

# Mind, Body, Soul & SPIRIT

check out our  
**BUSINESS**  
expose

**JUST START FRESH**  
Healthy Catering & Meal Prep  
Ann Taylor  
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**A DELICIOUS  
VEGETABLE  
PIZZA  
RECIPE**

**ON PAGE 4**



UNIQUENESS • COMPLETENESS • PERFECTION

Our Shimmery Bronzers give your complexion a healthy natural glow! Rather you mix it with your moisturizer, rub onto your skin for that perfect shimmer or gently sweep it across your cheekbones. Our multi-dimensional luminous bronzers will leave you Adoring the Skin You are In!

# Quiet CORNER

## Living on Purpose & Promise!

Happy New Year! These simple three words could be heard all across the world as many celebrated the beginning of a new year and new decade on January 1 2020. This year brought an end to one season and the start of another. One that for those who believe would be surrounded with powerful prayers, divine clarity and amazing wonders!

As we cheered with excitement for what was on the horizon, a pandemic known as the "Novel Coronavirus" made its way to our land. Millions became ill and thousands have passed away from what will inevitably go down in history as one of the worst medical/health crisis of our times. From the east coast to the west coast, from China to Brazil, people are under quarantine, unable to socialize with one another in private or public venues. Depression, anxiety and fear plague our society as the weeks roll by and the uncertainty of what tomorrow will bring lingers.

It is easy to get swept away in the physicality of what our natural eyes see. Primarily focused on the dire common issues that join us together during these times of distress. What started as a hopeful year of promise, possibility and prosperity now being overshadowed by cries of sorrow and pain.

But our Sovereign God, in His infinite wisdom, reminds us in Jeremiah 29 that there is hope and that this season is only temporary. The prophet begins in verse five instructing the people to get comfortable, settle down and embrace where they are. To increase in number and seek peace and prosperity in the place in which they are dwelling. To pray to the Lord for all of these things because if the dwelling place prospers then they will prosper (Jeremiah 29:5-7).

Regardless of how the current situation of darkness arrived, whether it was self inflicted or beyond your control, now is not the time to be distracted and lose focus on the promises that God has spoken over our lives and the lives of our legacy. It is essential that we keep our focus on the Lord and not be distracted by statistics and physical circumstances. Do Not Be Fooled! God is in control and His plans are to prosper us and not to harm us; plans to give us hope and a future.

Inside every vehicle there is a "Warning" tag. The tag outlines specific warnings about the vehicle for the passengers. These warnings are designed to provide the passenger with information regarding safety precautions that can be taken to prevent the vehicle from being operated improperly. However, at the very bottom of the label, the words "See the owners manual for more information" can be found.

The Word of God is our Owners Manual. Written within each page are detailed instructions to guide us through life. It is our Handbook to good health, wealth, strength, love, joy, prosperity, healthy relationships, financial blessings, debt relief, entrepreneurship; and provides strategies for dealing with disaster, heartbreak, depression, abuse and neglect; demolishing hatred, oppression, and all manner of ugliness, while equipping its reader with inexplicable peace for all of life's concerns and issues.

God owns all time. He promises to bring us out of darkness and into His marvelous light.

Be blessed *Adrena*

**You Will Receive Power  
When The Holy Spirit  
Has Come On You.**

**- ACTS 1:8**

**We Must Learn To Live  
Together As Brothers Or  
Perish Together As Fools.**

**- Martin Luther King**

# Self CARE



Self care is important to nurturing your body, mind and spirit. I honestly do not understand how I was surviving years prior to taking my selfcare seriously. The reason why I'm so passionate regarding self care is because I was like you may be today. I was at my breaking point. I was always tired, overwhelmed & unable to completely focus. If you do not take your selfcare seriously your internal resources will become depleted. I'm often asked what is self care, really? Self care is taking care of yourself. It is doing exactly what YOU need to do to feel your best mentally, emotionally & physically. I emphasize that it's what YOU need because every woman's needs are different. In my opinion, self care is a lifestyle & we should be intentional every day to make ourselves a priority.

Embracing self care can be difficult to some women because we are used to placing other people's needs before ourselves. I know, you're a nurturer & you feel that you're being selfish if you put yourself first. How did I know what you were thinking? Because I used to have the same thoughts. I am sure there are a number of people that you have on your list usually prior to yourself. It's sometimes easy to give all of the energy to the family or those extended family members/friends without filling yourself. You'll be better able to take care of others when you also take time to meet your own needs.

I'd offer the following as suggestions for daily self care -

1. Meditation - Find a quiet place in your home to meditate where you can breathe deeply & clear your mind.
2. Knock Out Negativity - As soon as a negative thought enters your mind through the day immediately switch over to a thought that brings joy.
3. Gratitude Journaling - Every night prior to going to bed keep a small journal on your nightstand & journal five items that you're grateful for that occurred during the day.

**I'd love to connect with you & support you on your self care journey.**

**Please subscribe to [www.thewellstation.org](http://www.thewellstation.org).**

**Also, feel free to send a personal message via email to [events@thewellstation.org](mailto:events@thewellstation.org)**

# Taste & See

## VEGETABLE PIZZA

### INGREDIENTS

- 1 Pizza Crust store brought
- 1/4 cup purple onion
- 1/4 cup yellow onion
- 1/4 cup green bell pepper
- 1/4 cup red bell pepper
- 1 Portabella Mushroom
- 1/2 cup Marinara Sauce
- 1 1/2 cup Daisy Cheddar Style Dairy Cheese
- 1/4 cup Fresh Spinach
- 4 tablespoon Olive Oil
- Garlic Powder
- Onion Powder
- Fresh Basil

### METHOD

- Light Grill
- Brush top/bottom of the pizza crust with olive oil and grill for 2 minutes on each side
- Spread crust with Marinara sauce; add your vegetables; sprinkle garlic and onion powder over vegetables and top with cheese.
- Grill 10-12 minutes or until cheese is melted. Sprinkle with basil.



### 2017 Cabernet Sauvignon Napa Valley

Supple red berry and plum aromas on the nose develop into savory spices, mocha and black plum flavors on the broad palate. A textural experience, this wine is palate coating with undulating flavors of ripe raspberry, dusty earth minerality and oak toast, leading to a lengthy finish.

## Music

**SOMETHING'S DIFFERENT THIS TIME**

**ALVIN GARRET**