

# Unity Fellowship Church Movement

## HEALTH & WELLNESS NEWSLETTER

Rev. Jerri Mitchell Lee – [gjerrilee@gmail.com](mailto:gjerrilee@gmail.com)/ Rev. Cheryl A. Bragg, Editor/Layout

UFCM EXTERNAL DEPARTMENT



### HEALTH & WELLNESS INITIATIVE

TO SUPPORT THE WHOLISTIC HEALTH OF UNITY FELLOWSHIP  
CHURCH MOVEMENT AND THE COMMUNITITES THEY SERVE.

Bishop Harris Thomas, Prelate - Jurisdiction 4 - Beatitude Bishop Zachary G. Jones, UFCM Presiding Prelate

DISCLAIMER: The Unity Fellowship Church Movement's Health Innovative wants our readers to know the views and testimonials shared are that of our writers. Please consult your medical providers with health concerns.

IS THERE A HEALTH ISSUE YOU WOULD LIKE TO SEE ADDRESSED  
THROUGH THE UFCM HEALTH & WELLNESS IINITIATIVE?  
PLEASE SEND IT TO: [gjerrilee@gmail.com](mailto:gjerrilee@gmail.com)

### WELCOME TO WELLNESS

This is your first step to healthier living. Unity Fellowship Church Movement Health and Wellness Initiative encourages you to move in the direction of self-care, self-love, and wellness.



## Unity Fellowship Church Movement Convocation 2022 Celebration Issue!!

Be Blessed! Be Well!!



## **The History of Health and Wellness**

### **Pastor Cecelia Caldwell - On a Mission to Keep the Movement Safe**

Wellness is a modern word with ancient roots. As a modern concept, wellness is noted from the documentation of physicians who have largely shaped the way we conceptualize the term wellness today. The origins of wellness, however are far older-even ancient. Aspect of the wellness concept are firmly rooted in several intellectual, religious and medical movements in the United States and Europe in the 19<sup>th</sup> century. The tenets of wellness can also be traced to the ancient civilizations of Greece, Rome and Asia, whose historical traditions have influenced modern health and wellness strategies.

In the 19<sup>th</sup> century new intellectual movements, Spiritual/ Psychological and Social philosophies integrated with medical practices in the United States in the United States and Europe. Alternative healthcare methods emerged that focus on self-healing, holistic approaches and preventive care-including homeopathy, osteopathy, chiropractic and naturopathy, were founded during this era and gained widespread popularity in both Europe and the United States. With a dramatic increase in chronic diseases in the 20<sup>th</sup>, there is a shift which focuses on disease prevention and wellness.

According to the World Health Organization, "Health preventive services enables and encourages people to increase control over their own health. It covers a wide range of social and environmental interventions that are designed to benefit and protect individual people's health and quality of life."

As we celebrate 40 years of Ministry, we look forward to the future and learning to balance our work, health, life, rest and metaphysical fitness. Always being acutely aware that "God is Love and Health is for Everyone."

# **Breaking the Cycle of Dependence: Living in Recovery**

## **Reverend Sonja Lee, Executive Director, Lionel Lee Jr. Center for Wellness**

September has been designated as the National Recovery Month by the Substance Abuse and Mental Health Services Administration (SAMHSA) National Clearinghouse for Alcohol and Drug information. The focus for this article is recovery from active addiction to alcohol; and drugs; and may pertain to other addictions such as gambling, sex, shopping etc.

Addiction is defined as a treatable, chronic medical disease involving complex interactions among brain circuits, genetics, the environment and an individual's life experiences. People with addictions use substances or engage in behaviors that become compulsive and often continue despite harmful consequences.

Addiction is described by many addicts and recovery professional as a cunning enemy of life. The signs may be subtle at the beginning of the disease. Behaviors such as constantly being the life of the party, not stopping when others are long done, failed efforts to control the use of the substance, are early signs that the user may have the disease of addiction. As the disease progresses, the alcoholic/addict will experience a downward spiral in their quality of life. The progression looks different for each person, but there are many commonalities. The inability to stop and stay stopped is one such symptom of the disease. Loss or damage to careers, relationships, physical and mental health are common among addicts. The inability to be honest with oneself and others is another characteristic that plagues the person struggling with addiction.

However, there is good news: there is life after addiction. Most people recover. Dr. John Kelly, who teaches addiction medicine at Harvard Medical School published a study that found "roughly 22.3 million Americans- more than 9% of adults, live in recovery after some form of substance use." A separate study by the CDC in 2020 found 3 out of 4 people who experience addiction eventually recover." These and other studies show that the perception that people never get better is false. Life after addiction is the norm.

