

"Inspiring your Mind,
Uplifting your Spirit!"

Words
of
Essence

W.O.E. Update

Keeping You In The Know of W.O.E.

FEBRUARY 13, 2015

www.WordsOfEssence.com

WELCOME

BLACK HISTORY

HEALTH-E! YOU

YOUTH SPOTLIGHT

EVENT UPDATES

BIRTHDAYS/
ANNIVERSARIES

Words of Essence Update (February 2015)

Our Theme for 2015 is:

**"You are Destined to
Realize, Actualize and Materialize those Hidden Passions,
Creative Talents and Powerful Dreams in 2015"**

Welcome

Welcome to the **New and Improved W.O.E. update!** My name is **Lawanda Lee Anderson, president of Words of Essence, LCC.**

It's a New Year! Along with that comes re-evaluating your goals and expectations for how you desire to see this year go for you.

W.O.E. purposes to use these updates to **"Inspire your Mind" and "Uplift your Spirits"** with information to will help propel you forward into God's Unique Purpose for Your Life. So let's get started!

Check out our mini W.O.E. Update videos:

[JANUARY UPDATE](#)

[FEBRUARY UPDATE](#)

**Words of Essence,
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**"Inspiring Your Mind,
Uplifting Your Spirit"**

Happy Black History Month

Although
month of
Essence
African-

Our
Angelou
and one



we celebrate the Black History every day, the **February** is designated to focus on the Great of the complex struggles and successes of many Americans who have paved the way before us.

inspiration quote comes from the late **Dr. Maya who was a Poet, Author, Actress, Activist** who played so many other powerful roles.

She encourages us that **"No matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow."**

This motivates us to look beyond our current challenges and to continue to keep pushing forward, because things will get better soon.

HEALTH-E! You



W.O.E. aims to share information that will help us to become a **Better and Healthier You!** Our **Snack Fact** for this month is about **Carrots**.

Instead of eating a cookie, try substituting it for a carrot or two. **Carrots are extremely high in nutrients and low in**

calories.

Several centuries ago, carrots were primarily used for medicinal purposes long before being considered as food. So eat more carrots this year to enhance your health.

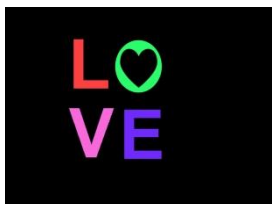
Youth Spotlight



We want to celebrate our **Youth who are doing exceptional things.**

If you are a **young person who has a major accomplishment to share**, feel free to email me your story and your contact information to godslove232@yahoo.com for a chance to be **featured during upcoming W.O.E. updates.**

Valentine's Day



Love is in the Air! **Valentines' Day** is quickly approaching us on **Saturday, February 14, 2015**. Make sure that you do something **SWEET** for the **One you Love.**

Just remember that the Greatest Display of Love was demonstrated to us in **John 3:16** when **Christ gave His Life for Us!**

Here are a few places to celebrate V-DAY:

www.WarmLyricsCafe.com - FEBRUARY 13, 2015 AT 7:30PM @ THE RALEIGH CRABTREE MARRIOTT

www.WOCCRtp.com - FEBRUARY 13, 2015 AT 7:00PM @ World Overcomers Christian Church

Gospel Showcase & Talent Show



Mark calendars for **Friday, October 23, 2015** for our **10th Annual Gospel Showcase & Talent Show.**

Early Information will be posted regarding **How to Become a Sponsor, Vendor & Talent Contestant** during this year's event by **2/15/15.**

Feel free to Check out **www.WordsofEssence.com** more information.

To check out last year's **9th Annual Gospel Showcase & Talent Show 2014** click the links below:

[2014 Gospel Event Highlights](#)

[2014 Gospel Showcase Commercial](#)

[Event Picture Gallery](#)

[2014 Sponsors/ Contributors](#)

Personal Highlight



On **2/5/2015**, yours truly was recognized by the **Heritage Center's Annual Black History program** amongst **Johnston County's "African-American Literary Figures."**

My information will be included in the Historical Records and my 2 books, "**Words of Essence**" and "**The Voices of Many**" will be displayed in the Center throughout the Spring.

Congrats to my mother, **Dr. Wanda Robinson Lee**, and several other authors being recognized for their wonderful achievements.

Birthdays/ Anniversaries



If you were born in **February**, we wish you a **Happy Birthday!!**

Also, if you a celebrating an **Anniversary**, you wish you many more **years of success in your Marriage and/or your Business!**

Special Birthday wishes goes to my husband, **Mike Anderson**, who celebrated 43 years of life on 2/4/15!

Conclusion

Be blessed and Stay tuned in for future W.O.E. updates purposed to "**Inspire Your Minds and Uplift Your Spirits!**"

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