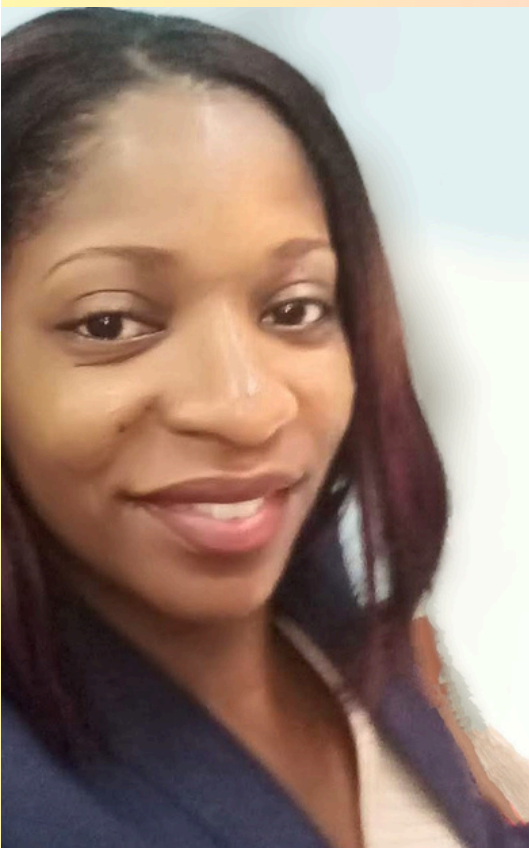


# UnHAPPY Never After

## NEWSLETTER

OLETHA PALMER- EDITOR



### **PROFILE**

Born and raised in a humble and God-fearing home, I understood what it meant to walk in the fear of the Lord. The second of three daughters of a Teacher and a Pastor, was a pretty interesting combination.

Life did throw some curve balls at me, some hit, and some I managed to duck. Through it all, I never lost my hope in the Lord, He has been faithful to me.

Currently, on my final lap of completing my Bachelor's in Theology with a minor in Business Management, this too has been a fight, but God; had to pause for a few months as I was dealing with my divorce.

So I understand what it feels like to be married, to be rejected, to be looked down on, to have to take up the pieces of your life and go forward, and most importantly to survive and trust in God Almighty.

He has never failed me, and He has placed in my life, the perfect family and amazing friends to support me all the way.

### TRENDING FOR THE NEXT QUARTERS:

- How to deal with the emotional and mental trauma after a divorce.
- Be fabulous- Fashion tips
- Get creative in the kitchen- cooking tips
- How does the church view divorce?
- Interview with divorcees
- How to pick up the pieces, the what to do, the what not to do.
- How to have a Christ centered life after divorce.
- Did you know....facts about divorce.

“By this I know that thou favourest me, because mine enemy doth not triumph over me.” Psalm 41:11

# UnHAPPY Never After

## NEWSLETTER

### The Overview

What is “**UnHAPPY Never After about?**” Well, this is about individuals whose marriages did not work out based on various circumstances. However, they are trying to maintain a firm balance, despite various challenges.

“**UnHAPPY Never After,**” will seek to help individuals go forward, one day at a time. From the interviewing of divorcees, and getting creative in the kitchen with cooking tips, to fashion tips, professional advice, and the perspective of the church.

I am sure you will be alright.

This Newsletter serves as a gentle reminder to you out there, that you are not alone.

As we all join hand in hand each one helps one.

My pastor friend reminded me, and I keep saying it, “**God does not like divorce but he loves the divorcees.**”

I look forward to seeing you lighting up my mailbox with your questions and comments, so for this week I will be sharing an awesome recipe with you, happy cooking.

Enjoy and again, see you in March!!!!

Thanks for reading.

[email-unhappyneverafter@gmail.com](mailto:email-unhappyneverafter@gmail.com)



### Recipe

Creamy Callaloo

Alfredo



#### Ingredients

- 4 cups Penne pasta, cooked
- 4 tbsp. Elle Vire Gourmet Butter
- 2 cups Elle & Vire Cooking Cream
- 1tsp. salt
- 2 tbsp. olive oil
- 1 large onion, chopped
- 3 cloves garlic, minced
- 1 tsp. McCormick basil
- 1 tsp/ McCormick Italian herb mix
- ¾ tsp. McCormick black pepper
- ½ tsp. McCormick red chilli flakes
- ¾ cup Mozzarella cheese
- 2 cups callaloo, chopped

#### Preparation

1. Heat butter over medium heat, add chopped onions and garlic then stir for a minute. Add basil, Italian herb mix, black pepper, and chilli flakes, and stir for another minute.
2. Reduce heat and add cream while stirring slowly. Once the sauce comes to a boil, add Callaloo, mix it well and let it cook for 2-3 minutes stirring continuously, then turn off the heat. Add Mozzarella cheese and stir.
3. Pour the sauce over pasta and toss.