

Pearl Essence

Alpha Kappa Alpha Sorority, Inc.
Zeta Omicron Omega Chapter



Greetings from the President

Volume 4, Issue 1

March 28, 2015

This year's theme is inspired by the foundation that was laid in the 2014 theme, "Going Forward Prospering: All Hands on Deck!" Truly we did just that and continue to prosper in many ways. Thus, it was inevitable that the marvelous ladies of Zeta Omicron Omega were connected and equipped for the journey from a Divine Source beyond our own strength. This Source of true strength provided purpose and pursuit to accomplish all we did in 2014. Nevertheless, we are connected to our Higher Power, which provides us strength to endure and achieve the impossible. We, as sisters of this great sorority of Alpha Kappa Alpha, must embrace the concepts of our 2015 theme, "**Connections: Strengthening Sisterly Relations through Pearls of Service.**"

As President, I trust and believe that all of us will govern our actions and attitudes going forth, utilizing the word from the following scriptures of reference:

1 Peter 5:5 Likewise, you who are younger, be subject to the elders. Clothe yourselves, all of you, with humility toward one another, for "God opposes the proud but gives grace to the humble."

1 Peter 4:9 Be hospitable to one another without complaint.

1 Peter 4:10 As each has received a gift, use it to serve one another, as good stewards of God's varied grace.

1 Thessalonians 5:11 Therefore, encourage one another and build up one another, just as you also are doing.

Ephesian 4:2-3 With all humility and gentleness, with patience, showing tolerance for one another in love, being diligent to preserve the unity of the Spirit in the bond of peace.

We are a sisterhood, which means we are linked by a common interest. This common interest is service to all mankind and most importantly, to each other. In addition to being a sisterhood, we are pearls. Unlike other gems, a pearl is perfect and beautiful as well as an absolute gift of nature. Pearls are the oldest known gem and thought to be divine. We, the ladies of Zeta Omicron Omega, will continue to carry out the works of our founders. Our work shall reign supreme through our "**Connections: Strengthening Sisterly Relations through Pearls of Service**" within our chapter and communities.

Finally remember, "No man is an island, entire of itself; every man is a piece of the continent, part of the main." (*John Donne, Meditation XVII*)

Please take time to learn your roles and responsibilities. If you have any questions or concerns, please do not hesitate to contact me.

In the Spirit of Love,
Amanda Outlaw
Chapter President



Dates to Remember:

- March 2 – Pamela Williams's Birthday*
- March 3 – Michelle Gooding's Birthday*
- March 4 – Marilyn Cogdell's Birthday*
- March 9 – Janet Grady's Birthday*
- March 16 – Betty Little's Birthday*
- March 25 – Sarone Cannon's Birthday*
- March 29-Mother Daughter Banquet*
- April 3 – Shiela Lee's Birthday*
- April 3-21st Biennial Cotillion*
- April 8 – Veronica Barrett's Birthday*
- April 9-12 Regional Conference*
- April 29 – Jacinda Bryant's Birthday*
- May 6 – Hilda Boyd's Birthday*
- May 6 – Sherlene Gore's Birthday*
- May 14 – Iris Jones-Nelson's Birthday*
- May 24 – Theon Hardy's Birthday*
- May 29 – Angela Greene-Lanier's Birthday*

Special Thoughts from the Sisterly Concerns Committee

Hospitality is a spiritual gift and can be used to render unto others what God has given to us. Because we desire to be of service to others, I believe we plenty of love, in our hearts to be hospitable.

Our warm touch of encouraging others with a smile makes us feel special, because we are. This shows our love to serve. We all are called to love. 1 Corinthians 13:13

When we do this for each other we continue to grow and strengthen our service to all mankind.

