

THE *Lemonade Mindset*

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

SEPTEMBER 2020

FALLING
INLOVE
WITH
YOU!

CREATING A
MASTERPIECE -
ME!



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Publisher

Rebekah L. Pierce Productions LLC.

Editor in Chief

Rebekah L. Pierce

Editors

Rebekah L. Pierce
Kahlil Hernandez

Creative

Marcy Lambert-Pellegrino

Contributing Writers

Denise Bell
Renee Charlow, MFA, MPS
Vickie Griffith
Shonda Janell
Martina McGowan, MD
Marcy Pellegrino
Rebekah L. Pierce, AA, BA, MA

Art work

Jon Bush

Submitting Content

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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

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LETTER FROM THE EDITOR



"Every time you reinvent yourself, you will be
a fuller and better woman for it"
(Katie Mitchell Hall).

I am so excited for this issue because it is the sea-
son for reinvention. The current state of the world
has forced it upon us. What do I mean? Well, this
"new normal" has made it necessary for us to
not only "think outside of the box," but to LIVE
outside of it. We have had to completely alter
the way we shop, dine out, attend gatherings, and
even go to school. Nothing will ever be the same!
And that, my dear, is a good thing.

Before COVID-19, you may have fussed about not having enough time to do "this
or that," or you fretted over whether to quit your job to start a business or to just
change career fields. You may have even contemplated ending a toxic relationship or
starting a new one. What stopped you? You may have also felt like there were just
not enough hours in the day to "do you." Guess what? There is now, and, truthfully,
there always was. Many of us were just too afraid of what "the world" would think if
we did quit that "good paying" job or left that "good man." But if you have been pay-
ing close attention, you see that this is the perfect time to reinvent yourself. There's
nothing in the way, is there?

Now is the time to create a masterpiece, and that "masterpiece" is you. No more
excuses. No more procrastination. No more over-thinking. It is abundantly CLEAR
that tomorrow is not promised, and, thus, we must live NOW. There is no better
moment than NOW to tap into your gifts to either cheer someone up or to lift
yourself up. It is time to JUMP into the woman (or man) that you/we/us have been
waiting for.

Soak up each word of advice/tips in the pages of this issue. Boldly proclaim the "new"
You. No one can tell you ever again that you "Can't." Just as with the last issue, we
encourage you to step into this final season of 2020 with creative intention and vigor
– with a renewed sense of joy, energy, and purpose.

Namaste.

Rebekah



ARE YOU PREPARING OR PROCRASTINATING? ACTION IS THE KEY!

BY MARTINA MCGOWAN, M.D. IS A GYNECOLOGIST, WRITER, ARTIST, AND MINISTER



Do you spend much of your free time gathering information? Are you a self-help junkie that doesn't seem to make meaningful progress? Are you trying to take your life to the next level by using your mind alone? How is that working out for you?

Nothing changes in our lives until our behavior changes.

Commit to an action plan to transform your life!

We must do something for something to happen. Nothing will happen until we act. We cannot simply wish our way to a better diet, a fancy car, our dream partner, or a successful business. Maybe these things will make it easier for us to act, but we must still act!

It is not what we think you can do that matters. It is what we do that counts.

Our beliefs, values, and thoughts influence our behavior. We must feel good about yourself or we are doomed.

For example:

- Do you believe that failure is to be avoided at all costs?
- Do you believe that most people are inherently good or evil?
- Do you value safety over adventure?
- Do you have positive or negative thoughts about your goals?

None of these things has any actual power other than that they can alter the choices we make and the actions we subsequently take.

Time is on our side. If your dream is to play the piano, you can accomplish this. You simply must keep practicing. When we act, we will get a result. We will get closer to the

result we want if we act long enough.

When we do nothing, we'll always fail.

Action creates potential. When we act, we learn from our results. When we act, things change. New opportunities become available. We may meet a new person that can help us get what we want.

When we take the first step, the next step appears. Things start happening when we start moving. Nothing happens while we're planning, learning, or "fixing to" do a thing.

Things begin to change when we change. We have proven this fact to ourselves thousands of times. Our lives changed when we started school, changed schools, made new friends, started a new job, changed our diet, picked up a new hobby.

Life changes when we put ourselves out there, beyond our comfort zone.

So, I ask?

