

# THE WELL

SPIRITUAL & MENTAL WELLNESS  
WITH LADY UMEKA

April 2025



## "Peace Be Still: Finding Calm in the Midst of Chaos"

*Grace and peace to you!*

Welcome to this month's edition of The Well: Spiritual & Mental Wellness, where we come together to refresh our hearts, renew our minds, and restore our spirits through faith and wellness.

April ushers in a season of reflection and restoration. It's **Stress Awareness Month**, a time for us to intentionally **slow down**, **breathe deeply**, and **invite God's peace into every area of our lives**.

Life can be demanding, from ministry work and career responsibilities to family obligations. But God calls us to something higher: **to rest in Him**. As we walk through April, let us anchor ourselves in **faith, focus on our well-being**, and remember the sacred truth that our minds and hearts were not meant to carry everything alone.

*"The Lord gives strength to his people; the Lord blesses his people with peace." — Psalm 29:11*

Even in our most stressful moments, God's strength is steady and unwavering. He not only equips us to endure but also quiets the chaos around us with His perfect peace. When we lean into His Word, we are reminded that true peace isn't found in our circumstances, it's found in His presence.

This month, join me in embracing stress relief through the **Word, worship, and wellness practices** that bring healing to our whole selves, body, mind, and spirit.

*With love and blessings,  
Lady Umeka*

In this newsletter  
you can expect:

Welcome  
Message from  
Lady Umeka

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& Know"

Ten-Day "Calm  
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Church &  
Community  
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Initiatives



## Faith & Wellness Focus: Peace That Passes All Understanding

### Faith & Wellness Focus: **Peace That Passes All Understanding**

**Scripture Reflection:** "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God which transcends all understanding, will guard your hearts and your minds in Christ Jesus."  
Philippians 4:6-7

Stress is a natural response, but God offers us a supernatural solution. As believers, we have access to peace through prayer, stillness, and surrender.

This April, consider practicing:

✅ **Daily Devotionals** on peace and God's promises

🍏 **Intentional Eating:** Incorporate calming foods like leafy greens, berries, and herbal teas

☀️ **Morning Mindfulness:** Start your day with prayer, deep breathing, and scripture

🎵 **Sacred Soundscapes:** Listen to instrumental worship music to calm the nervous system

🌿 **Prayer Walks:** Move your body while communing with God

**Remember, stress may come, but it doesn't have to stay.**



## Mental Health Corner: "Be Still & Know"

**Scripture Reflection:** *"Be still, and know that I am God."* – Psalm 46:10

We often equate productivity with worth, but God reminds us that stillness is sacred. Stress impacts our minds, but faith can reset our focus.

### Ways to manage stress with God's grace:

- 🙏 **Breath Prayers:** Inhale "Jesus, I trust You," exhale "You are my peace."
- 📖 **Scripture Journaling:** Reflect on scriptures about rest and peace
- 🕯️ **Create Sacred Space:** Light a candle, set intentions, and be present with God
- 🚫 **Let Go of the Need to Do It All:** God's grace covers what we cannot

**"Remember, this too will pass. No thoughts are facts. Let God be your anchor."**



## Ten-Day “Calm in Christ” Challenge

This 10-day challenge is perfect for individuals, small groups, or families.

### **Day 1: Pray over your week**

Ask God to remove any heavy burdens.

### **Day 2: Stretch and Speak**

Recite Psalm 23 aloud while stretching your body to relieve stress and tension.

### **Day 3: Hydrate with intention**

Drink water and thank God. As you hydrate, take a moment to thank God for His daily provision and the simple things that keep you going. Let each sip be a reminder that just like water refreshes your body, His presence refreshes your soul.

### **Day 4: Release It: Forgiveness letter**

Write a letter of forgiveness to yourself or someone else.

### **Day 5: Go screen-free for 1 hour**

Spend that time in the Word.

### **Day 6: Speak Life**

Speak peace over your household every room.

### **Day 7: Rest and Recharge**

Rest without guilt. Say “no” and protect your peace.

### **Day 8: Worship Outside**

Sit outside and feel the wind, sun, or rain. Read, Pray, Sing or just “Be Still”

### **Day 9: Encourage**

Encourage a friend dealing with stress. Pray with them.

### **Day 10: Reflect and Grow**

Reflect on what God has taught you about rest and renewal.

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## Seeking Counseling Services? We're Here to Help.

If you or your loved ones are in need of professional counseling, the Bridging The Gap Foundation is ready to assist.

They offer affordable counseling options for adults and no-cost services for children and teens (18 and under).

Let us help you find the support you need. For more information, visit [www.btgf.org](http://www.btgf.org).



**BRIDGING THE GAP FOUNDATION**

*Making Access to Care a Reality*

**BRIDGING THE GAP FOUNDATION**

**ABOUT BTGF**  
Our Mission

To address the disparities associated with mental health and access to quality care within underserved communities.

**Our Vision**  
A Dallas where there is mental health parity and equal access to quality mental health treatment regardless of demographics, ethnicity, geography, or socioeconomic status.

**WE CAN HELP!**

**WHAT WE OFFER**  
Access to culturally competent mental health professionals.  
Funding for ten (10) professional counseling sessions

**WHO WE SERVE**  
Adults, Adolescents, and children ages 11 and older  
Overlooked, underinsured, and uninsured residents of Dallas and the surrounding area.

**WHAT TO EXPECT**

- Acknowledgment
- Advocacy
- Assistance
- Non-judgmental listening approach
- Support
- Transparency

**CONTACT US NOW**

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**YOU ARE NOT ALONE**

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*Thank you for reading!*