activity, or setting aside daily time for prayer and reflection.

4. Build a Repeatable Rhythm

A goal becomes part of your life when it is supported by consistent action. Decide when, where, and how you will work on it. Put the action on your calendar and protect that time. You do not need a perfect schedule. You need a rhythm that you can maintain when life becomes busy.

Aligned living also requires regular adjustment. Review your choices at the end of each week. Ask what worked, what became a distraction, and what needs to change. Adjusting your pace is not failure. It is evidence that you are paying attention and taking responsibility for your direction.

The Seven-Day PRG Challenge

ALIGN ONE DAY AT A TIME

For the next seven days, choose:

ONE PRIORITY

Deserves greater attention

ONE ROLE

You want to strengthen

ONE GOAL

Creates meaningful progress

ONE DAILY ACTION

You can consistently complete

At the end of the week, evaluate whether your actions matched what you said mattered most.

You do not need to rush into the new season. Set a pace that reflects your purpose, respects your responsibilities, and supports the person you are becoming. When your Priorities, Roles, and Goals work together, you stop allowing life to set the pace for you - and begin living by design.

Quote of the Month

*"Adopt the pace of nature:
her secret is patience."*

ATTRIBUTED TO RALPH WALDO EMERSON

Patience does not mean standing still; it means allowing steady effort enough time to produce meaningful results. When your Priorities are clear, your Roles are understood, and your Goals are intentional, you do not have to rush your progress. Set a sustainable pace, remain consistent, and trust that worthwhile growth often happens gradually.



Physical Health | Marc Dickerson

Set the Pace by Strengthening the Basics

BY MARC DICKERSON

NUTRITION | MOVEMENT | RECOVERY

When life becomes busy, physical health is often pushed aside. We skip meals, choose whatever food is convenient, sit for long periods, and sacrifice sleep to finish one more task. Eventually, those choices affect our energy, concentration, mood, and ability to fulfill our responsibilities.

Improving your physical health does not require a perfect diet, an extreme exercise program, or a complete change overnight. A healthier pace begins by strengthening three basic areas: **diet, exercise, and sleep.**

D Diet: Fuel with Intention

Food provides the energy your body needs to think, move, work, and recover. Try to build meals around vegetables and fruits, whole grains, lean sources of protein, and healthy fats. Drink water throughout the day and pay attention to portion sizes.

Healthy eating does not mean that you can never enjoy your favorite foods. It means making nourishing choices more often than less-helpful ones. Planning meals and keeping simple, healthy options available can prevent rushed decisions when your schedule becomes demanding.

E Exercise: Keep Moving

You do not need an intense workout. Walking, stretching, cycling, swimming, strength training, yardwork, or sports can all help you become more active. The best exercise is safe, enjoyable, and realistic enough to continue.

Start at your current ability. A short walk completed consistently will do more than an ambitious routine abandoned after a week. Increase your time and effort gradually as your strength and endurance improve.

S Sleep: Prioritize Recovery

Sleep is not wasted time. It allows your body and mind to recover from the demands of the day. Poor sleep can make it harder to concentrate, manage stress, make thoughtful decisions, and remain active.

Establish a regular bedtime, reduce late-night screen use, and create a quiet routine that signals that the day is ending. Avoid treating sleep as something you earn only after every task is finished. There will always be more to do tomorrow.

Your Seven-Day Health Challenge

DIET | EXERCISE | SLEEP

For the next seven days, choose one action in each area:

DIET

Add one nourishing food or replace one less-helpful choice.

EXERCISE

Complete at least one planned period of movement each day.

SLEEP

Set a consistent time to begin preparing for bed.

Track your progress without expecting perfection. If you miss a day, restart the next day.

Physical health is a priority that supports every role you carry and every goal you pursue. Set a pace your body can sustain. **Eat with intention, move consistently, and give yourself permission to recover.**

Consult a qualified healthcare professional before making major changes to your diet or exercise routine, especially if you have a medical condition, take medication, or experience unusual symptoms.



Dealing With Stress | Marc Dickerson

Control the Pace Before Stress Controls You

BY MARC DICKERSON

AWARENESS | DIRECTION | RESPONSE

Stress often increases when responsibilities, expectations, and unexpected problems begin moving faster than our ability to manage them. We may feel pressured to respond immediately, solve everything at once, and keep working without rest. Stress is not always a sign that you are failing. Sometimes it is a warning that your current pace is no longer sustainable. Slowing down long enough to identify what truly requires attention is a disciplined response.

Recognize Your Warning Signs

Notice stress in your body, thoughts, and behavior so you can respond before pressure takes control.

BODY

Fatigue, tension, headaches, or poor sleep

MIND

Distraction, worry, forgetfulness, or overload

BEHAVIOR

Irritability, withdrawal, avoidance, or rushing

STRESS SIGNAL	WHAT MAY BE HAPPENING	INTENTIONAL RESPONSE
Everything feels urgent	Priorities are unclear	Identify what matters most today
You cannot concentrate	Your mind is overloaded	Pause and complete one task at a time
You feel constantly exhausted	Your pace may be unsustainable	Protect time for sleep and recovery
You become easily irritated	Pressure is affecting your reactions	Step away before responding
You keep avoiding a task	The task may feel too large	Break it into one manageable action

Use PRG to Regain Direction

Return to what matters, who you need to be, and the next useful action.

