

THE *Lemonade Mindset*

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

JUNE 2020

BLACK
LIVES
MATTER



RLPPRODUCTIONS INC



RLPPRODUCTIONS INC

Publisher

Rebekah L. Pierce Productions LLC.

Editor in Chief

Rebekah L. Pierce

Editors

Rebekah L. Pierce

Kahlil Hernandez

Creative

Marcy Lambert-Pellegrino

Contributing Writers

Shonda Janell

Marcy Lambert-Pellegrino

Submitting Content

Have feedback, ideas or submissions?

We're always happy to hear from you!

Deadline for submissions is the 30th,
two months prior to the publication date.

Please send to

Rebekah L. Pierce Productions LLC. at

Rebekah@rlpproductions

Address correspondence to:

rebekah@rlpproductions.com and
khadmin@rlpproductions.com and the
mailing address is

2532 Devenwood Road
North Chesterfield, VA 23235

Copyright 2019 Rebekah L. Pierce
Productions LLC. This publication is regis-
tered with the Library of Congress:
ISSN# 1548-9477. *The Lemonade Mindset*
Magazine LLC assumes no responsibility nor
endorses use of any products advertised
in this publication. To subscribe,
visit www.rlpproductions.com

LETTER FROM THE EDITOR



For those who wish to keep their heads in the sand with their eyes glued shut, you are the reason why we are here at this moment in American (international, in fact) history. You do not have to agree with the "vandalism" we are seeing not just here in America, but all over the world - I certainly don't. However, this attempt to define vandalism in racial terms is both disturbing and painful. I fully acknowledge the pain felt in the need to tear down/rip the heads off of statues of men who intentionally perpetuated the myth of racial (as well as social, religious, and

sexual) differences to further their agenda in an effort to keep their power. How is this not "seen"? You cry that it's art. I agree. But even art has its place ... and its time.

To say that "we" shouldn't pay for what our "ancestors" did is a brutal slap in the face to people of color/biracial (BIPOC) because BIPOC are STILL paying for the foundation of white Americas ancestors' actions/intentions. Statues are physical manifestations/reminders of BIPOCs feelings (and concrete beliefs) of worthlessness, of inferiority, and "their" superiority. I ask, "Why do "you" get to be absolved of your ancestors' evil, but BIPOC must STILL pay the price for their original intention? Why such vitriolic response when protests erupt over yet another black man (or woman) being killed by police or the neighborhood watch - on camera, or not?" The Constitution says protest is a "right" of American citizens. (Ah! Yes! The Constitutional argument.) Apparently, it "forgot" to CLEARLY state who is a citizen, and, thus, who has "access" to the rights to life, liberty, the pursuit of happiness, AND equal justice under the law. These statues of men who purposefully and intentionally created systems that determined "value" based on skin color (sex and religion) are physical, daily reminders of BIPOCs quasi-status. They are weaponized art.

This **IS** white privilege at its core. To cry vandalism of "your" art. To escape accountability and responsibility in creating a new intention: creating a safe space for humanity. These statutes, in short, allow you to have your cake and eat it too.

All lives **do not** matter. When my son tells me that he is going out with his friends, time stops. I fight the internal choking deep in my stomach. My breath ceases. I am forgetting how to breathe. Will my son come back to me? Will they see only the color of his skin and not the content of his character - his 3.6 GPA, his dream to become a doctor, his big, loving heart? History tells me it will be the former. That he will become the next face/name in the mural/wall. And don't tell me I'm overreacting because it's not YOUR son.

Wait! Actually, HE is! In the deepest spiritual sense, your son is my son, and my son is yours. And when one kills the other, we share the grief of the loss ... if all lives matter. If all lives matter, then we would both stand together and fight for justice for our sons. We would fight for equality and peace for our sons. There'd be no one-sided "artistic expression on government funded property" to tear down. But we are clearly not there yet ... where we can all "see."

We are clearly not ready to take our heads out of the sand, open our eyes, and begin to create a new language guided by intentionality and mindfulness that acts on responsibility and accountability. To create a new art. Thus, Black Lives "MUST" continue to Matter.

-Rebekah

Mother, Educator, Writer, Teacher, Speaker, Human Being

BLACK LIVES MATTER



**THRIVING
COMMUNITIES
START WITH
FULL PLATES**

Feed More collects, prepares and distributes food to neighbors in need throughout Central Virginia. With a service area that stretches across 34 counties and cities, Feed More's comprehensive programs and network of nearly 300 agencies helps ensure our communities have access to healthy meals year round.

**TO GIVE HELP OR GET HELP VISIT
FEEDMORE.ORG**

FEED MORE  SM

**Yes to self. Yes to life.
Yes, do away with all
anger and strife. Yes to
forgiveness. Yes to
spiritual healing,
mental freedom.**

Thoughts of past faults that had me bond, chained, feet bolted to the ground, inner man kicking and screaming.

Stuck in my past, stuck in my sins, yes, I won't make the same mistakes again. Lord, please forgive me. Those that swore they knew me, said they were my friends, turned enemies once my life began to change. Yes, to never being the same, all sins washed away, like refreshing springs showering over me His spirit came in and brought peace, brought joy a place with Him forevermore.

Yes to self. Yes to life. Yes to another chance to get it right.

