

WELCOME TO THE  
**Overflow**  
*Faith. Food. Family. Fellowship*



## The Pour | Slow Down

**I've always wanted** a magazine, newsletter, SOMETHING in publication. In fact, before the likes of smart phones, social media, and AOL, I'd sit up in my room (hey Brandy), in pre-teen solitude, creating my own magazines from scraps of my mom's favorite magazines. You know them: Ebony, Essence, and Jet.

**A friend of mine**, who is featured in this issue, shared a wonderful strategy for goal setting. I caught her post right before I embarked on a social media detox. This strategy provided instant clarity for how I'd manage the performance anxiety, unfinished projects, slew of goals, and end of year fatigue overwhelming my entire being. But first, I needed to **SLOW DOWN**. Slowing down, amongst other strategies I'll share, gave me the motivation to finally start The Overflow, a newsletter of all things faith, food, family, and fellowship....

**just like my mom's magazines** I'd read in adolescence. I'd sit in the middle of my bed utterly content, ankles crossed (long before this gesture would make my feet go to sleep), flipping through pages and pages of black excellence that made me feel a sense of belonging, pride, and being grown :). I pray this publication does the exact same.... *more on p.2*

## In this newsletter

### YOU WILL FIND

- The Pour:** Slow Down | Strategies for the Overwhelmed
- Kitchen Therapy™:** My Mom's Award Winning Chili Recipe
- Stay Full:** a Restaurant Must-Experience | Sorellas VB
- Celebrate:** Letrice Okai | Okai Fabrics
- Coach's Kitchen:** Wisdom from my Man, Javon Callier



*& more. Keep reading*

# Slow Down *cont...*

"ARE YOU TIRED? WORN OUT? BURNED OUT ON RELIGION? COME TO ME. GET AWAY WITH ME AND YOU'LL RECOVER YOUR LIFE. I'LL SHOW YOU HOW TO TAKE A REAL REST. WALK WITH ME AND WORK WITH ME—WATCH HOW I DO IT. LEARN THE UNFORCED RHYTHMS OF GRACE...."  
MATTHEW 11:28-30

**I had a dream** I was at an airport, feeling like I missed my flight home. At some point, I realized I was in Norfolk but I was still scrambling and hurrying around. I paced past a couple who were posturing themselves to bow and pray in the airport.

After continuing to hurry and pace around, I finally calmed down—like I felt myself calm down in the dream, realized I was already home, and said, "Oh! I'll just ask my mom to come get me." In reality, home is about 25 minutes away from the airport.

I knew what the dream meant as soon as I woke up.

Maybe you're like me; "grindin' all your life, sacrificed, hustle paid the price," praying that some day it'll all pay off, and you'll arrive at the destination in your head.

**Sometimes**, our eyes are so focused on the destinations in ours heads (the future) that we can't see we're already home; present in an answered prayer.

My 20s were fast paced. I ran from here to there. I had to. I was a full time college student, a full time employee, and a full time single mom of 2 under 2 by the time I was 22.

So maybe my feet are used to hurrying and my brain is used to scrambling. And maybe I've found a little validation in busyness and hurrying—makes me feel like a boss and maybe my neural pathways find comfort in the scrambling. *more on p. 3*

## *Feels Like.....*

Someone twice your weight stepping on your toes then embracing you in the best bear hug and they smell good. Everyone should read this book.

The sigh you let out when you take the first sip of coffee after waking up before everyone in your clean, quiet house..

The best girls night with your friends as they spill all of their latest tea. I'm vicariously living through these characters right now.

## B's Book Club

NOT A REAL CLUB. JUST BOOK RECOMMENDATIONS.



# Slow Down *cont...*

The beautiful struggle of my 30s has been learning a new pace now that I have self-sufficient teenagers, my own business, and a husband who is amazingly supportive and helpful; yet, seemingly not hurried by anything.

From December 23rd to about January 10th, business is known to be slow for many establishments. We have seized this time as our holiday break every year.

