

*Monthly*  
**TEA NOTE**

W E L C O M E

Welcome to our January 2026 edition. We are so happy you're here—and grateful to continue this journey together. As we step into a new year together, this issue is centered on wellness in its fullest sense—care for the soul, the body, and the rhythms that sustain us through changing seasons.

In this edition, we'll be exploring:

- Featured articles focused on faith, wellness, and everyday discipleship
- Intentional wellness practices rooted in faith
- Journaling and reflection prompts for stillness and clarity
- A gratitude practice to ground our days
- Tea blends curated for restoration and balance
- Music selections to accompany moments of prayer, reflection, and rest.

We pray that these pages meet you where you are. There is no pressure to do everything—only an invitation to engage with what serves you in this season.

On the next page, we share a personal reflection on decisiveness, waiting, and learning to listen for God's voice in still seasons.



## POURED OUT & FILLED UP

A Winter of Weariness, Met by God's Restoring Hand

***Come unto me, all ye that labour and are heavy laden, and I will give you rest.— Matthew 11:28***

Beloved,

This winter brought me face-to-face with a truth I had carried quietly for far too long: stress had begun to shape my days more than I realized. My thoughts felt heavy, my body slowed, and what I once labeled as procrastination was really a sign that something within me needed attention. I resisted that slowing, telling myself I needed to push harder, catch up, and move faster. But the Lord has a rhythm, and He invites us into His timing—not the pace we try to manufacture.

As the days passed, I noticed myself postponing decisions, delaying conversations, and even drifting from moments with God that I usually hold sacred. I assumed the answer was more discipline, more effort, more structure. But winter doesn't respond to force. It responds to surrender.

One morning, I sat with my tea untouched, watching the steam rise as I gazed out the window. Stillness felt unfamiliar. Silence felt uncomfortable. Pausing felt irresponsible. Yet everything in my body was asking me to stop.

That's when I heard the Lord whisper—not loudly, not urgently, but clearly: "Be still." In that moment, I understood that what I had called procrastination was actually waiting—a divinely appointed pause for my soul to listen, recalibrate, and realign. God does not waste quiet seasons; He orders them with intention. Scripture reminds us, "To every thing there is a season, and a time to every purpose under heaven" (Ecclesiastes 3:1, KJV). And again, "Be still, and know that I am God" (Psalm 46:10, KJV). Not be productive. Not be perfect. Just—be still.

I realized then that this slowing was not failure; it was a signal. A sign that I had been poured out without being refilled. A reminder that rest is not something we earn after obedience—it is obedience.

Winter taught me that God does not rush us when we are weary. He restores us. And if this season has slowed you down, delayed you, or softened your pace, hear this clearly: God is not disappointed. He is drawing you closer.

With love,

*Tea Empress Juliet*

# MEDITATION CORNER

A Space for Reflection, Gratitude, and Renewal

## Gratitude : Cultivating Awareness and Rest

Gratitude is more than appreciation—it is a spiritual posture that reorients our hearts toward God's presence and provision. In seasons of stress, uncertainty, or waiting, gratitude anchors us in what is steady rather than what feels lacking. It quiets comparison, softens anxiety, and reminds us that even in ordinary moments, God is at work.

Practicing gratitude does not deny hardship; it creates space for perspective. It trains our attention to notice where grace is already meeting us—physically, emotionally, and spiritually.



## Scripture for Reflection

“In every thing give thanks: for this is the will of God in Christ Jesus concerning you.”

— 1 Thessalonians 5:18 (KJV)

“This is the day which the Lord hath made; we will rejoice and be glad in it.”

— Psalm 118:24 (KJV)

## Gratitude in Practice

Set aside a few quiet minutes—morning or evening—and reflect honestly. There is no right length of time, no perfect wording. This is an invitation, not an assignment.

