



## PASTOR'S CORNER

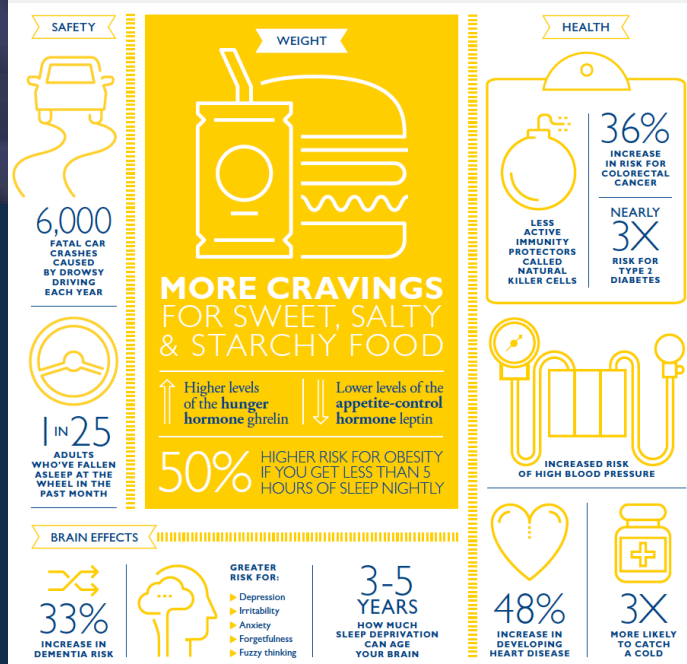
The theologian Brueggemann links Sabbath to God's behavior about His creation saying, "(a) that YHWH is not a workaholic, (b) that YHWH is not anxious about the full functioning of creation, and (c) that the well-being of creation does not depend on endless work."

We are all created in God's image and to live more we need to copy Him! It is the moment for us to find time to rest our hearts, to stop being anxious about the full functioning of "everything", and to start paying attention that most of our well-being doesn't depend on endless work.

Remember, "Jesus often withdrew to lonely places and prayed." Luke 5:16



## SLEEP DEPRIVATION EFFECTS



## How to get better REST:

- Stick to a sleep schedule
- Pay attention to what you eat and drink. Avoid caffeine and large meals before bedtime.
- Create a restful environment. ex. Remove TV from bedroom, limit social media at night, cool temperatures, etc.
- Include physical activity in your daily routine. ex. walking, jogging, group fitness classes, etc. \*\*Avoid exercise to close to bedtime
- Manage Stress. ex: meditate, prayer, organization, etc.
- Limit daytime naps

[www.mayoclinic.org](http://www.mayoclinic.org)

## ANNOUNCEMENTS

### NOVEMBER 5TH

- CREATION STUDY GROUP AND POTLUCK!

### TOPIC: REST

TIME: 1:30-3:30P. REGISTER WITH THE QR CODE.



- CO-ED FLAG FOOTBALL LEAGUE!!! IF YOU ARE INTERESTED, PLEASE TEXT 720-737-7888 BY OCT 25TH

from our CREATION SERIES:

## REST

"Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls."

Matthew 11:28,29





## Recipe Corner

### Turmeric Golden Milk for a Better Sleep | The Awesome Green

- 1/2 cup brewed chamomile tea warm
- 1 & 1/2 cup almond milk hot
- 2 tsp turmeric powder
- 1 tsp ashwagandha
- 1 tsp virgin coconut oil
- 1/2 tsp grated ginger
- 2 Black Peppercorns crushed
- 1 tsp cinnamon powder
- 1/4 tsp cardamom powder
- \*Optional 2 tsp raw organic honey or pure maple syrup for the vegan version



## Contact us:

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# OUR MISSION

*To educate , inspire, and grow our community in health, lifestyle, and prevention .*



## About Us

**Danielle King, Ministry Lead: RN/BSN, Health Coach, Certified Holistic Nutrition**

**Duleynis Collins: Service Account Manager, United Healthcare**

**Yalisa Rosa: Advent Health for Children's Pediatric Weight and Wellness Program**

**Ambar R. Marín López, MD: Emergency Medicine**

