

Tea Talk

By Joyce A. Whitaker, owner of the
Painted Lady Tea Room

Teas for the special times in our lives

Peppermint Tea: Warms the soul, aids a sore throat and soothes the stomach and intestines! These cold, dreary days and snowy nights are a constant reminder that we all have to work to bring joy and happiness to our lives. The recent viciousness of the weather and natural disasters leave us with one thought...there is a higher power that has the real control and we are being reminded to take notice.

Victorian Rose Tea: This floral bouquet reminds us of our femininity and nurturing ways. If there is one thing we can do to help others each and every day, I believe we are fulfilling God's will for ourselves. It is when we become selfish and self-centered that we have serious problems that weight us down and make us depressed. Each and every day we should give thanks for our blessings. Whether we call or visit a sick friend, bake a cake for our family or drop a "thinking of you" note to an elderly relative, these simple gestures benefit our spirit more than we realize. The most joy comes from giving to others...over and over we are taught this.

Earl Gray Lavender: This strong flavored tea aids resolve and brightens our outlook. A recent trip to Atlanta with my daughters and two of my granddaughters was the most enjoyable thing I have done in years. We loaded my van with CDs, bags of clothes and food and headed south to visit my oldest granddaughter. Once there, we reminisced, shared photos, cooked and ate, sang, joked and even danced as my two-year-old granddaughter entertained us with her giggles and attempts to follow our dance steps. This fun event reminded me that our children and grandchildren do take notice. As they grow up, they become like us. We are responsible for teaching them how to lead honest, grateful, giving and rewarding lives. I also learn from them each and every time I am with them. I am warmed by their independence, I am proud that they have the skills to overcome obstacles and I am thankful that God gave me the gift motherhood.

English Breakfast: A traditional full-bodied tea that invigorates the body. Having tea is enjoyed by mothers and daughters who are celebrating birthdays, promotions or special occasions. Granddaughters take their grandmother to tea, cousins go to tea to catch up on life and friends will sit for hours discussing old times and the future over tea. No matter how serious the conversations become, there are moments of laughter and a sweet smile throughout the time spent sipping tea. These quiet, intimate moments are the times that make lasting memories.

Joyce will answer your questions through this column. Email her at jwhitaker@A-TEA-ROOM.com or stop by the tea room.