Debra J of Raleigh, NC is one of those success stories. In college, she began experimenting with crack cocaine. "That just took me for a total downward spiral," the now 46-year-old said.

Debra J lost a decade to addiction, entering rehab and relapsing repeatedly. It was a terrifying time for her and her family. Like many alcoholics and addicts, her life was unmanageable until she sought help. In desperation, she joined a twelve-step group and began the recovery process over 15 years ago. Today she has a career, owns a home, and has become in her words, "a productive member of society." For Debra and millions of others like her, the recovery process began with an admission that she was powerless over her disease. She looked at her life, did not like what she saw, and made a decision to stop drinking, one day at a time.

Recovery is defined as the process of:

- Regaining something lost or taken away
- Restoration or return to health from sickness
- Restoration or return to any former and/ or better state or condition.

There are many paths to recovery. The most familiar path is through the 12-step process, which was laid out in 1935 by the founders of Alcoholics Anonymous. The twelve steps lay a foundation for recovery as well as the first three steps of the program, for recovery.

1. We admitted we were powerless over alcohol-that our lives had become unmanageable.
  2. Came to believe that a Power greater than ourselves could restore us to sanity.
  3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
- The remaining steps can be found at: The Twelve Steps/ Alcoholics Anonymous (aa.org)

If you are struggling with any form of addiction, the recovery process begins with an admission that you have a problem. Then decide to do something about it. Help is available through rehab, 12 step programs, therapy and other resources to help you live a new way of life.

For more information on the recovery process, visit the SAMHSA website at- SAMHSA-Substance Abuse and Mental Health Service Administration.



The Lionel Lee Jr. Center for Wellness (LLCW) is a 501(c)(3) non-profit organization. The LLCW was created to serve the needs of uninsured, underinsured and underserved members of our community. Our mission is to assist individuals and families in obtaining their basic health and wellness needs; to increase public awareness and support for those negatively impacted by systemic issues; and to provide information and activities to improve overall health and wellness.

Our programs include:

- Prescription and basic needs assistance
- Covid vaccine equity
- State of Emergency (SOE) program to support Black transwomen
- Virtual/hybrid education and awareness

For more information visit our website at [LLCWellness.org](http://LLCWellness.org) or phone 704-719-0848



*Rev. Sonja Lee, Founder  
Executive Director*

# THE ANGEL HAVEN®

## Spiritual Wellness Development Center



### Shamanic Healing

Shamanic healing works on the spiritual side of problems and illness. It seeks to recover a person's lost power, restore their vital soul, and remove harmful energies or spiritual blockages. It enhances the ability to create desired life changes, increases vitality, and expands a sense of wholeness and well-being — releasing addictions and gaining a strong connection to spiritual source and soul purpose.

- Shamanic and Holy Fire Reiki
- Soul Retrieval and Extraction
- Past Life Regression
- Shamanic Journeying
- Sound Therapy

### Growth & Development

The Angel Haven provides workshops, events and services to enhance spiritual practices for self and others. We gather for group healing circles, reiki shares, and provide retreat services. Our classes offer intuitive expansion techniques, Shamanic Healing and certification in Usui Holy Fire® III Reiki.

- Reiki Attunement
- Shamanic Circle
- Drum Circle
- Meditation Circle
- Retreats
- Munay-Ki Rites
- Drum Making
- Intuitive Development



### Holistic Wellness

We provide products and services with a holistic approach to spiritual health, wellness and self care. Our natural and organic products assist with meditation and self-help strategies that expand consciousness and enhance the personal development and wellness of the mind, body, soul and spirit.

- Aromatherapy Sprays
- Chakra Healing Oils
- Crystals/Meditation Stones
- Chakra Balancing Charts
- Prayer Beads
- Singing Bowls

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## DOMESTIC VIOLENCE: HOLDING COMMUNITIES ACCOUNTABLE



October is Domestic Violence awareness month. It is important that people understand that domestic violence is not limited to what happens in the home, what happens between married couples or partners. Domestic violence occurs in a dating relationship, or any situation where a relationship has occurred in the past or is presently active.