It is a time of celebration, rest, and uninterrupted time with family. It is also the time of year, I start feeling the seasonal blues. I begin reflecting on what I haven't accomplished in the past year, the prayers that went unanswered, and planning for the coming year to make myself feel better.

All of which pulls me away from the celebration, rest, and uninterrupted time with my family.

Before I could even start my mess, God sent me the aforementioned dream to slow me down and this holiday break was one of the best I have had in many years.

On January 1st, I was having a great time with family, very much present and home but baby, by January 2nd, my goals were back tapping me on my shoulder, rushing me. I came across a social media post by Letrice Okai and she gave a strategy on goal setting and vision planning that is so practical and effective. I hope you'll try it:

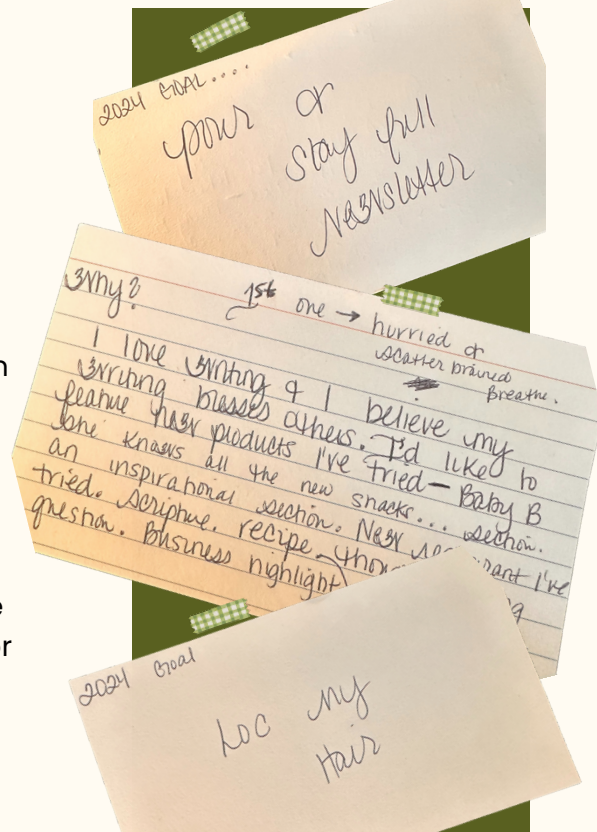
She explained that she "picked up a stack of index cards, wrote one goal on each card, and wrote why she wanted to accomplish said goal on the back.

I did exactly as she instructed, prayed over my notecards, and left them in my office with the resolve that I will accomplish these goals when I'm supposed to accomplish these goals.

**I'm pacing myself.** That looks like whispering, "slow down Brittney. You have time," multiple times a day. It looks like intentionally spending more time with God and myself, deep breathing to regulate my nervous system, and gently challenging myself to do what I can and lean on God for the rest.

Rewiring my brain.  
No more hurrying and scrambling.  
Just sitting and breathing at Jesus' feet  
To stay full.  
Purifying my intentions even the more.  
Unforced rhythms of grace.  
Learning a new pace.  
For the days to come  
to serve from the overflow.

pour & stay full,



## STRATEGIES FOR THE OVERWHELMED

**MINDFUL BREATHING-** BREATHE IN QUIETLY THROUGH YOUR NOSE FOR 4 SECS, HOLD FOR 7 SECS, AND EXHALING FORCEFULLY THROUGH PURSED LIPS FOR 8 SECONDS.

**BRAIN DUMPING-** THROUGH WRITING OR TYPING, CREATE MULTIPLE TITLED DOCUMENTS AND EXPRESS YOUR THOUGHTS AND IDEAS WITHOUT RHYME OR REASON WITHIN EACH TITLED DOCUMENT. A MULTISUBJECT NOTEBOOK OR THE APP [MILANOTE](#) IS GREAT FOR THIS.