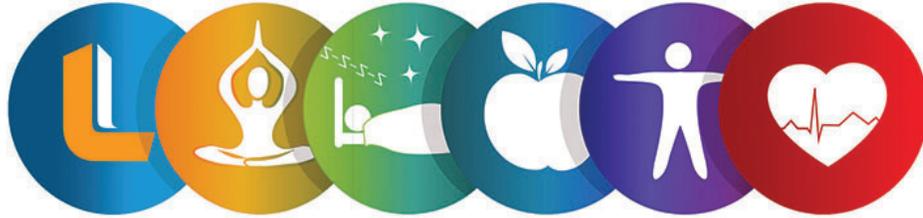
- How do you want your life to change?
- What can you DO to make it happen?
- When will you get started?
- How can I help?

Martina McGowan, M.D. is a Gynecologist, Writer, Artist and Minister. Visit her at MartinaMcGowan.com.



FALL IN LOVE WITH YOURSELF

BY RENEE' CHARLOW, M.F.A. (THEATRE), M.P.S. (ART THERAPY)



I live on the East coast, in the Metro Washington DC area. Last week, as I took my Yorkie, “Bella,” for her 7:00 a.m. walk, I had a reality check. The moment I got outside, dressed in my tank top and yoga pants, cool air met me.

Yes, Fall is in the air. Granted a few warmer days remain, but the weather has definitely shifted; the leaves have begun to turn, and the days are getting noticeably shorter. We are working from home, homeschooling, ordering and picking up items at the curb, and adjusting to this new “normal.” It’s a lot to manage, but don’t forget to take care of YOU first. We can only serve others from a full cup, so fill yourself up before you take on the world.

As we approach this new season, here are a few items I offer for your consideration. As usual, take what you need and leave the rest.

10. Remove toxic people from your life. This does not need to be a major proclamation to them, but just limit the time you spend with “Debbie Downer” and “Negative Nancy.” These unhappy people will drain your energy and throw you off track. If the people around you can only find the negative aspects of life, cut them off immediately and find some positive influences. Energy grows where energy goes.

9. Create a gratitude journal. Each night, write down, or save in your phone, three things you are grateful for. As long as you are still alive, and able to read this

article, you have something to be grateful for. Focus on what you have, and your blessings. There is always someone who has much less.

8. Make it your business this Fall to learn more about another culture.

Take this beyond trying a different food or watching a movie. Read, study, and learn more about another way of life. You might be surprised to find out the similarities.

7. Give away/recycle/dispose daily one thing you are not using. This can

be clothes, old plastic food containers, mail that needs clearing out, old books. If the item can be used, pass it along to a thrift shop or consignment shop. If not, dispose of it, with the earth and environment in mind.

6. Put into practice a daily spiritual habit. Problems in life come and go but you can’t allow those troubles to define you. Make certain your soul and spirit are grounded. Keep your mind on whatever higher power you believe in and ask for guidance

5. Spend more time doing YOU. Stop judging others. The other day, I ran across a social media post of a colleague who announced they had a new position. I spent 19 minutes reading about this person and even Googled their previous employer to see the reason they no longer worked there. Then it dawned on me ... “None of this is your concern, Renee’. How does this impact or enhance your life?” How often do we waste time

reading, watching, and listening to other people live their lives? Do more YOU and less of everyone else.

4. Forgive yourself. A self-help guru I admire a great deal said forgive yourself 100 times, and then when those run out, hit reset. We have all made mistakes and errors in judgment. Holding onto them does not serve any purpose and it keeps you in a negative place. Learn the lesson, forgive ALL involved parties, including family and friends, and most importantly, forgive yourself.

3. Begin/maintain a daily exercise routine. Walking is free and will help you gain mental clarity. Make certain you always stay safe and aware of your surroundings, and, of course, protect yourself. There are numerous websites with online sessions for everything from Yoga to Pilates. If you miss a day, no worries; just pick up where you left off the following day.

2. VOTE November 2, 2020 as if your life depends on it. Enough said.

1. Continue to protect your health and the health of others by wearing a face mask/covering while in public. We are still amid a deadly pandemic, although I think some people are forgetting that. COVID-19 and its impact on the human body is still very uncertain. Don’t forget to maintain social distance of 6 feet and keep your immune system boosted with nutritious foods, regular exercise, and a positive attitude. Stay focused!

~Renee’ Charlow, M.F.A. Theatre; M.P.S. Creative Art Therapy. Her upcoming publication, is *Dance we Do: A Poet Explores Black Dance*, by ntozake shange (afterword author), will be available in October 2020.