Write down three things each day:

1. One small thing you're thankful for (a moment, a conversation, a breath of relief)
2. One thing related to your body or well-being (rest, movement, healing, strength)
3. One way you noticed God's presence or provision



# JOURNALING PROMPTS

## Making Space to listen

### Why We Journal - A Practice of Wellness and Communion

Journaling is a wellness practice not because it organizes our thoughts, but because it helps align our hearts with God. When we slow down enough to write, we give our minds rest, our bodies permission to exhale, and our spirits space to listen. In a world that constantly pulls our attention outward, journaling gently turns us inward—toward awareness, honesty, and deeper communion with the Lord.

This practice is not about documenting our days, but about creating space to hear God clearly. In the quiet act of writing, we slow our pace enough to notice what the Spirit is revealing beneath the noise. Scripture reminds us that God often speaks in stillness, and journaling becomes a way of responding—without performance or pressure—bringing our full selves before Him: our questions, our weariness, our gratitude, and our hope.

Be still, and know that I am God.— Psalm 46:10 (KJV)



## QUESTIONS FOR DISCERNMENT

- Where have I been filling silence instead of sitting with God?
- What decision am I holding back because I fear the outcome?
- What is the Lord asking me to release in this season?
- Where is God calling me to practice obedience and discipline—even when waiting feels difficult and desire is strong?

[Download the Guided  
Reflection Journal](#)



# THE MINISTRY OF THE CUP

## WHY TEA BECOMES A SACRED PRACTICE

In winter, healing begins with warmth, nourishment, and intentional pause.

Cold seasons slow circulation, Digestion weakens, and The immune system works harder. This is why winter nourishment must be warming, grounding, and gentle — supporting the organs God designed to cleanse and restore the body from the inside out.

### Winter Infusions & What They Support

#### 🍁 Ginger + Lemon + Honey

Supports: Liver, Kidney, digestion, immune system

Cleanses: Helps liver detoxification and stimulates digestion

Best Use: Morning cup before the day begins

#### 🍁 Cinnamon + Apple Slices

Supports: Circulation, digestive warmth

Cleanses: Encourages pancreas function and internal warmth

Best Use: Mid-morning or afternoon

#### 🍁 Turmeric + Black Pepper + Plant Milk

Supports: Liver & joint support, inflammatory pathways

Cleanses: Aids blood purification and reduces internal inflammation

Best Use: Evening or after meals



Caring for the body God gave you is not indulgent—it is stewardship. We honor God when we listen to what He designed to sustain life.

I will restore health unto thee, and I will heal thee of thy wounds.

— Jeremiah 30:17 (KJV)



## FOCUS OF THE MONTH

### RENEWAL FROM THE INSIDE OUT

This month, our focus invites us to pay attention to the body—not with pressure of perfection but with curiosity and care. Just as seasons shift and invite renewal, our bodies also benefit from moments of clearing, restoring and rebalancing.

# BODY FOCUS

## THE LIVER & THE GALLBLADDER

Often referred to as the workhorses of the body, the liver and gallbladder play a role in processing, filtering, and supporting balance. This month, we simply bring awareness to the importance of supporting the body's natural rhythms through rest, hydration, and mindful nourishment.

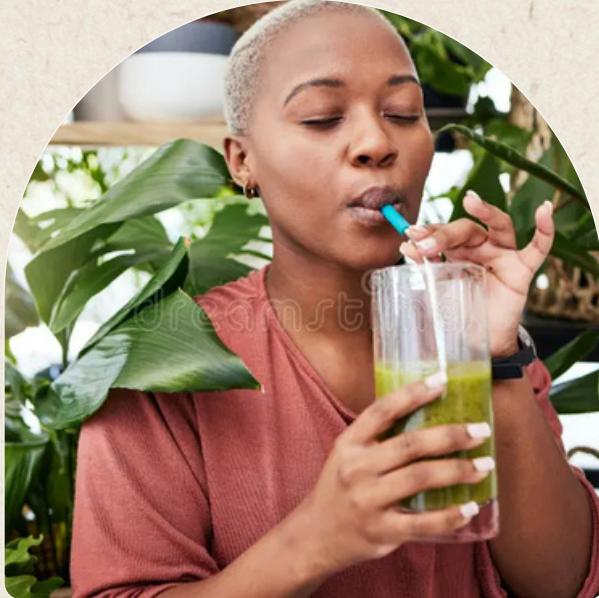
This is not about restriction- it's about choosing foods and habits that feel supportive and sustainable.