Instead of communities being judgmental of survivors and those presently in domestic violence situations, they should be supportive. How many times have we heard "It's none of my business what goes on in their house." Or I saw what was happening but I was not going to get in the middle of it" only to find out the victim wound up in the hospital or in the morgue when a call to 911 may have saved a life. A common question people ask in domestic violence situation is "why can't they just leave? Why would they stay knowing they could be harmed? If there are no safe places to go, if they have no money. If they are dependent on their abuser, if they have children to keep safe, they will not leave.

Holding communities accountable by making sure there are safe places established for domestic violence victims to go when they are in crisis is just one step in supporting survivors and victims. Keeping in mind abuse occurs among siblings, and other relatives. It is not limited to couples. One of the domestic violence situations on the rise today involve senior citizens being abused by care takers.

Being accountable means recognizing the possible signs of an abusive relationship, no matter who is involved so that resources can be given. There are many signs some of which are:

- ❖ Fear of a person you have a relationship with. Feeling as though you have to watch what you say around someone in fear of them blowing up.
- ❖ Fear of humiliation or being put down by someone.
- ❖ Being made to feel you can't do anything right
- ❖ When someone isolates you from your family and friends
- ❖ Showing signs of depression, use of alcohol or drugs

- ❖ Attempting suicide
- ❖ Unexplained injuries

Besides the obvious physical injuries, domestic violence can lead to depression, anxiety, panic attacks, substance abuse and post-traumatic stress disorder. Abuse also might trigger suicide attempts or psychotic episodes.

### **DOMESTIC VIOLENCE RESOURCES:**

- EMERGENCY: Call 911 or local law enforcement agency
- NATIONAL DOMESTIC VIOLENCE HOTLINE: 800-799-7233
- SMS: Text START to 88788
- DOMESTIC VIOLENCE FOR SPIRITUAL LEADERS AND LAITY: Contact Rev. Jerri Mitchell-Lee to request a copy.

ALSO CHECK YOUR LOCAL RESOURCES FOR DOMESTIC VIOLENCE SUPPORT



### **KUUMBA HEALTH INSTITUTE**

**Specializes in stress, Life transitions, coping skills, and more for Adults and Teens.**  
**American Sign Language spoken**

**Sacred Walker, MDiv, P-RDT, RMO**  
**41 Schermerhorn Street, Brooklyn, NY 11201**  
**716-238-2025 or 929-277-2550 [info@khcoaches.com](mailto:info@khcoaches.com)**

# **ADVOCATING FOR YOURSELF WITH YOUR MEDICAL CARE PROVIDER**

**Reverend Lynn Duhart - #wearethemovement**

The average doctor's visit is 15 minutes. You don't get every day to make the most of your 15 minutes. Your appointment is YOUR time to get the help and care you deserve.

To get the most out of your appointment, it is important to learn how to effectively communicate and advocate for yourself about your health care. Gaining the knowledge and tools necessary to actively partner with your health care provider ensures that you make your treatment decisions together.

## 6 WAYS TO BE YOUR OWN HEALTH ADVOCATE

1. Understand how your health insurance works.
2. Don't be afraid to ask questions.
3. Maintain your records.
4. Review our medical bills for errors.
5. Know when a second opinion is necessary and do not be afraid to ask for it.
6. Take advantage of free preventive health care under the affordable Care Act.

**"Be accountable for your health."**



**October is Breast Cancer Awareness Month. Please remember to get your annual mammogram.**



# THE NUTRITION CORNER

## DEVELOPING A HEALTHY EATING PATTERN:

1. All food choices matter. Get adequate nutrients, and reduce the risk of chronic disease.
2. Focus on variety, nutrient density, and amount. To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts.
3. Limit calories from added sugars and saturated fats, and reduce sodium intake. Cut back on foods and beverages that are high in added sugars, saturated fats, and sodium. Aim for amounts that fit within healthy eating patterns.
4. Shift to healthier food and beverage choices. Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices. Choose foods you like to make healthy eating pattern shifts, easier to maintain,
5. Support healthy eating patterns for all. Everyone has a role in helping to create and support healthy eating patterns, at home, school and work and in communities.
6. As you age some foods may be better than others for staying healthy and reducing chances of illness.