**Believe in me. Shoulder me,
hold me up! Comfort me.
Acknowledge me, help me rise
above. Support me. Encour-
age me push me for-
ward. Abide with me. Fill
me with your positive ener-
gy. Root for me. Strive with
me. Show me love. Strengthen me.
Teach me. Guide me. Lead
me, down the path that
helped you find your way.
Give me all the knowledge
that got you where you are
today. Sister to sister we are all one.
Women to women, together,
an invincible force. Learn of
me. Commune with me that I
may rise above so that United
we can be the change the
world is in need of.**

BY SHONDA JANELL, POET
HER COLLECTION OF INSPIRATIONAL POEMS,
INSPIRATION FROM WITHIN, IS AVAILABLE ON AMAZON
AND WHEREVER BOOKS ARE SOLD.

DRY SKIN OR DEHYDRATED SKIN. HOW DO I TELL THE DIFFERENCE?

BY DENISE BELL



While dry skin and dehydrated skin share some similar characteristics like feeling taut and dry with fine lines as well as looking dull, flakey, and sometimes red, they are very different.

Dry skin is a skin-type, whereas dehydrated skin is a skin condition. Skin-type is genetic and skin condition is manufactured. Dry skin is skin lacking in oil while dehydrated skin is skin that is low in water. In fact, dehydrated skin can occur in any skin-type: dry, normal, combination, or oily skin.

What causes dehydrated skin?

Oddly enough, most oily and combination skins become dehydrated because of the astringent nature of the products used to control the oil. Whereas dry and normal skin types can become low in water from using products that are not penetrable enough

to maintain adequate moisture, there can be many other things associated with dehydrated skin. Poor diet, not drinking enough water, inadequate sleep, medication, over exposure to sun and wind, smoking cigars and cigarettes, over-indulgence of alcohol or caffeine and aggressive product usage are among the most popular.

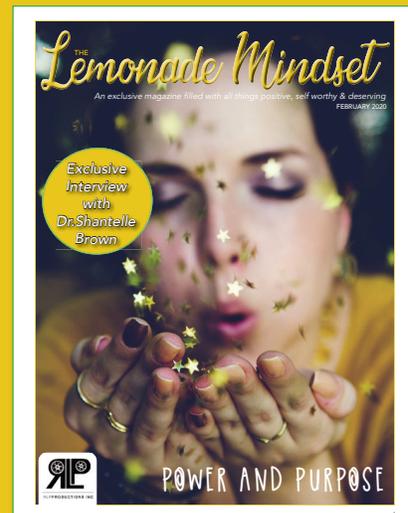
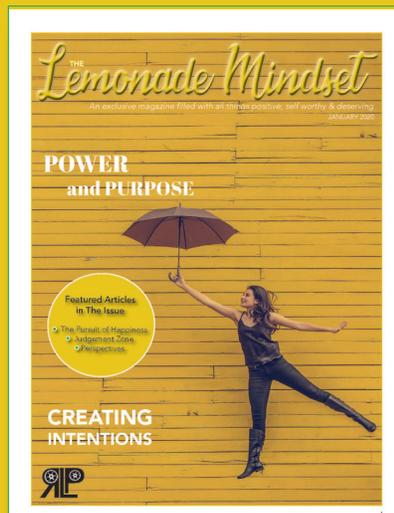
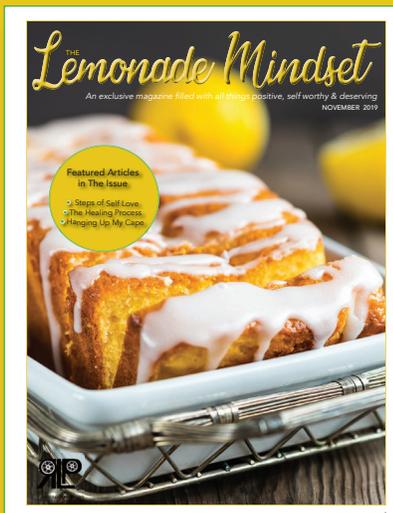
How can I tell what my skin condition is?

It can be difficult to determine whether your skin is dehydrated. A skilled professional with a trained eye will be able to properly diagnose your skin.

How do I treat my skin?

Finding a skin care professional or aesthetician who can define your skin-type and level of dehydration, if any, from a medical perspective is key. They will recommend professional products that will bring your skin back into balance and give you that comfortable feel and healthy glow that is indicative of a well-maintained skin.

~Denise Bell is the creative force behind Veils Of Color mineral makeup but she is equally passionate about proper skin health. She has achieved Dermalogica's "EXPERT" status, where the focus of her education is successfully meeting the challenges of globally diverse skin. Visit www.veilsofcolor.com.



