

THE *Lemonade Mindset*

An exclusive magazine filled with all things positive, self worthy & deserving
DECEMBER 2019

Featured Articles in The Issue

- Life Perspective
- Sweet Spotlight
- Poetry



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Have feedback, ideas or submissions?
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LETTER FROM DESK OF..



'Tis the season ... Welcome to the December issue of *The Lemonade Mindset*, and I am so excited about the theme – JOY!

It is perhaps one of the hardest emotions (i.e., feelings) to understand and it's partially because we have become accustomed to attaching to it the acquisition of material things – objects that are supposed to make us happy. But joy is not an external event; it is internal.

I believe that we were all born with two things inside of us: love and joy. Both create happiness when we understand their power and the role they play in our daily living, which is to create the life we were meant to live – to live our best lives.

Thus, joy cannot be attached to material things because those things are transitory. They break or wear down, or become lost. But joy is what wakes up with you and carries you throughout the day ... when you choose it. It is what creates your perspective on happiness ... when you tap into it. It is what helps you to walk in your light and offer the best of you to the world.

But where is joy when we suffer a great loss? I remember hosting an interview with the divine Iyanla Vanzant, and I was lamenting on the state of my marriage at the time. I was absolutely miserable and I cried out to her that he was trying to steal my joy. She responded: "Beloved, no one can steal your joy. You give it to them." This was a life-altering moment for me because I realized that the only person who had control over how I felt about my life and how I lived was ME. I was choosing to be a victim. I was choosing to lay the blame for my unhappiness at the feet of someone else – giving them power over my life. That had to change! I wanted to keep my joy.

The holiday seasons are tough for many people for various reasons, but we want to encourage you in this issue to tap into joy. It came here with you for a reason: it's your go-to for release, for pressing through. Choose joy today! There are so many things to be grateful for; we just need to open our eyes, hearts, and minds to receive the wonderful gift that it is. I wish you peace, love, & joy this holiday season.

Happy Holidays!

Rebekah



“

Joy is what
happens to us
when we allow
ourselves to
recognize how
good things
really are.

”

Marianne Williamson

FINDING AND CREATING JOY

BY MARTINA MCGOWAN | PHOTO CREDIT: HELLOCATFOOD VIA COMPFIGHT CC

**/// Joy is to fun what the deep sea is to a puddle.
It's a feeling inside that can hardly be contained."
Terry Pratchett**

Even in times of sadness, there are opportunities to find / create joy in our lives. But we must be intentional to take advantage of these moments before they slip through our fingers.

ONE: Turn off the evening news. While television can be helpful to keep us informed and entertained, it also drains us. You will be amazed at how many projects you can complete, and how much better you will sleep at night without this distraction!

TWO: Dabble in arts and crafts. There are so many fun activities that involve arts and crafts, and free tutorials on *YouTube* and *Pinterest* to get you started. Start with low cost supplies by going to your nearest dollar store. Don't think you have the skills?

THREE: Take a class. Most community centers, colleges, local art centers and guilds have mail-outs or websites that list upcoming classes. Do it now, while it's fresh on your mind. Sign up and show up! It is that simple.

FOUR: Contact a friend. The Internet has made it easier than ever to reconnect with people from our past. Take the opportunity to reflect on your friendship, discuss the good times you had, and what has changed since...

FIVE: Go for a walk or a nature hike. Walking and hiking can be an awesome break in your day. Clear your mind, reflect, relax, and breathe in some fresh air.

SIX: Start journaling. One great way to reflect on your day and get to know yourself is by journaling.

SEVEN: Try Staycationing. You can become a tourist without leaving your hometown. Visit unfamiliar local tourist attractions. You may even discover places you'll want to revisit!

Opportunities for joy are around every corner. With a little creative thinking, you can find joy every day, without spending a lot.

"When you do things from your soul, you feel a river moving in you, a joy." Rumi



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LIFE IS SWEET! THANK A HONEY BEE!

BY SHARON DERIGO, FOUNDER AND CHIEF WORKER BEE OF BCakes,

From early childhood, I was fascinated with Honey Bees and beekeeping, and as I grew older, I came to understand the disproportionate role these tiny little creatures play in the well-being of entire ecosystems. As a keystone species, the health of our environment depends on the health of our honey bees and vice versa.

It is one of my greatest joys in life to care for our Honey Bees. Their altruistic nature is fascinating to observe. They communicate food locations using dance. They share food with each other, and feed and groom their Queen. They care for the brood - the next generation - which requires feeding and keeping them warm.