## EATING PATTERNS:

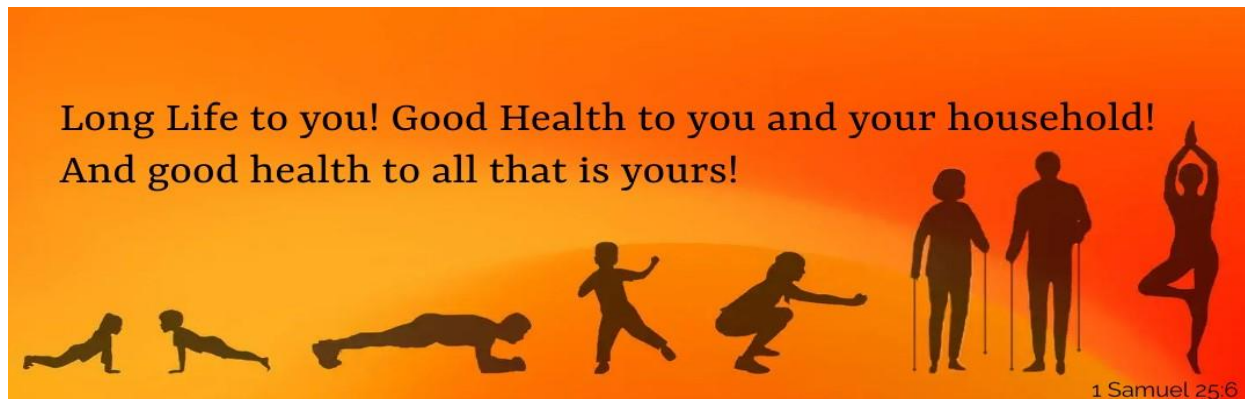
1. Healthy U.S. Style Eating Pattern: This eating pattern is based on the types and amounts of foods Americans typically consume, but in nutrient-dense forms and healthy portions. Nutrient dense foods give you lots of vitamins, minerals and fiber without a lot of extra calories. The main types of food in this eating pattern include a large variety of vegetables including dark green, red and orange vegetables; beans and peas; and starchy vegetables like corn); fruits; whole grains; fat-free or low-fat dairy; seafood, poultry, meat and eggs; and nuts, seeds, and soy products.
2. Healthy Mediterranean Style Eating Pattern: This pattern contains more fruits and seafood and less dairy than the Healthy U.S. Style. There is also less calcium and vitamin D because it includes fewer dairy foods.
3. Healthy Vegetarian Eating Pattern: This pattern contains no meat, poultry or seafood. It contains more soy products (such as tofu), eggs, beans and peas, nuts and seeds, and whole grains. It is somewhat higher in calcium and fiber and lower in vitamin D compared to the Healthy U.S.-Style Eating Pattern.

## SHAKE UP YOUR SALTY WAYS

Change your sodium palate. Start enjoying foods with less sodium. Monitor breads, cold cuts and cured meats. Look for lower sodium options and monitor pizza and processed poultry. Create pizzas with less cheese and meats. Add veggies to your pizza and add fresh poultry instead of fried, canned or processed foods. Monitor soups and sandwiches. One cup of canned chicken noodle soup can have up to 940 mg of sodium. Always check labels for sodium content.

## SIX VEGGIES YOU CAN GROW FROM KITCHEN SCRAPS

- ❖ **GREEN ONIONS:** The next time you buy green onions, cut off the white end. Plant this piece, which should be about an inch long, in a small pot filled with good soil. Make sure you put the side of the onion about ½ - inch deep with the tiny roots facing downward. Keep the pot in the sun and give it plenty of water. Within a week or two you will be able to snip off new growth, wash the onions, chop and enjoy. This method can also be used with lemongrass, fennel, and leeks.
- ❖ **LETTUCE:** Place extra lettuce leaves in a large bowl with a small amount of water. Put the bowl in the sun and moisten the leaves once or twice a week. New roots and leaves should grow within a few days. Transfer the roots into soil in the ground or a pot to grow a new head of lettuce. This technique can also be used with cabbage and bok choy.
- ❖ **BULB ONIONS:** Cut off a 1-inch-thick piece of the root base. Plant it directly in potting soil, either in a container or in the ground outdoors. Keep the top of the onion scrap exposed to the light and keep the soil moist. A new onion takes about 3-4 months, or you can trim and use the green that grow.
- ❖ **GARLIC:** Take a garlic bulb and remove the cloves to plant in the garden or a pot. Place the cloves 4-5 inches apart with the pointy side up. If you plant the garlic in a container, you can harvest garlic greens all year long. If you plant the garlic outdoors, do it in the early fall before frost occurs. The following fall, you will be able to harvest fresh garlic bulbs.
- ❖ **BASIL AND CILANTRO:** Remove the stems and bottom leaves. Place them in a cup of warm water with the cut side facing down and place it in the sun. When you notice roots growing, you can transfer your basil or cilantro to the garden or a pot.