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BETTER PERSON

BY GOODNEWS NETWORK



Two-thirds of Americans said quarantine has made them a better person, according to a new survey.

The poll of 2,000 Americans over age 21 looked at the positives changes to come from this challenging time—and the ways in which respondents are re-prioritizing what they value.

Some respondents gained the time and flexibility to delve into new hobbies and discover new passions— shortages of baking products in the grocery store was proof of this. And, 35% said they want to continue those hobbies once quarantine is over.

Results revealed 55% of respondents were a bit embarrassed by some of the things they valued pre-quarantine, and the many months spent at home gave 70% a chance to learn more about themselves.

Commissioned by Coravin and conducted by OnePoll, the survey found that the quarantine has, understandably, changed Americans' outlook on life.



Freedom and Momentum Coaching

Do you want to create freedom and momentum in your business and your life?

These are trying times for all of us. We have two choices: we can let our fear control us or we can control our fear.

In the Freedom and Momentum Coaching Program you will:

- *Learn how to let go of the hold fear has over you.*
- *Create space for new ideas and actions.*
- *Create a plan to fulfill those actions.*
- *Stay accountable to your plan.*
- *Adjust and modify as the situation changes.*

The Freedom and Momentum Coaching Program consists of:

- *10 coaching calls over a 3 month period*
- *5-10 minute spot coaching calls as needed*
- *Fear release techniques* • *Learn share powerfully*
- *Create space to allow new ideas* • *Identify actions* • *Create a plan*

Contact us to schedule your Freedom and Momentum Coaching at 703.981.3157

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INTERESTING FACTS

COMPILED BY MARCY LAMBERT-PELLEGRINO, VIA GOODNEWS NETWORKS

TOP THINGS PEOPLE NO LONGER TAKE FOR GRANTED:

- Spending quality time in person with family or friends 52.28%
- Hugs 41.23%
- Traveling to new destinations 32.53%
- A relaxing walk in the park 31.99%
- Shopping in a store 31.73%
- A date night at a restaurant 31.39%
- Extended family gatherings 30.86%
- Attending events in person 28.92%
- Stopping for a cup of coffee on my way to work 25.90%
- Meeting new people 25.70%
- Weekly coffee dates with friends 24.36%
- Post-work happy hour 23.69%
- Chatting with co-workers during lunch 23.56%
- Having a quiet weekend at home be out of the ordinary 22.96%
- An afternoon at the beach 22.36%
- Sending my children off to school in the morning 21.49%
- Attending sporting events 21.22%
- Wandering through a bookstore 20.68%
- Watching my kids' sporting events 18.14%
- Hitting the gym 17.54%
- Dropping my kids off at playdates 16.06%

THINGS PEOPLE WANT TO DO AFTER LOCKDOWN SELF-REFLECTION:

- Spend more quality time with friends and family 45.60%
- Work to create more meaningful relationships with loved ones 37.70%
- Continue new hobbies I started during quarantine 34.80%
- Attend in-person events after attending their virtual counterparts during quarantine 29.40%
- Move to be closer to loved ones 27.90%
- Focus on achieving better work/life balance 26.60%
- Change careers in order to have more meaningful work 21.80%

PESTO LASAGNA ROLLS

SOURCE: FOODNETWORK.COM



Each of these noodle roll-ups has just the right amount of filling and bakes in a fraction of the time a traditional deep-dish lasagna takes.

Ingredients

- Kosher salt and freshly ground black pepper
- 12 lasagna noodles
- 2 tablespoons unsalted butter
- 2 tablespoons all-purpose flour
- 1 1/2 cups whole milk
- 1 large egg
- 2 cups whole milk ricotta
- One 10-ounce package frozen chopped spinach, thawed and squeezed dry
- 2 1/2 cups shredded mozzarella
- 3/4 cup grated Parmesan
- 1 cup store-bought pesto
- 1 tablespoon extra-virgin olive oil
- Crushed red pepper flakes, optional

Instructions

Position an oven rack to the middle position and preheat the oven to 425 degrees F.

Bring a large pot of salted water to a boil. Cook the lasagna noodles 1 minute longer than the package directions for al dente. The pasta should be tender enough that it will roll without cracking. Drain well and rinse with cold water. Lay in a single layer on a baking sheet.

Meanwhile, melt the butter in a medium saucepan over medium heat. Add the flour and cook, stirring, until lightly toasted, about 2 minutes. Whisk in the milk, a large pinch of salt and a few grinds of pepper. Cook, stirring frequently, until the sauce thickens and is the consistency of a thin gravy, 6 to 8 minutes. Allow the bechamel sauce to cool slightly.