### LISTENING TO THE BODY

Our bodies aren't something to fight against or ignore—they're something to listen to. Long before something shows up as a craving, the body often gives quieter signals: low energy, tension, restlessness, sluggishness, or even irritability. These are gentle nudges, not failures. When we slow down enough to notice them, we're better able to respond with care instead of reacting out of habit.

This month's focus is an invitation to pay attention . To pause and ask, What does my body need right now? Sometimes the answer is nourishment. sometimes it's rest. sometimes it's movement, water, or simply a deep breath. Supporting the body doesn't have to be complicated—it begins with awareness and a willingness to respond kindly.

 Beloved, I wish above all things that thou mayest prosper and be in health... — 3 John 1:2 (KJV)



# ON THE TABLE THIS MONTH

Foods That Support Balance & Renewal

- 🌿 Leafy greens (spinach, kale, arugula)
- 🍋 Citrus fruits (lemon, grapefruit, oranges)
- 🥕 Beets and root vegetables
- 🥑 Olive oil and healthy fats
- 🍵 Herbal teas that support digestion and calm
- 🌿 Simple green juices or blended vegetables, when it feels supportive—not as a replacement for meals, but as an easy way to nourish the body



# WELLNESS FEATURE

This winter, we invite you to begin your day or close your evening with a song that quiets the spirit and centers the soul.

Seasonal Gospel Selection : (🎵 APPLE MUSIC):  
"Grateful" — Hezekiah Walker

CLICK HERE  
TO LISTEN



## SPILL THE TEA

### FEATURE STORY

OLUDARA ADEEYO - SELF-CARE FOR BLACK WOMEN



A feature story centered on a Black woman's wellness journey—where faith, self-care, and intentional pauses became essential to her renewal.

Through her work and reflections, Oludara shares how stress revealed itself not as background noise, but as a signal. By choosing to slow down, prioritize her health, and integrate small, meaningful rituals—tea, prayer, boundaries—into her daily life, she began to experience real and lasting transformation.