A healthy hive smells heavenly. Bees keep the inside of a hive as clean as surgical tools. The Queen controls the behavior of the hive by emitting pheromones. To look upon a frame with all its stages of life before me, and the bees working together to perform all the tasks necessary to the survival of the hive, is a truly religious experience. Every ingredient bees' produce is non-toxic and has antibacterial and healing qualities. I am in awe of them. Honey Bees are one of our greatest gifts from nature.

Honey is created from nectar gathered by foraging bees. It is the food of adult bees, full of nutrients and antibiotic qualities. Both healing and moisturizing, it is used in burn wards when a wound cannot be covered with bandages.

Beeswax is a fat produced by Honey Bees by glands on their abdomen. This lovely substance is used to construct cells to hold their brood and store their food. It also helps to keep them warm in winter. Beeswax is infused with the energy of the hive and smells naturally sweet. Beeswax candles burn longer than other waxes and cleanse the air inside the home.



The light from a burning beeswax candle is the same spectrum as the sun.

We've spent years planting trees, shrubs and flowers in our garden that benefit Honey Bees and other wild foragers, and in return, these girls produce nourishing beeswax and honey that help keep our bodies healthy and our skin protected. BCakes products are 100% natural and plant-based, except for the Honey Bee ingredients that come straight from our backyard Honey Bee Sanctuary.

I've combined my passion for beekeeping and environmental stewardship with my mother's herbal remedies to create products that we hope nourish you, body and soul. It is with great joy BCakes plays an important role in helping others live their best lives.

To learn more about Sharon DeRigo, Founder and Chief Worker Bee of BCakes, visit <https://www.bcakesllc.com/about-us/>.



THREE WAYS TO ACCESS AUTHENTIC HAPPINESS

BY REBEKAH L. PIERCE



What makes you happy? Is it the accumulation of material things, financial prosperity, the smile of a baby, time spent with your family? Think about this deeply, beyond your physical presence, down into your heart. What is happiness for you? In my book, *Kryptonite Killed Superwoman: Trading in the Cape for an Authentic, Purpose Driven Life*, I featured an article called “Happiness is a State of Mind, But So is Unhappiness.” What I have come to realize is that the idea – the manifestation of happiness – is connected to one’s ability to surrender. Surrender. What does that mean, you ask? Stay with me, please.

Many of us are unhappy – physically, spiritually and emotionally – because we refuse to resist the need to control the situation, our attitudes and reactions to events or persons. We want to win the argument so that no

one will think we are weak; we stand our ground in the face of truth because we simply cannot be wrong. We nag our spouses/partners because without us, they’d be lost – they’d never get anything right. We resist the voice that tells us to “let it go.” Why? Because we are deeply afraid, and we – our ego – thrives on drama. “Resistance is weakness and fear masquerading as strength” (*Eckhart Tolle, Practicing the Power of Now, 127*).

Here are three ways to access authentic happiness:

1 If you want authentic happiness – deep, soul stirring joy – if you want physical well-being, surrender to the resistance, the fear. Decide today to create your happiness by understanding that to react to the drama – to feed off of negativity – binds you to pain – to the perpetual cycle of emotional and physical illness. Nothing bad will happen to you if you surrender to love and joy. You will not die, crumble or even break. If your spouse does leave, truthfully, what have you truly lost? This is the chance to practice your faith. Let’s try today to surrender. Let go of your need to win, to control, to overthink. Just BE ... today.

2 Build a personal, spiritual network of 3-5 people – male or female – with whom you feel comfortable calling upon in those dark hours when you are not sure you are going to make it. Let’s not play games here. We ALL have those kinds of days; it’s what makes us human. But as women, in particular, we need one another. We are nurturing, community-centered people, and in understanding and acknowledging this, we are better able to heal and grow if we have a core group of trustworthy, faith-driven people to whom one can go to for not only advice, but to put

us back on the straight and narrow path when we have so clearly strayed. And they will do this because they have been there, and they know that sometimes, we have not the strength to pray for ourselves.

3 Create a sacred, quiet space for yourself. Sometimes we have to shut out the noise of the world in order to hear even our own selves speak. Establish a small amount of time in the morning before everyone gets up and go into that space – for me, it’s my walk-in closet – and sit in silence for a few minutes. Focus on breathing, letting go of all thoughts and ideas. Quietness in our minds and bodies reconnects us to our core, and in doing so, we are better able to tackle the day with a better attitude and sense of purpose.