## FARMERS MARKET PASTA SALAD

One of the joys of a great weekend is taking a trip to the local farmer's market, Farmer's Market Pasta Salad shows off all the wonderful finds in a single dish. Farmer's Market Pasta Salad is quick, easy, and delicious, and it always makes supporting local growers even more fulfilling.

### INGREDIENTS

1. 2 cups baby tomatoes halved, 2 small zucchinis, thinly sliced into half-moons, 1 small red bell pepper cut into thin strips, 1 cup fresh corn kernels, ½ cup green onions thinly sliced, ¾ cup lemon vinaigrette, 2 8 oz packages penne pasta, 2 cups chicken breast, shredded.

### DIRECTIONS

1. Toss the tomatoes, zucchini, bell pepper, corn, green onions, vinaigrette in a large bowl.
2. Let the mixture stand for 10 minutes
3. Prepare the penne to al dente.
4. Drain the pasta and add hot to tomato mixture
5. Add chicken (optional) to tomato mixture and toss until everything is coated
6. Season to taste



**Seeking Spirituality  
through  
Kitchen Karma  
COOKBOOK**

IF YOU HAVE MADE A HEALTHY  
CHANGES TO YOUR FAVORITE  
RECIPES OR HAVE ANY HEALTHY  
LIVING RECIPES TO SHARE, BE A  
PART OF THE CHANGE OTHERS  
NEED TO SEE!!!

UFC  
WELLNESS PROJECT

Submit  
**Healthy Living  
RECIPES**  
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@  
thenewark3@gmail.com

LOOKING FORWARD TO  
READING YOUR RECIPES...  
BE WELL...



# services

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- Volunteer Service & College Internship Programs



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**[www.minorityaidsproject.org](http://www.minorityaidsproject.org)**



# HOW WALKING ON LAND AND SWIMMING/EXERCISING IN WATER BENEFITS PHYSICAL AND MENTAL HEALTH

**Walking** 30 minutes a day can reap major rewards with or without a walker. Walking or exercising in water provides less stress on the joints and more range of movement. Monitor your time.

## **BENEFITS OF WALKING:**

**WORKS YOUR MUSCLES:** Walking targets your quads, hamstrings, glutes and calves. Muscles on the front of your legs do the work when you are walking uphill. The muscles on the back of your legs do the work walking downhill. This can lead to greater physical activity throughout the day.

**DECREASES STRESS:** Walking can decrease stress levels by giving you a break from your daily stressors, helping you become more mindful. It also strengthens joints.

**LOW IMPACT EXERCISE:** Running, jumping rope are great forms of exercise, but for people who have pre-existing soft tissue injuries, that form of exercise may not be suitable. That's where walking on land or in water comes into play. A great form of low impact exercise, accessible to people of all ages and fitness levels. Walking is not only easy on the joints, but can strengthen them as well. Walking causes the muscles around the joints to contract and relax, helping them to strengthen and become stronger. This helps to prevent joint wear and tear.

**HELPS COMBAT ANXIETY AND DEPRESSION:** Walking can help relieve symptoms of anxiety and depression. Walking helps you focus more on the moment and less about what is causing the anxiety. It can help with depression because movement gives you endorphins, which can lead to happier feelings and thoughts. To be clear do not stop taking existing medication for anxiety or depression without consulting your health care provider. Walking is a supplement, not a replacement for a treatment plan.

**CAN REDUCE RISK OF HEART ISSUES:** According to the American Heart Association, walking 30 minutes a day can help reduce the risk of heart attack.

**ENHANCE YOUR WALKING ROUTINE:** Take it outside. Don't walk and work. Consider tracking your steps. Moderate intensity. Walk multiple times a day if needed.

**IF YOU HAVE NOT BEEN ACTIVE AND WANT TO BEGIN A WALKING ROUTINE CONSULT  
YOUR HEALTH CARE PROVIDER FIRST.**



# Outrageous Outreach



**5<sup>th</sup> ANNIVERSARY**

**NOVEMBER 2017-2022**

**CELEBRATE WITH US**

**5 YEARS OF SERVING THE  
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## **OUTRAGEOUS OUTREACH**

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**Resource Services**

**Rev. Jerri Mitchell-Lee, Executive Director**

**WELLNESS IS AN ENERGY**

**[Reachingout65@gmail.com](mailto:Reachingout65@gmail.com)**

**"Rarely if ever are any of us healed in isolation. Healing is an act of communion."**

**Bell Hooks**