WATCH IT HERE

### WALK AS PRAYER, NOT EXERCISE

WHEN MOVEMENT BECOMES CARE, CONNECTION, AND REMEMBRANCE



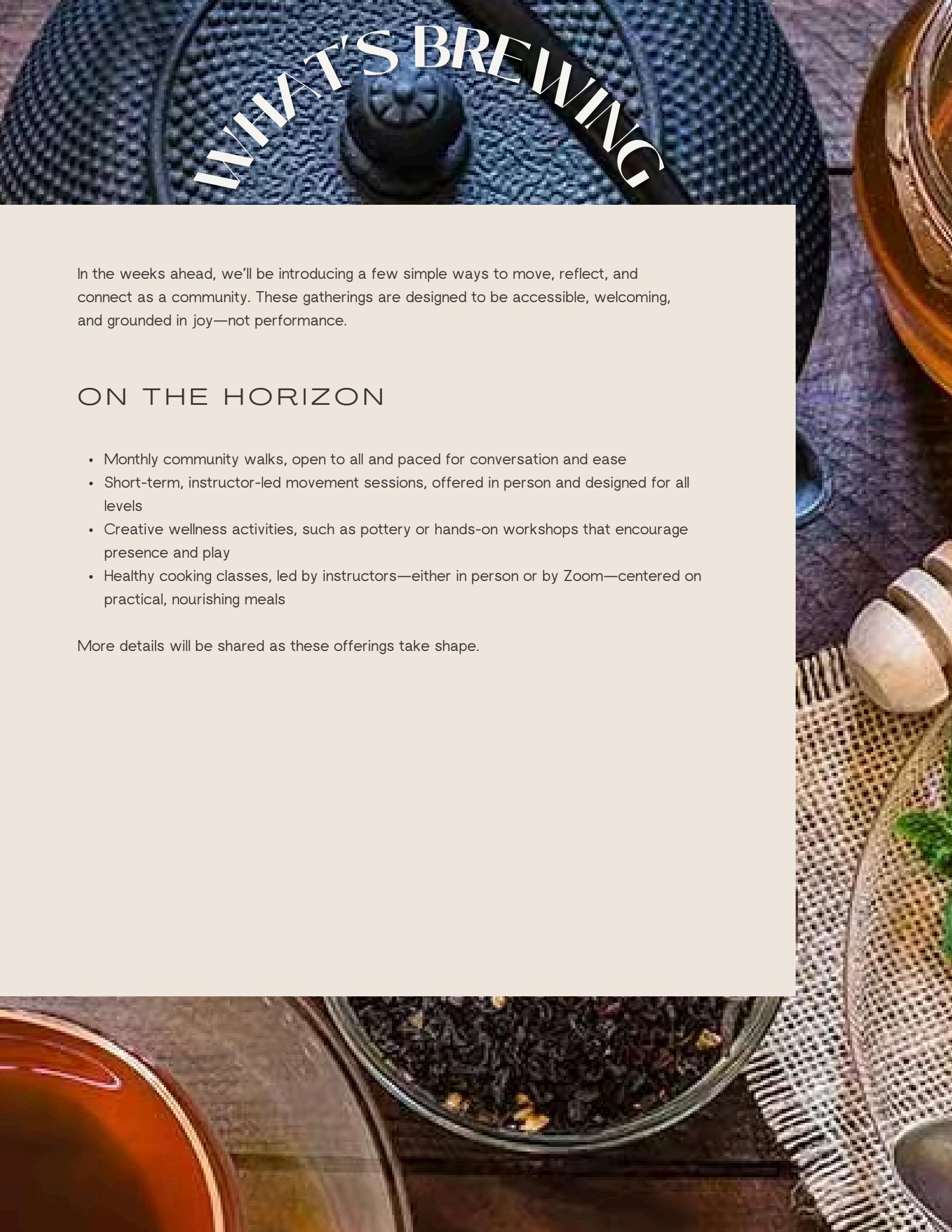
Winter has a way of drawing us inward—shortening daylight, quieting our routines, and sometimes weighing on our energy. Yet stepping outside for a simple walk, even briefly, can do quiet work: clearing the mind, lifting the spirit, and restoring a sense of balance we didn't realize we were missing.

For many walking has long been more than movement. It has been a means of endurance, reflection, and care. Today, initiatives like GirlTrek remind us that walking can still be an intentional practice: one that honors the body, safeguards our health, and connects us to something larger than ourselves.

In winter especially, walking doesn't have to be about distance or pace. It can be a moment of presence and a breath of renewal.

READ MORE....

# WHAT'S BREWING



In the weeks ahead, we'll be introducing a few simple ways to move, reflect, and connect as a community. These gatherings are designed to be accessible, welcoming, and grounded in joy—not performance.

## ON THE HORIZON

- Monthly community walks, open to all and paced for conversation and ease
- Short-term, instructor-led movement sessions, offered in person and designed for all levels
- Creative wellness activities, such as pottery or hands-on workshops that encourage presence and play
- Healthy cooking classes, led by instructors—either in person or by Zoom—centered on practical, nourishing meals

More details will be shared as these offerings take shape.



# UNTIL WE GATHER AGAIN..

🙏. As we step away from this moment, may our hearts remain steady and our minds at peace. May we carry what we've received with gentleness, tending to our bodies, our thoughts, and our spirits until we meet again.