Happiness is not a material thing, but a daily spiritual practice. They say it takes 30 days to start a habit – good or bad. I challenge you, therefore, to try these three tips to accessing authentic happiness. You have absolutely nothing to lose, but much to gain.

~Rebekah L. Pierce is an author, inspirational speaker and playwright residing in Richmond, Virginia. Visit www.rebekahlpierce.com to read more about her work and upcoming speaking events.

"SELF-LOVING"

BY SHONDA JANELL.

“Embracing, rejuvenating, captivating, self-love is restoring, surrounding one with peace, love and joy is the moment when one experiences self-love. Breath-taking, surpassing all understanding - a need of approval is eliminated. Detoured is the desire to walk in someone else's shoes, for life in my own is just as good.

Holds no envy; whole-hearted is the way self-love lives. Unconditional is the love for self that embraces past, present and future faults; it conquers all things bringing about a confidence in the face of fear. A change of the heart and the mind, self-love leaves one sound; it is where the peace of God is found.

Creating a newness of life, self-love will cast away misery and strife, peace settles in the mind, defines all that I am and all that I hope to be, the love for self holds close the very essence of me. Asking nothing of me but only that I love myself forever and always. ”

-Shonda Janell

LEMONS OUT OF LEMONADE? HA!!!

BY RENEE CHARLOW



I have always been a diligent and dedicated worker. I believe in giving my all to a project and always doing my best. Maybe this trait was instilled in me early on when I realized that when I kept busy working, my parents were happy and pleased with me. Good trait?? Usually it is, but there are drawbacks. I tend to get taken advantage of. I seem to be give too much, never leaving anything for myself. This overcompensation is likely one of my flaws as a person, and I tapped into it because I wanted to be liked.

Ever since I was young, I have maintained gainful employment and believed in earning what I needed. My parents were financially well off for the region of the country where we resided, but my father was very frugal and controlling with money. We rarely ate out, went to the movies or did recreational things. But we had a nice home, acres of land, and nice cars.

A few years ago, I ran into some trouble at my workplace. I broke a policy regarding outside employment. Granted, I was working the additional job to gather money to make my daughter's college expenses more affordable. I was also a single parent at the time and I wanted to make

certain she and I were reasonably comfortable as well. I didn't do wasteful things with the additional money; I didn't have time to.

Working the other job was probably one of the biggest career mistakes I could have made. Once my primary employer found out, I was suspended for 4 months without pay and my ability to work certain types of outside employment was taken away. (I will admit that I only recently stopped suffering financially from this chain of events.) I was shocked and hurt by the suspension and the effect this has had on my career.

I have had to come to terms with the fact that while WORKING is not a wrong thing, breaking a company policy to do so is. Of course, the person who reported me could have refrained from this, but I can't worry about why the person reported me. However, I did get a valuable lesson. This person was able to, with no regret, let the right people know what was going on and, therefore, cause me trouble. This person altered my life with a series of keystrokes. However, how much of this is my fault?

Every bit of it because I made the choice to break the policy. Part of being an adult is taking responsibility for your "stuff." As you go about life, you never know what will be thrown your way, or what decisions you will be forced to make. And because hindsight is 20/20, when you make a decision, there is no way to know if it was the best choice at the time. If I could have a "re-do" on my decision to break my employer's policy, I certainly would make a different choice. But I can't, so instead, I MUST (and have) make lemonade out of lemons.

For a creative arts activity that supports this post go to: <https://mycreativespirit1.wordpress.com/2019/12/08/the-lemons-to-lemonade-collage/>.

Artistically yours,

Renee'

HEALTHY MANTRAS

COMPILED BY MARCY LAMBERT-PELLEGRINO

Any job very well done that has been carried out by a person who is fully dedicated is always a source of **inspiration**.

Carlos Ghosn



Love is the only reality and it is not a mere sentiment. It is the **ultimate truth** that lies at the heart of creation.

Rabindranath Tagore



We're all human, and part of being human is showing **respect and support** for others' life choices.

Daniel Lubetzky



Learn from yesterday, **live** for today, **hope** for tomorrow. The important thing is not to stop questioning.

Albert Einstein



Enthusiasm is the yeast that makes your hopes shine to the stars. **Enthusiasm** is the sparkle in your eyes, the swing in your gait. The grip of your hand, the irresistible surge of will and energy to execute your ideas.

Henry Ford



Acceptance looks like a passive state, but in reality it brings something entirely new into this world. That peace, a subtle energy vibration, is consciousness.

