

Essential News

Presented by:



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Resources



Candace Patrice
CEO

EssentialMotivation.com

Welcome!

I warmly welcome you to Essential News, where we aim to share things that are good through information that is healing, informative, and interactive. It is my goal to spread love throughout the world by doing good works myself. I am the first model of Essential Motivation's work, striving each day to live out the principles I share with others.

Part of that mission is sharing what is good within our community and supporting others who are doing good work as well. The best part is that all of this information is free, and I will never charge for it. So please share it with someone else so they can benefit too.

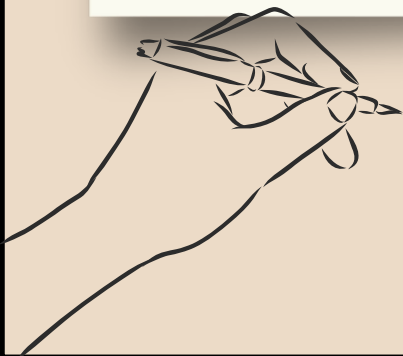
It is my hope that you find joy in what is shared here. For me, joy starts with Jesus Christ. That does not have to be your joy. Follow your own path and allow it to lead you to where you are supposed to be.

-Candace Patrice

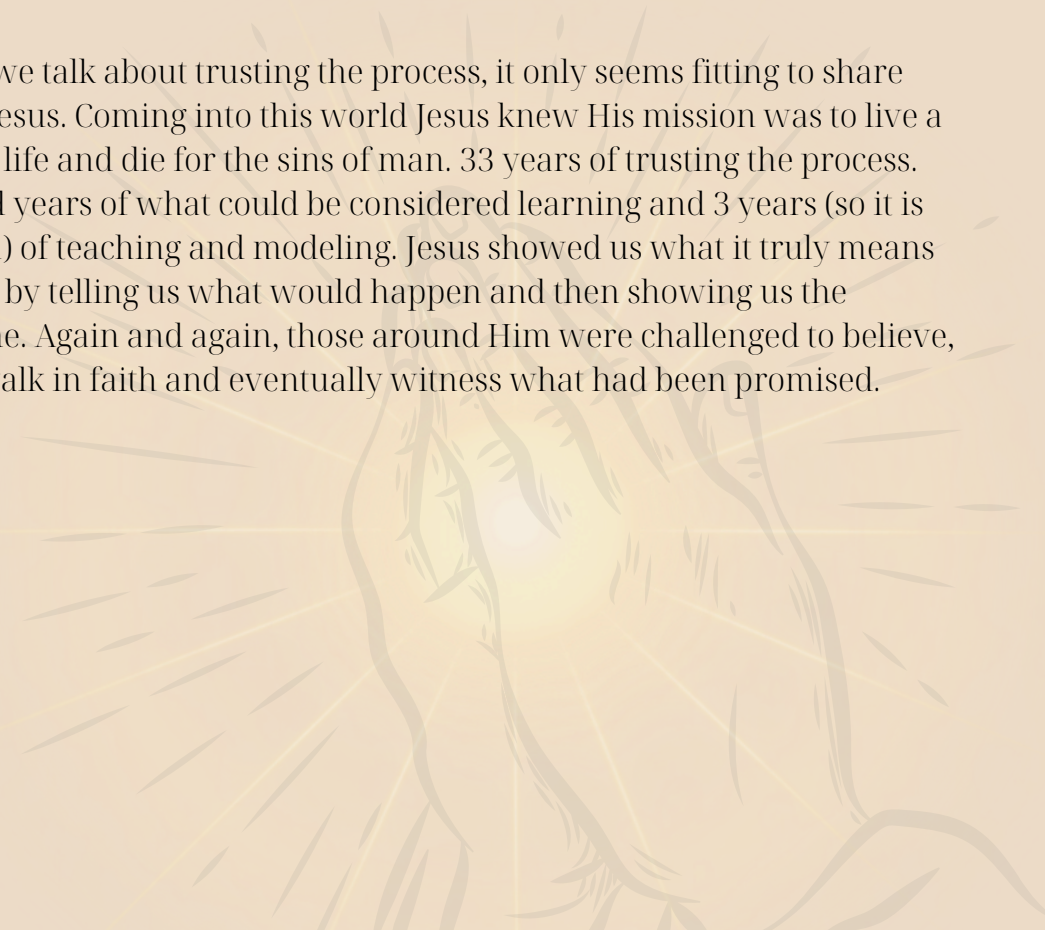
A Note From Candace



What a month! August was a reminder to trust the process and remember God has already provided everything that we need. Our job is to do the good works coupled with our faith to see the harvest. Last month, I went into planning the inaugural event for the Essential Love and Light Foundation (our nonprofit) very hesitant, not knowing if we would have the funds to bring the vision to life. The board came up with an amazing first community event, Poetry in the Park, and, of course, my brain created a massive vision for it. With limited funds, I thought, How do we bring this vision to life? Should we put it out there without clearly seeing the route to the destination? It took one trusted person who said “do it” and it activated my faith. So, we set the date and put it out there. Fear almost crept in because I would be devastated if we had to cancel, but I decided that cancellation was simply not an option. As a lady once told me in 2019, “we build the plane as we go, and then we take off.” And we did just that. We put in the work. We made the calls. We followed up. And along the way others became believers in the vision. Lowes, Home Depot, Target, Meijer, TCC Verizon and participants who bought tickets all invested in the vision in some way. We had everything we needed. Even up until the day of the event, what we needed continued to show up. It rained the morning of, and we had to pivot. It was scary but