PRIORITIES

What matters most?

Decide what must be handled now, what can wait, and what may not need to be done at all.

ROLES

Who do you need to be?

Remember the role you are carrying and choose a response that reflects your values.

GOALS

What is the next useful action?

Choose one clear step that creates progress or reduces pressure.

The Five-Minute Stress Reset

PAUSE | SORT | ACT

Stop and take several slow breaths. Write down everything competing for your attention. Circle the single most important item, identify the role connected to it, and choose one action you can complete next.

You cannot eliminate every stressful situation, but you can choose how you respond. Set a pace that allows you to think clearly, act responsibly, and protect your well-being.

If stress becomes persistent or unmanageable, speak with a qualified healthcare or mental-health professional.



Facing Adversity | Marc Dickerson



When Life Disrupts Your Pace

BY MARC DICKERSON | FOUNDER, PRIORITIES, ROLES, AND GOALS

ACCEPT | ADAPT | KEEP MOVING

You can begin a new season with a clear plan, strong motivation, and specific goals - and still encounter something you did not expect. Illness, disappointment, financial pressure, rejection, conflict, or loss can immediately change your schedule and direction.

Adversity does not wait until you are prepared. It interrupts routines, consumes energy, and can make even simple responsibilities feel difficult. When that happens, setting the pace does not mean pretending that everything is fine. It means choosing an intentional response when circumstances are no longer under your control.

1 Accept What Has Changed

You cannot respond effectively to a situation you refuse to acknowledge. Be honest about what happened and how it has affected you. Acceptance does not mean approval, agreement, or surrender. It means recognizing reality so you can make responsible decisions about what comes next.

2 Separate Control from Concern

Adversity creates many legitimate concerns, but not all of them are within your control. You may not control another person's decision, the timing of a recovery, or the final outcome. You can control your attitude, effort, boundaries, preparation, and next action. Directing energy toward what you can influence prevents worry from consuming all your strength.

3 Return to Your Priorities and Roles

Hard circumstances can make everything feel equally urgent. Your priorities remind you what must be protected. Your roles clarify who depends on you and how you need to show up. You may not be able to perform every role at your usual level, but you can remain honest, dependable, and present.

4 Adjust the Goal - Keep the Purpose

Some goals must change when life changes. A deadline may need to move. A large task may need to become a smaller step. You may need help, additional time, or a different route. Adjusting your plan is not the same as quitting. The purpose can remain steady even when the pace must change.

PRG in Practice: The Adversity Reset

Write your answers. Complete one action today.

PRIORITY	What matters most in this situation?
ROLE	Who do I need to be right now?
GOAL	What progress is realistic under these conditions?
ACTION	What is one step I can take today?

Do not pressure yourself to solve the entire situation today.

"Adversity may change your pace, but it does not have to take away your purpose."

Strength during adversity is not always loud or dramatic. Sometimes strength is asking for help, setting a boundary, trying again, or simply completing the next necessary step. You may have to slow down, but you do not have to lose your direction. Stay connected to what matters, adapt your plan, and keep moving with intention.

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Four Key Takeaways

1 Set Your Own Pace

Choose a pace that protects your health, supports your responsibilities, and keeps you moving forward. A sustainable rhythm helps you remain dependable.

2 Let Your Priorities Lead

Clear Priorities help you decide what deserves attention now, what can wait, and what should be declined.

3 Consistency Creates Progress

Small actions repeated consistently are stronger than intense efforts that cannot be maintained. Progress grows from repeatable choices.

4 Adjust Without Giving Up

Stress and adversity may require a slower pace or a revised plan. Change the approach without abandoning the purpose.

Four Calls to Action

1 Choose One Priority

Write down the area of life that needs your attention most this month and why it matters. Place it where you will see it daily.

2 Strengthen One Role

Choose one important role and complete one intentional action this week that helps you fulfill it well.

3 Support Your Physical Health

Choose one realistic improvement involving diet, exercise, or sleep. Practice and track it for seven days.

4 Review Your Pace

At the end of the week, ask whether your pace supports your Priorities, Roles, and Goals. Keep what works and adjust what does not.

Upcoming PRG Events

SEPTEMBER

16

2026

The Cross Christian Academy of Seaford

PRIVATE PRG WORKSHOP

A private school engagement; not open to the public.

NOVEMBER 7, 2026 | 10:00-11:30 AM

Sacred Space: A Place to Exhale

Lewes Public Library | \$25 | Nicole Luther & Kim Sammons
A faith-centered workshop for rest, reflection, and renewal.

PRIVATE WORKSHOPS: MARC.DICKERSON@PRGLIFE.ORG

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Closing / Thank You

Thank You for Setting the Pace With Us

Thank you for reading the September issue of PRG Pulse and for being part of a community committed to living with clarity, purpose, and intention. This month's contributors remind us that setting the pace is not about rushing. It is about choosing a rhythm that supports our Priorities, honors our Roles, and moves our Goals forward.

As a new season begins, take what is useful, share this issue with someone who may need encouragement, and continue building a life by design. We appreciate our writers, readers, sponsors, and partners whose support makes PRG Pulse possible.

Until next month, stay focused, stay encouraged, and keep moving forward.

MARC DICKERSON | FOUNDER, PRIORITIES, ROLES, AND GOALS