Soulfood and Lemonade Surpasses 1 Million Spotify Plays and Downloads, Expands Mission of Hope

Founded by Delroy "Dellie" Souden in 2020, the independent podcast celebrates a major audience milestone, a shift toward inspirational programming, and the launch of gratitude platform Gratiday.com.



Newark, New Jersey Nov 17, 2026 (Issuewire.com) - Soulfood and Lemonade, the independent inspirational podcast hosted by media entrepreneur, author, and broadcaster Delroy "Dellie" Souden, has surpassed one million plays and downloads on Spotify, marking a major milestone in the program's

six-year journey.

Produced by EnSound Media, the podcast has evolved from a political commentary program into a platform dedicated to personal growth, emotional well-being, gratitude, faith, and the shared human experience. Its guiding message, "Food for the Mind. Hope for the Soul," reflects a mission to encourage meaningful conversations in an increasingly divided world.

From Political Commentary to Inspiration

Souden launched Soulfood and Lemonade in June 2020 amid a period of heightened political and social tension in the United States. Initially, the podcast focused on government leadership, public policy, and the challenges facing ordinary citizens.

In August 2026, Souden made a deliberate decision to redirect the program toward uplifting and inspiring audiences.

"When I launched Soulfood and Lemonade in June of 2020, it began as a political podcast. Like so many Americans at the time, I had a lot to say about the administration, its leaders, and the decisions affecting ordinary people," Souden explained.

"But somewhere along the journey, I began asking myself a different question: With so much anger, division, uncertainty, and noise surrounding us, what am I doing to help people find peace in their own lives?"

He continued:

"I realized that I could spend another hour talking about everything that was wrong with the world, or I could spend that same hour reminding someone of everything that is still worth living for.

"In August of this year, I made a conscious decision to change the direction of Soulfood and Lemonade. I wanted to move beyond the constant noise of politics and offer something more meaningful: words that uplift, encourage, and inspire people to recognize that even when life is difficult, there is still much for which we can be grateful."

The program now explores subjects ranging from emotional resilience and relationships to forgiveness, healing, setting healthy boundaries, and finding meaning in life's challenges.

One Million Plays and Downloads: A Milestone With Meaning

For Souden, the Spotify achievement represents more than an audience statistic.

"Behind every play is a real person with a real story. Someone may be listening while driving to work, sitting alone at home, recovering from disappointment, or simply trying to find enough encouragement to face another day," he said.

"If something I say helps that person find hope, change their perspective, or realize that they are not alone, then we have accomplished something far more meaningful than reaching a number on a streaming dashboard."

Souden credits the podcast's listeners, collaborators, supporters, and production team for helping make

the milestone possible.

A New Chapter: Launching Gratiday.com

The podcast's transformation has also inspired a new digital initiative.

On November 12, 2026, his 61st birthday, Souden launched Gratiday.com, a digital Calendar of Gratitude designed to help people incorporate appreciation, reflection, and positive daily habits into their everyday lives.

Built around the philosophy "Every Day Is a Gift," the platform offers 365 daily gratitude reflections, a personal gratitude journal, and tools that encourage individuals to recognize meaningful moments, appreciate everyday blessings, and reflect on their experiences.

Gratiday is designed for use on compatible computers, smartphones, and tablets, allowing individuals to make gratitude a regular part of their routines.

"On my 61st birthday, I wanted to do more than celebrate another year of life. I wanted to create something that might make a positive difference in the lives of others," Souden said.

"Gratitude should not be something we practice only on Thanksgiving, birthdays, or when everything is going well. It should be a daily practice. We cannot always control what happens around us, but we can become more intentional about how we respond to life's challenges."

Souden sees the two projects as complementary.

"Through Soulfood and Lemonade, I can share words of encouragement. Through Gratiday, I can help people put those words into action. My hope is that someone, somewhere in the world, will take a moment to reflect and discover even one reason to be thankful."

Independent Media With a Purpose

Founded in 1999, EnSound Media produces and develops independent content across podcasting, internet radio, digital television, and streaming platforms.

The company remains committed to creating programming that informs, entertains, inspires, and connects audiences across cultures and communities.

As Soulfood and Lemonade celebrates its Spotify milestone, Souden plans to continue expanding the program's reach and welcoming conversations that encourage greater understanding, compassion, and personal growth.

"I am not the same person who started this podcast six years ago, and I do not believe I am supposed to be," Souden reflected.

"Life teaches us, challenges us, humbles us, and sometimes redirects us toward a purpose we never anticipated. One million plays and downloads is a wonderful achievement, but it is not our destination.

"To everyone who has listened, shared an episode, or supported this journey, thank you. We are only getting started.

"Food for the Mind. Hope for the Soul. Every Day Is a Gift."

About Soulfood and Lemonade

Soulfood and Lemonade is an independent podcast hosted and executive produced by Delroy "Dellie" Souden. Established in June 2020, the program focuses on inspirational conversations, personal growth, relationships, emotional well-being, faith, and gratitude. New episodes are released Tuesdays at 4:00 p.m. Eastern Time.

Website: https://www.soulfoodandlemonade.com

About Gratiday

Launched November 12, 2026, Gratiday.com is a digital Calendar of Gratitude created by Delroy Souden to encourage daily reflection, appreciation, and positive personal habits.

Website: https://www.gratiday.com

About EnSound Media

Founded in 1999, EnSound Media is an independent media and entertainment company specializing in digital broadcasting, podcast production, streaming television, online radio, and original programming.





Media Contact

EnSound Media

*********@gmail.com

https://ensoundmedia.com

Source : EnSound Media

See on IssueWire