Beat the egg in a large bowl and then stir in the ricotta, spinach, 1 1/2 cups of the mozzarella cheese, 1/2 cup of the Parmesan, 1/2 cup of the pesto, a large pinch of salt and a few grinds of pepper. Stir the remaining 1/2 cup pesto into the slightly cooled bechamel sauce.

Brush a 13- by 9- inch baking dish with oil. Spread 1/4 cup of the pesto-bechamel sauce on to the bottom of the dish.

Lay half of the cooked lasagna noodles on a clean work surface and spread 1/3 cup of the ricotta mixture evenly over each. Starting with a short end, roll each noodle up. As you make the rolls, transfer them to the prepared baking dish seam-side down. Repeat with the remaining noodles and ricotta mixture. Spoon the remaining pesto-bechamel sauce over the lasagna rolls and sprinkle with the remaining 1 cup mozzarella and 1/4 cup Parmesan. Cover with foil and bake until the rolls are heated through and the sauce is bubbling, about 20 minutes. Remove the foil and bake until the cheese is browned on top, about 10 minutes. Sprinkle with crushed red pepper, if using, and let stand for 5 minutes before serving.

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CAFE
SWEET CUSTOM TREATS



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“YOUR NEED TO BE RIGHT”

BY VICKIE GRIFFITH, CHAPTER 1 PART 2 ABRIDGE DVERSION OF YOU CAN BE RIGHT ABOUT EVERYTHING AND STILL HAVE NOTHING: HOW TO GIVE UP THE NEED TO BE RIGHT AND GET WHAT YOU WANT, BY VICKIE GRIFFITH



Yes, everything that is sabotaging your efforts to achieve more success stems from your need to be right. You believe that you can't get to the next level and you are looking for something to prove that you are right. You want to prove to yourself and everyone else that your failure to get to the next level is not your fault. It is more important to confirm what you already believe rather than to accept information that would make you stop, think, and do something differently.

This sabotage happens at the expense of your health and your wealth. It impacts your happiness in your family, career or business, and relationship with God. It feels like you can't stop it. Sometimes you are even surprised at what comes out of your mouth or the actions you repeat. There is a

saying, “When you know better, you can do better.” And you try, but it does not seem to be getting better.

And then it happens... what I call the “Runaway Thought Train.” It comes around the corner of your mind taking you down the familiar path of— “What’s wrong with me. I try so hard. I didn’t mean it. Why did I say that? I am such a loser because I can’t get ahold of myself. God never listens to my prayers.” While creating stories to blame others for what has occurred to you, you let go of any responsibility for your part in what just happened. That train sounds like “I got mad because of you...” Any sentence that starts with “Why did you... I got mad because you...” starts the train.

Jumping on the runaway train feels much like a trance state of mind. While you keep walking down the middle from car to car on this train, searching for a way to stop

it, the stories get more dramatic. You start wondering how to get off because you crave making your life better. While the feelings intensify with statements like, “He should have..., I would have if only she did..., I can’t control my spending because she..., my boss said to me..., I can’t make calls today because my dog..., God hates me...”, you are eager to jump on this train even when you know you shouldn’t. You realize it feels both comfortable and miserable.

It seems never to end. There is no destination. The train only makes stops in disappointment, anger, resentment, fear, worry, sadness, anxiety, and bitterness. It is not because you don’t know better or you intend to be miserable and make others miserable, too. The “Runaway Thought Train” is responding to barriers that you are not even aware exist. These barriers are keeping you stuck and unhappy. You know that if you get off the train any time you choose, it will lead to a happier, wealthier, less stress-filled life. But you just can’t seem to find the station.

This part is really not YOUR Fault!

Check out next month’s issue to find out why it in NOT Your Fault!

~To learn and read more from Vickie Griffith’s new book, visit www.break-through.org.



CHAPTER EXCERPT FROM

CHAPTER 5 ~ BOLDNESS TO BE CLAIMED

I remember sitting at the desk in my bedroom one moonlit night. I was staring out of the bedroom window up at the star-filled sky. My husband was downstairs watching tv. We had not spoken to one another in a few days after yet another heated argument about me not “pulling my weight.” My heart was heavy because I was so unhappy; we both were. We were clearly at the end of our marriage, but it was like the Gladys Knight song; neither one of us wanted to be the first to say goodbye. In fact, I cried every time I heard that song because it was my life. I did not know how or had the courage to end this toxic and destructive behavior.