Eckhart Tolle



LOVI'N LEMON BREAD

SOURCE: AMINDFULLMOM.COM

This has got to be the only Lemon Bread you will fall in love with. It will feel like you've raided your great, great grandma's recipe box. This recipe creates a tender, moist, and a lemon-all-over feeling. Enjoy!

Ingredients:

- 1/2 cup butter softened (this is one stick of butter)
- 2 eggs
- 1 cup sugar
- 1 1/2 cups flour unbleached, all purpose
- 1/4 teaspoon salt
- 1 teaspoon baking powder
- 1/2 cup milk or buttermilk
- 2 teaspoons lemon zest

Lemon Glaze Ingredients:

- 2 tablespoons lemon juice
- 2 tablespoons sugar

Directions:

Start with room temperature butter and eggs. With a hand-held mixer or stand mixer, cream together butter, eggs, and sugar together until light in color and fluffy.

Sift together flour, baking soda and salt into a separate bowl. Mix to fully incorporate baking powder through flour.

Add sifted flour, milk and lemon zest into creamed ingredients and fold the batter until just combined.

Grease a 9 inch loaf pan with butter. Add a half tablespoon of flour to pan and shake to coat bottom and sides of pan. Shake out excess flour over trash can or sink. This will truly help your lemon bread to not stick to your pan.

Pour your lemon bread batter into your prepared pan. Tap on counter to distribute batter and remove air bubbles.

Bake for 50-60 minutes at 350 degrees or until the bread is set. You can test this by inserting a toothpick—when it comes out dry your bread is done baking. Or you can gently touch the top of the bread, if it springs back, it is ready.

While the bread is baking, whisk together lemon juice and sugar until a simple syrup is formed.

Once your lemon bread is done baking, place on a cooling rack

and immediately poke holes into the bread using a wooden or metal skewer, halfway down the loaf.

Pour the lemon glaze over the bread, allowing the glaze to sink into the bread.

Let the bread sit in the loaf pan for 10 minutes to cool. Then loosen the sides with a butter knife and remove lemon bread from pan. Let cool completely before serving.

NOTES:

Be sure to use only FRESH lemon juice for this recipe. This recipe will require about 2 fresh lemons (their zest and juice). Room temperature eggs and butter are recommended for the best results.



FUDGY BEET BROWNIE WAFFLES

BY CHEF COCO, FAVOUR COOKIE COMPANY, FOLLOW @FAVOURCOOKIECOMPANY



- 1 Tablespoon vanilla extract
- 1 cup light brown sugar

Directions:

1. Preheat oven to 350°F.
 2. Line a 9-inch by 9-inch brownie pan with parchment paper or grease pan generously with coconut oil or non stick cooking spray.
 3. Whisk oil and cocoa powder together. Over a double boiler, melt 4oz of chocolate, stirring constantly until mixture melts and is smooth. Add melted chocolate to cocoa powder mixture. set aside to cool.
 4. In a medium bowl, whisk together flour, baking powder and salt. Set aside.
 5. In the bowl of a stand mixer fitted with the paddle attachment, gently mix the aquafaba for about 30 seconds. Add vanilla and brown sugar; mix on medium-high until light and airy, about 2 minutes. Reduce speed and add beet puree and then slowly add chocolate mixture; mix just until combined. Add flour mixture and again, mix just until combined. Pour batter into prepared pan and smooth top with a rubber spatula. Sprinkle remaining chocolate on top.
 6. Bake 25 to 30 minutes, until a knife inserted into the center comes out with just a few moist crumbs sticking to it. Allow brownies to cool for 5 minutes then transfer with parchment to cooling rack.
 7. For waffles: heat a waffle iron, coat with non stick cooking spray. Pour 1/4-1/2 cup of batter into the center and close. Remove from iron and sprinkle with powdered sugar!
- Notes: @favourcookiecompany on Instagram. To contact Chef Coco, send an email to favourcookiecompany@gmail.com

Wake up to the joyful smell of chocolate brownie waffles! Made with pureed beets and deliciously vegan, this versatile batter can be made into waffles or warm fudgy brownies!

Ingredients:

- 8 ounces boiled and peeled beets about 2 medium beets(pureed)1/2 cup
- 1/2 cup olive oil
- 1/3 cup Special Dark cocoa powder
- 8 ounces dark chocolate chopped or chips
- 1 1/4 cups all purpose flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/4 cup aquafaba (chickpea water)

MAGGIE'S
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*"Happy Holidays, from
Our Family to Yours."*