Yes, to no longer living in fear. Yes to equality among my peers. Yes to being different and not being ashamed, for none of us were created the same. Yes to flaws. Yes to imperfections. Yes, to believing I'm worth it. Self progression is important. Don't let the trials of life change who you are. Yes to self acceptance.

Yes, to rising above, always say yes to self love.

BLACK LIVES MATTER

MAGGIE'S
CUPCAKE
CAFE
SWEET CUSTOM TREATS



Place Your Order Today! Contact Rebekah Pierce at rebekah@rlpproductions.com

HEALTHY MANTRAS

COMPILED BY MARCY LAMBERT-PELLEGRINO

Never doubt that a small group of **thoughtful**, committed, citizens can change the world. Indeed, it is the only thing that ever has.

Margaret Mead



All the world is made of **faith**, and trust, and pixie dust.

J.M. Barrie, Peter Pan



And now these three remain: faith, hope and **love**. But the greatest of these is love.

Anonymous, Holy Bible: King James Version



Education is the most powerful weapon which you can use to change the world.

Nelson Mandela



It is **never** too late to be what you might have been

George Eliot



But the thing about remembering is that you **don't** forget.

Tim O'Brien

**STOP
RACISM**

Source:goodreads.com

BLACK LIVES MATTER



Freedom and Momentum Coaching

What are you dealing with? Are you feeling all alone? You don't know what to do?

What I do know is that when stay in our head we can only see a future that is bleak. Instead what I'm offering you is the space to:

- **Share and acknowledge fears or concerns**
- **Create new ideas and actions** • **Take the actions**

Why am I sharing this with you?

The other day I was sharing with my coach about my fears & concerns around Covid-19 and my business and it came to me was that there are others who need a safe space to share and articulate their fears, support in creating their next steps and being in action.

What I'm doing.

I'm opening up 30 minute coaching calls (no cost) for leaders to create Freedom and Momentum in the midst of all of this. I have sessions available each day through the end of April.

Contact us to schedule your Freedom and Momentum Coaching at 703.981.3157

LovasConsulting.com

 **LOVAS** consulting

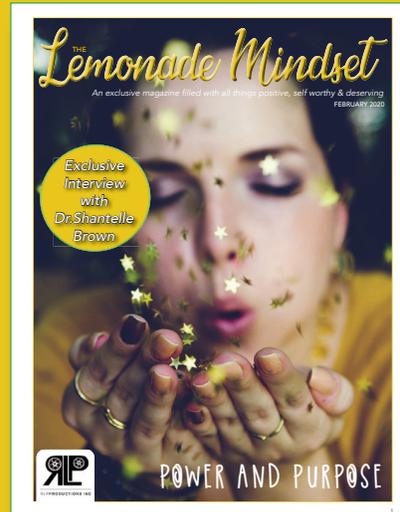
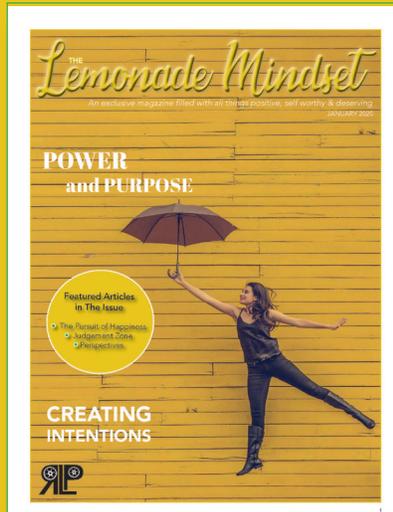
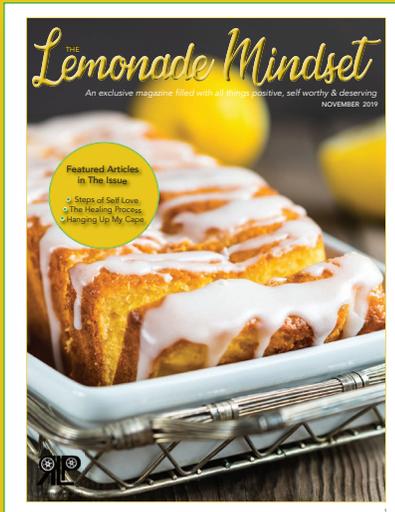
FREEDOM TO SLAVES!

Whereas, the President of the United States did, on the first day of the present month issue his *Proclamation* declaring "that, all persons held as Slaves in certain designated States, and parts of States, are, and henceforward shall be free," and that the Executive Government of the United States, including the Military and naval authorities thereof, would recognize and maintain the freedom of said persons. And Whereas, the County of Frederick is included in the territory designated by the Proclamation of the President, in which the Slaves should become free, I therefore hereby notify the citizens of the city of Winchester, and of said County, of said Proclamation, and of my intention to maintain and enforce the same.

I expect all citizens to yield a ready compliance with the Proclamation of the Chief Executive, and I admonish all persons disposed to resist its peaceful enforcement, that upon manifesting such disposition by acts, they will be regarded as rebels in arms against the lawful authority of the Federal Government and dealt with accordingly.



BLACK LIVES MATTER



**SUBSCRIBE TODAY TO *THE LEMONADE MINDSET* MAGAZINE
AT WWW.RLPPRODUCTIONS.COM**