we continued to trust God. We got two no’s for potential space and then boom, the right person was asked and we ended up in a beautiful space in the Renaissance Marriott Downtown Detroit. The was 90 minutes before the start of the event. The space was perfect and the outcome was amazing. We set up until the moment it all started. Transformed Poetry in the Park to Poetry in the Palace! Remember, a game is still won at the buzzer. Have the vision. Trust the process. Do the work. Have faith. And as my good friends Eric Miachael and Duffy would say “Just Create”



A Christian Perspective to Trust the Process



When we talk about trusting the process, it only seems fitting to share about Jesus. Coming into this world Jesus knew His mission was to live a perfect life and die for the sins of man. 33 years of trusting the process. 30 solid years of what could be considered learning and 3 years (so it is written) of teaching and modeling. Jesus showed us what it truly means to trust by telling us what would happen and then showing us the outcome. Again and again, those around Him were challenged to believe, wait, walk in faith and eventually witness what had been promised.

Martha and Mary had to trust the process with Lazarus, even after he had died (John 11:1-44). The disciples had to trust the process of Jesus being raised from the dead (Matthew 28: 1-10). Jairus had to trust the process after receiving word his daughter was already dead. (Mark 5:21-43) The Roman Centurion had to trust the process that his servant would be healed without Jesus ever entering his house (Matthew 8: 5-13). The Royal official had to trust the process with his sick son being healed, even from a distance (John 4: 43-54). Each story and situation required faith before there was evidence. Whether your belief or faith is in Jesus, the universe or something else, there is something powerful about trusting the process of your faith and outcomes. Sometimes, faith is simply continuing forward when you can't see the entire path yet.



Essential Listening

Music has its own way of healing us. It makes us feel and gives us motivation for the mood we will carry throughout the day. This month's recommendation is...



Unwritten- Nitasha
Bedingfield

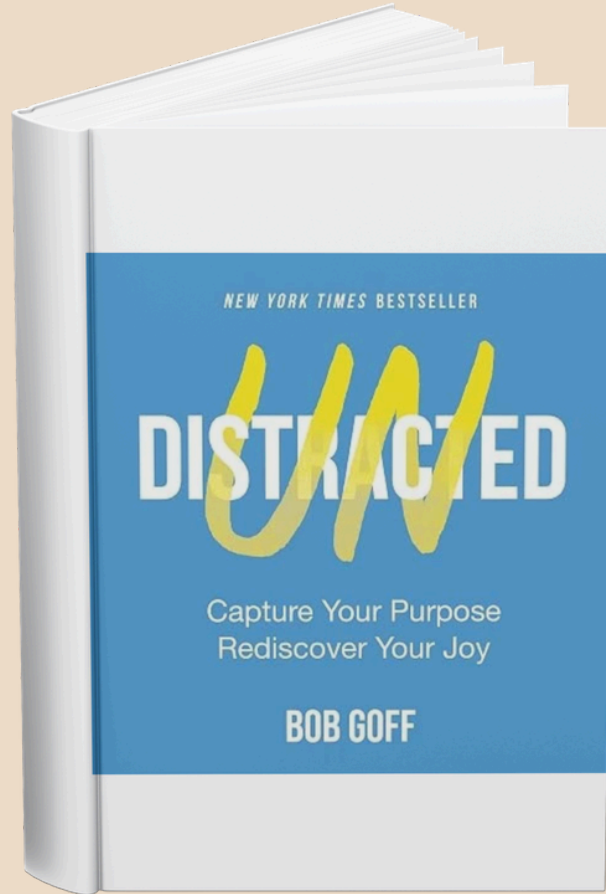


“Release your inhibitions, feel the rain on your skin.”

Essential Read

Undistracted: Capture Your Purpose. Rediscover Your Joy

By Bob Goff



[Purchase Here](#)

The world has never been more distracting—joy has never been more possible.