CELEBRATE  
**Letrice Okai**  
*Okai Fabrics founder*

**FAVORITE FOOD:** HOT WINGS

**HOW SHE STAYS FULL:** CURRENTLY, I'M ACTIVELY FOCUSING ON UNLEARNING THE MYTH THAT PUTTING MY OWN NEEDS BEFORE OTHERS IS SELFISH. IT ISN'T. IT'S CALLED SELF PRESERVATION. THE BIBLE TELLS US TO LOVE OUR NEIGHBOR AS WE DO OURSELVES AND IN TIMES PAST, I HAVE LOVED OTHERS MORE THAN MYSELF SO I'M LEARNING HOW TO SAY NO AND BE COMFORTABLE AND CONFIDENT IN THAT NO. I'M LEARNING HOW TO REMOVE THE WEIGHT OF FALSE OBLIGATIONS AND WHICH BATTLES ARE NOT MINE. IT'S UP TO ME TO STAY FULL BY KEEPING THIS IN REGULAR PRACTICE.

## wife.mom.creative

I started Okai Fabrics in March 2016. At that time, my Ghanaian-native husband and I were married for 2 years but living on separate continents as we were waiting for immigration to allow him to join me in the states. I was battling depression because I missed him dearly and just wanted to be united with him. I woke up one morning with the idea of starting a business with my husband. By starting the business, I knew I would feel connected to him. After being apart for 4 years, my husband finally joined me in the states and I thought of dissolving Okai Fabrics because I thought its

purpose was over. That was until God reminded me of the years I battled depression and how I would never wear colors or bright prints because I wanted to hide in the shadows and in the back of the crowds. God reminded me of the times I lacked confidence and self esteem and it wasn't until I began praying for God to show me how He sees me that I started being confident in who He made me to be. That confidence started causing changes in my wardrobe. I stopped hiding and started wearing color. He reminded me that there are still women who feel how I felt and are struggling to find their confidence and walk boldly in who .

they have been created to be. There are women who need a role model and an example of the life changing power of God and how He can take something that others have devalued, tossed aside, even tried to hide, and mold it into something beautiful. It is now my mission to deposit seeds of confidence in the form of fashion.



**ROXIE HEADWRAP | \$28**



**AMAYA REMIX HEADWRAP | \$28**

**Give Her Flowers**  
*celebrate.follow.support.*



Instagram: @OkaiFabrics  
[www.instagram.com/OkaiFabrics](http://www.instagram.com/OkaiFabrics)  
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Website: [www.OkaiFabrics.com](http://www.OkaiFabrics.com)



**BLACK PRIDE EARRINGS | \$20**



## Mo's Award Winning Chili

SONG SUGGESTION: SLOW DOWN | IAMSON

### NEED:

- 1 tbsp olive oil
- 1 chopped sweet onion
- 1 chopped green bell pepper
- 1 LB ground beef (lean 93%) or turkey
- 2 tbsp all purpose flour
- 1/4 cup brown sugar
- 1 pack chili seasoning
- 1 can chili or kidney beans
- 1 can crushed tomatoes
- 1 bottle of Corona beer
- 1 big squeeze ketchup



### DO:

In a large pot, Sauté chopped veggies in olive oil over medium heat. When veggies are softened, add ground beef/turkey and brown. Sprinkle flour and incorporate. Add brown sugar, drained beans, chili seasoning, and crushed tomatoes. Stir. Cook for about 15 to 20 mins. Then add beer and ketchup. Let simmer for about 20 minutes. Serve with your favorite toppings.



## Stay Full

RESTAURANT MUST-EXPERIENCE

**Sorellas: An Italian Eatery**, opened December 21, 2023. Super Pressed, my sisters and I visited 9 days later. My full review is on Instagram.

[CHECK IT OUT](#)

## Coach's Kitchen

WISDOM COOKED UP BY CHEF & LIFE COACH JAVON CALLIER

What's up y'all and welcome to Coach's Kitchen!

Sometimes you have to come up for air and just breathe. Don't let your burdens drown you. Go to the Lord and cast them at His feet, let out a sigh of relief, and trust that God got you. He told you so in Matthew 11:28-30.

**WE'D LOVE TO SERVE YOU!**

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