As I stared out the window, I remembered something deep inside of my heart. I wanted to be loved. I wanted to know what it was like to walk through my front door and someone be happy to see me. I wanted to know what it was like for someone to pray for me because they understood the power of prayer, especially over your spouse and home. I wanted to know what it was like for someone to kiss me without having to beg for affection. I knew that if I stayed in this marriage for another year or 20, I'd never know what it was to be loved down to the bone. And even if I never fell in love again, I wanted to be “available” to it, if and when it came for me.

But even more so, I had to heal first. You cannot be angry and broken if you want to be open to receiving and giving love. You must begin the journey to working on loving yourself. What I learned in the first year of my separation in 2018 was that you cannot give to others what you do not have to give to yourself. One of the selfish reasons I stayed in my marriage so long was because I felt that if the light in me could love and embrace the light that was somewhere deep within my husband's heart, we could make it. Wrong!

What I came to realize at the end of my marriage was that his light was dimming mine to the point of extinguishment. And it was because he could not give to me

what he was unable (or unwilling) to give to himself. Steve Harvey has told women hundreds of times over the years that if a man is not willing to change some things about himself to be with you, then you are not the one. He was right. I was not the one for my husband, and I had to accept that.

In January 2018, I signed up for this course called 2018 Year of Miracles moderated by authors Marci Shimff and Debra Poneman. The year-long course was designed to help participants create the space for miracles in their lives through changing the way we think and operate in our daily living: to move from ego-intention to soul-intention. Prior to joining this course, I had attended a white stone ceremony at a Unity church with a friend. If you've never attended one of these ceremonies, you should, because through guided meditation (prayer), one is able to tap into a guiding word or words to help them access growth and healing throughout the coming year.

Having my religious foundation in Pentecostalism, I went into this event with some reservations because this was not what I knew as “church.” I had been told that meditation was not of God. Wrong, again! We each come to God in our own way, I have learned. Prayer is you telling God what you want, but meditation is listening to His answer. Scripture says to “Be still, and know that I am.” The stillness is silence, and mediation is all about silencing the noisy mind so that you can listen and feel.

Well, as I sat still in the silent church that New Year's day, the word that came to me during the ceremony was “boldness.” When Marci and Debra took us through a similar meditation later that January, the word “boldness” came to me again. I had just made a major move in my life. I had “jumped” (I ended my marriage). I had no money, no credit, was about to lose my home and had just started a new part-time job where, although I was going to expand my teaching skills teaching ESL, the hourly salary was not going to cover even 50% of my bills. I was fresh in a bankruptcy and in debt up to my ears. How was I going to make it? My husband's salary had at least provided for most of the household bills,

but now I didn't have that ... by choice.

I was going to need to be bold. Bold in claiming love for myself - bold in jumping off the cliff of uncertainty. I was completely terrified, but resolute in my decision. If healing required boldness, if love required boldness, if shining my light required boldness, then that's what I was going to be: BOLD!

I had to boldly accept that, again, God was not bound by form. Everything I was going to do after the ceremony and the course was going to take bold faith to press forward when it looked like I was going to break. But let me tell you something about brokenness. That is when God can use you. I once heard a sermon where the preacher demonstrated through parables how God sent His son, Jesus, to save the broken. Not one of the 12 disciples Jesus chose was a perfect man. Each one had done his fair share of dirt. Every person Jesus encountered on His journey and saved/healed was a broken vessel in some way. Their rise to healing required bold action: touching the hem of His garment, washing His feet with oil, going to the top of the mountain alone, leading His people out of Egypt.

I had asked God for a way out of my circumstances no matter what it looked like, and He gave it to me. I accepted and now I had to keep going in my boldness. I didn't get to complete the course in miracles because of personal reasons, but before I left it, I added a tool to my healing arsenal: daily affirmations - miracle-minded thoughts.

I've come to learn that I've lived my life by a particular pattern: self-doubt and the spirit of lack. If I was going to make it, I was going to have to live my life by a new pattern: Self-Love and Joy.

~Rebekah L. Pierce is the author of *I Love Me More*, her testimony to reclaiming self-love amid pain and trauma. The book is available on Amazon and wherever books are sold. Visit www.rebekahlpierce.com to learn more about her work.



**NOTHING SAYS
"LIFE IS GOOD,"
LIKE THAT FIRST
BITE INTO A
CUPCAKE.**

REBEKAH L. PIERCE

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