You live with a massive amount of distraction:

desperate headlines, smartphone scrolling, an endless to-do list

Not to mention the nagging questions in your heart:

Am I making the right decision? Am I with the right person? Will my past mistakes keep me from my best future?

Through the pithy and inspiring storytelling that has endeared him to millions, New York Times bestselling author Bob Goff invites you to laugh with more gusto, dream with more confidence, and love with more intention in this disarming call to live Undistracted.

Bob's stories are like the rumble strips on the road that make you suddenly alert to how far you have drifted from your lane. From visiting friends in San Quentin to accidentally getting into a stalker's car at the airport to establishing Uganda's first space program, Bob shows you the way back to an audaciously attentive life.

Your undistracted life is an adventure waiting to happen. What stories will you live with undistracted purpose and unstoppable joy?

Good News Around the World

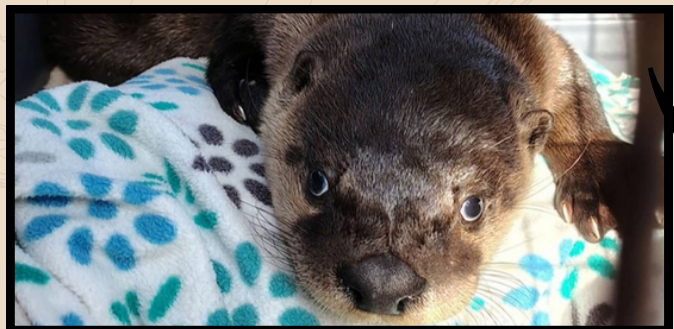
Click links for more details

Tribute to Dolly Parton: Country Music Star and Childhood Literacy Champion Giving Free Books to Kids (1946-2026)



Married 69 years, this philanthropic couple died 8 days apart—after giving away more than \$20 million from a hotel- and-property fortune

Man Saves Baby Otter with CPR: 'A life's a life, no matter what it is'



What's Good?

Kingdom Nights VII: The Finale

Kingdom Nights is not your average gathering, it's the most exciting Kingdom experience you will ever attend to date. It's clean, filled with the Holy Spirit and has multiple elements of praise and worship, concert, food, dance and conversations. It's really an all exclusive Kingdom Night. December 26th you can enjoy this moment in the seventh edition.

Detroit will light the city to look like Heaven! Follow Kingdomnightsdet on instagram and get your early bird tickets today.



Garden Theater Detroit, MI

Saturday, December 26 • 8 PM - 11:59 PM

Presale Tickets Early Bird- 49.87

Early Bird VIP 65.87

Early Bird Kingdom Nights Vendor- 193.92

Tickets on Event Brite

Instagram <https://www.instagram.com/kingdomnightsdet/>

Poetry in the Park

Poetry in the Park which went to Poetry in the Palace was an amazing event. The pivot from outdoors to indoors was nothing more than completely trusting the process! We had an intimate group surrounded around our lovely Love and Light Custom table. We broke bread together with our charcuterie board on the table and ate around the table. Everyone had an opportunity to share something that was near and dear to their hearts and we had conversations around it. One of the most special moments was when we created our collective poem. We each pulled a word and used it to create something special. Here's how it went.



I love you God cause you have giving me beautiful nature to admire everyday.
Being in nature makes me feel wholesome.
Many times when I sit in nature, I look at the sun, I feel the breeze as it hits my skin
and I practice my gratitude cheerfully with love.
Pour your heart into who and what you're passionate about,
Because for that is where healing begins.
I was chosen to be on this earth for a reason.
Light, the unicorns horn is so light it shines my day.
We are all here chosen for a reason, rather it's the flawed mother or the broken spirit,
we're worthy cause we're still breathing.
To be respected is to respect.
I'm not taking no negativity, lets do positive things.
And with no negativity, Everybody is beautiful in this world and in this room.
It's because of beautiful souls like this group that I can recreate my creativity.
I am so very thankful for the lessons and blessings in each and every one of you.

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Facebook

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Instagram

@candacepatricemotivates



Podcast

“Essential Mental Healing”



Mental Health Resources

Counseling and Therapy



Tuckerville LLC, Online and In-person sessions, Takes
insurance (See Website for details)

35230 E Michigan Ave, Wayne, MI 48184

Website

313.652.2432



*Nora Mental Health, Online and In-Person sessions, Takes
Medicaid*

17940 Farmington Rd Suite 215, Livonia, MI, 48152

Website

313.351.2098

Before we end, here is a reminder post to keep going...

<https://www.instagram.com/reel/DbQeOhmqCiV/?igsh=aWF2ZmdkNTUyZm03>

Thanks for reading!