



PASTOR'S CORNER

Trust comes when we are able to believe in something or someone. I remember my mom telling me, "if you play with fire you will ended up getting burnt". I could've trusted my mom but I decided to try it myself. Needless to say that getting burned was not a good experience. Pain was my teacher and I'm glad we have the capacity to learn with ours and other's experiences.

As the time went by, I have learned to trust my mom's experiences and knowledge.

God is calling us to trust Him. He knows it all and He is good! We don't need to go through pain caused by our own decisions to learn how to trust Him.

In the other hand, if you have learned with pain, share it, witness about the lessons you learned. You can become an instrument of healing with God's help.

(Central's flag football team, we've been learning!)



Ways to grow our trust in God

Even as Christians we may struggle to trust in God. It seems easier to trust Him when things are going well, but when things are tough and we are encountering difficult trials our trust may become scarce. It is important to practice ways to increase our trust daily and specially during those easier days instead of waiting until things are challenging. Trusting in God will contribute to better health. But how can we learn to trust in Him completely?

- Praying.
- Reading the Scripture and its promises.
- Hearing the testimony of others.
- Remembering what God has done in the past for you.
- Contemplating nature and God's wonders.
- Choosing God every day.
- Giving Him your worries daily.
- Letting Him take control.
- Refocusing on God when you get off course.

ANNOUNCEMENTS:

- FEBRUARY 19-YOGA FOR BEGINNERS
- FEBRUARY 25-TESTIMONY AND TEA
- MARCH 5 -WOMEN'S SEXUAL HEALTH BRUNCH
- APRIL 16TH: COCOA BEACH TRIATHLON

from our CREATION SERIES:



Trust in God

"Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths".

Proverbs 3:5-6





WHERE TO REGISTER FOR UPCOMING EVENTS:

- YOGA SIGNUP
[HTTPS://ORLANDOCENTRALSDA.CHURCHCENTER.COM/REGISTRATIONS/EVENTS/1636352](https://orlandocentralsda.churchcenter.com/registrations/events/1636352)
- TRUST IN GOD/TESTIMONY AND TEA
[HTTPS://ORLANDOCENTRALSDA.CHURCHCENTER.COM/REGISTRATIONS/EVENTS/1636552,](https://orlandocentralsda.churchcenter.com/registrations/events/1636552)
- WOMEN'S SEXUAL HEALTH BRUNCH-STAY TUNE FOR SIGN UP INFO.
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Cinnamon Vanilla Dandelion Tea Latte

- 1 cup hot brewed Teeccino Dandelion Dark Roast (see notes for other options // ensure gluten-free as needed*)
- 1 Tbsp raw cashew butter* (we used Artisana)
- 1-2 tsp maple syrup
- 1/2 tsp vanilla extract
- 1/8 tsp cinnamon

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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

Ju Artemes: CPT, Nutrition Coach

Alli Jones: Associate Director LabCorp in Environment, Health and Safety Field.

Contact us:

Phone : 720-737-7888

Email: livewellnessrn@gmail.com

Address: 624 Broadway Ave, Orlando, FL 32803

HEALTH AND WELLNESS MINISTRY

OUR MISSION

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

