

# THE WELL

## SPIRITUAL & MENTAL WELLNESS WITH LADY UMEKA

◆ December 2025



**"MAY THE GOD OF HOPE FILL YOU WITH ALL JOY AND PEACE AS YOU TRUST IN HIM, SO THAT YOU MAY OVERFLOW WITH HOPE BY THE POWER OF THE HOLY SPIRIT."**

— ROMANS 15:13

## “Holding onto Hope, Peace, and God’s Unfailing Love”

### Grace and peace to you

Welcome to this month's edition of *The Well*, a place where we gather as a church family to refresh our spirits, breathe deeply, and rest in the presence of God during this meaningful holiday season.

December is often filled with celebration and togetherness. It can also stir feelings of reflection, longing, and quiet grief. As a church family we have walked through many emotional moments this year.

God has remained faithful in every one of them. His love has held us. His peace has carried us. His hope continues to give us strength for each new day.

My prayer is that *The Well* becomes a gentle reminder that God meets us with compassion wherever we are. Whether your heart feels joyful, heavy, hopeful, or somewhere in between, God's unfailing love covers it completely.

### **“The Lord is close to the brokenhearted.” Psalm 34:18**

May this season draw you closer to His peace, His presence, and His promises.


  
 With love, honor and gratitude  
 Lady Umeka

### In this newsletter you can expect:

Welcome Message from Lady Umeka

Faith & Wellness Focus: Peace That Holds Us Together

Mental Health Corner: Hope for the Healing Heart

Health Awareness: Winter Wellness and Immune Support

Monthly Challenge: Ten Day Holiday Peace and Gratitude Challenge

Church & Community Wellness Initiatives



## Faith & Wellness Focus: Peace That Holds Us Together

### Faith & Wellness Focus: Renewing The Mind

**Scripture Reflection:** "You will keep in perfect peace those whose minds are steadfast because they trust in You." Isaiah 26:3

***The holidays can bring emotional highs and lows, but God's peace remains constant. It is steady, strong, and anchored in His presence.***

This month consider practicing the following

- 🕯 Set aside quiet time for Advent meditation
- ☕ Slow down and savor moments intentionally
- 📖 Reflect on scriptures that speak to comfort and peace
- 🎵 Fill your home with peaceful worship
- ☀ Begin your day with prayer and deep breathing

**Peace is not the absence of challenges. Peace is the nearness of God.**

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## MENTAL HEALTH CORNER: HOPE FOR THE HEALING HEART

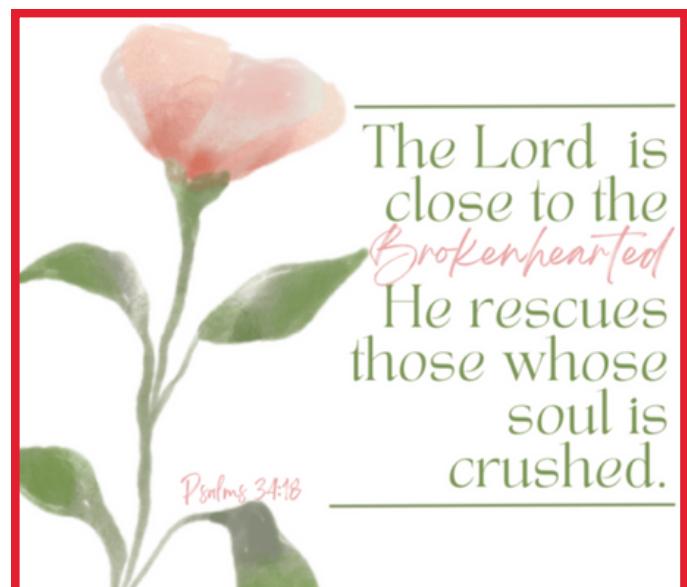
### Scripture Reflection

"He heals the brokenhearted and binds up their wounds." Psalm 147:3

Grief can become more noticeable during the holidays. Memories, traditions, and moments of stillness often bring emotions to the surface. Grief does not mean we are without hope. It reminds us that love has left a lasting imprint.

### ***This season give yourself permission to***

- ❤ Feel what you feel
- 🕯 Honor your loved ones through reflection or special reminders
- 🙏 Offer breath prayers
  - Inhale Lord be with me
  - Exhale Cover me with Your peace
- 📖 Lean on scripture when your heart feels tender
- 💛 Extend yourself grace as healing is not a straight line



**God's love does not skip over sorrow. God sits with us in it.**

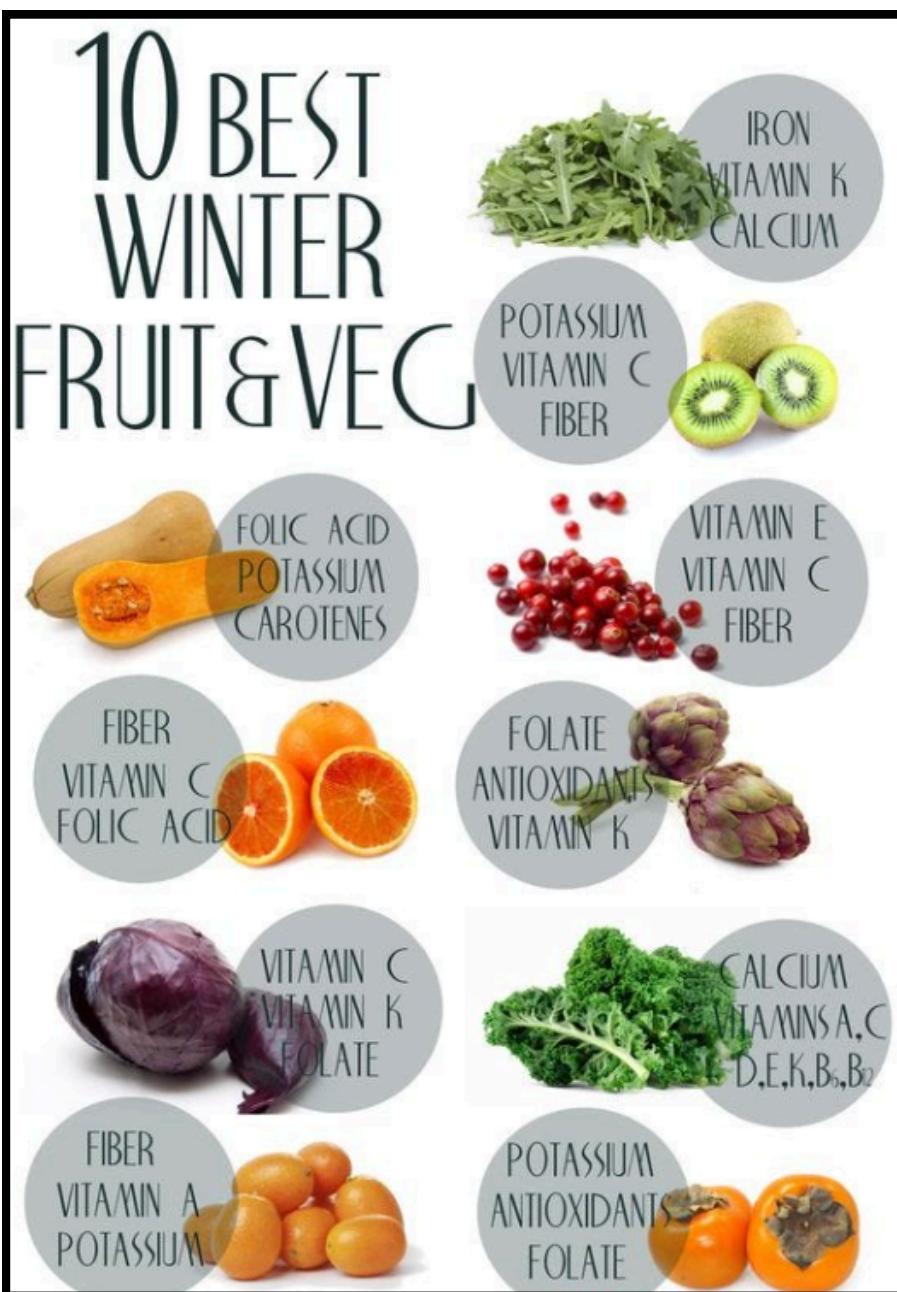
# HEALTH AWARENESS: WINTER WELLNESS & IMMUNE SUPPORT

As we move through the colder months, our bodies often work harder to stay balanced and healthy. December is a wonderful time to slow down, nourish yourself, and care for your immune system with intention. God created our bodies with incredible resilience, and we honor that gift by giving ourselves what we need to stay well.

Colder months can place added stress on the body. Support your immune system through rest, hydration, and nutrient rich foods.

- Drink plenty of water throughout the day
- Add fruits and vegetables that support immunity such as oranges, berries, greens, and sweet potatoes
- Wash hands regularly to reduce the spread of illness
- Prioritize warmth and dress in layers when temperatures drop

Small choices make a meaningful difference. Protecting your health this season allows you to show up for yourself, your loved ones, and your faith community with strength and peace.



# Ten Day Holiday Peace & Gratitude Challenge

The holiday season can bring a mixture of joy, reflection, and tender emotions. Creating intentional moments of peace and gratitude can help steady the heart and draw us closer to God's presence.

This simple ten day challenge is designed to support your spiritual, emotional, and physical well-being during a busy and often emotional time of year. Each daily practice is gentle, meaningful, and easy to complete, allowing you to slow down, breathe deeply, and experience God's love in practical ways.

- Day 1 Pray for God's peace over your week
- Day 2 Write a gratitude list
- Day 3 Hydrate with intention and thank God with each sip
- Day 4 Light a candle in honor of someone you love
- Day 5 Take a one hour break from screens
- Day 6 Speak blessings and peace over your home
- Day 7 Rest without apologizing
- Day 8 Worship outdoors and breathe deeply
- Day 9 Encourage someone who may be struggling
- Day 10 Reflect on what God has taught you this year

May these gentle practices create room for God's healing and hope.





## 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 low cost counseling options for children 11 and over and adults.

Let us help you find the support you need.

For more information, visit  
[www.btgf.org](http://www.btgf.org).



*Thank you for reading!*



**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!**

**CONTACT US NOW**

817-371-6577  
patrick@btgf.org  
PO Box 763724  
Dallas, TX 75376

<https://btgf.org>

**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

**YOU ARE NOT ALONE**

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