What kind of love as sorors are we willing to show throughout the year? God's divine love or selfish love. As we interact with the world, temptation unknowingly creeps upon us and we demonstrate selfish love. How do we as sorors demonstrate divine love? This kind of love must come from God and your heart – it's called a heart of Christ. As we minister which means to serve – let us do this with divine love which is unconditional love. One may say this is easy to do. But to show this type of love it takes praying throughout the day, reading the Word daily and applying it to what you are confronted with, and remembering you are irrelevant when it comes to God's standards. According to Henri J.M. Nouve, God loves us not because of what we do or accomplish, but because God has created and redeemed us in love and has chosen us to proclaim that love as the true source of all human life. As we continue to serve in the name of Alpha Kappa Alpha let us commit to show divine love. Ye shall love your neighbor as yourself - Mark 12:31

Chairman- Lavonelle Whitfield, Co-Chairman- Annie Kornegay, Committee Members-Janet Grady, Sarone Cannon, Michelle Gooding, Sherlene Gore, Rebecca Davidson, Joyce Raye, and Pauline Rountree

Founders Day Sisterly Relations Activity
Alpha Kappa Alpha Sorority, Inc.
Zeta Omicron Omega Chapter
Kinston, NC
January 15, 2015



Collage submitted by Valeria Davis

Building Sisterly Relations on Founders' Day

January 15, 2015 members of Zeta Omicron Omega Chapter convened at Ruby Tuesdays to fellowship and celebrate the founding of the sorority. The event was coordinated by the newly established Sisterly Relations Committee. The Sisterly Relations Committee plans and implements activities that will foster and support sisterly behavior at all levels of the chapter. The goal is to foster sisterhood and friendship among the membership. Furthermore, the committee shall encourage all members to model behavior of integrity, civility, and care. Furthermore the new committee should plan activities to support monthly themes.

Protocol Tip

As members of Alpha kappa Alpha Sorority, Inc. and especially as Chapter Officers and Committee Chairmen, we need to:

- * Work diligently to foster the programs of the Sorority and to participate fully in meetings and conferences that enhance personal knowledge and to improve sorority effectiveness.
- * Commit to cooperate with chapter leadership in implementing all areas of programs and operations.
- * Volunteer to work on chapter projects.
- * Participate in leadership training sessions at the chapter, regional, and/ or international levels.
- * Encourage participation of all chapter members.

Sometimes we need to ask ourselves the question: "What kind of chapter would my chapter be, if all the members were just like me."

Submitted By Chris Johnson, Protocol Chairman



Health Tip

Drink more water!!!

The Benefits

- *Weight loss - drinking enough water helps us to feel full and eat less
- *Digestion - drinking water helps to reduce your risk of constipation
- *Energy - feeling tired is a sign of dehydration so fill up your water bottles and drink

Reuse & Recycle

(Use a pretty pink or green reusable water bottle) You will drink more water if you fall in love with your container and it's better for the environment.

Submitted By

Debra Joyner, RN

March is Colorectal Cancer Awareness Month - Don't forget to talk with your doctor at your regular visit, and discuss if you need to schedule a colonoscopy. Colon cancer is the third leading cause of death in the U.S. currently.

Pink Goes Red For Heart Health Day



Zeta Omicron Omega Chapter participated in the Sorority Impact Event "Pink Goes Red Day" on February 6, 2015 despite the frigid weather conditions. Partnering with us were community friends and members from the Zeta Phi Beta Sorority (Kinston Chapter). The afternoon started with the group walking at LMH Outdoor Walking Track for 45mins. and then finishing with sisterly fellowship at a neighboring restaurant. Health information was distributed about Managing Blood Pressure and How to Lower your Risk for Heart Disease. Everyone in attendance received a certificate of participation.

SAVE THE DATE: NC Legislative Day

President Amanda Outlaw and Connection Committee Chair Sarah Connor traveled to Raleigh on March 7th to participate in the 1st Annual NC Connection Workshop. Approximately 60 members from other North Carolina sorority chapters were also in attendance. Following the opening, which included an invocation and welcome/purpose, attendees partook in a participant introductory ice-breaker. The topics for the workshop included "Who am I", which gave an overview of the Connection Committee and how the committee is to be utilized to connect the sorority to the community. During the discussion on "Resources" attendees were encouraged to identify local agencies/organizations that can be utilized to assist with accomplishing the committee's mission. During the session on "Money", several organizations were identified to apply for funding when encountering projects in the community. An overview of the itinerary for "AKA at the Capital", which will be held on May 6th, was given. Members were afforded the opportunity to volunteer to serve on various AKA Day at the Capital Committee. Sorority members are encouraged to attend the NC Legislative Day at the Capital on May 6th. The registration fee is \$45 for graduate members. The goal is to have at least 10% of each chapter membership in attendance.

Submitted by Sarah P Connor, Connection Chairman



Sorority Celebrates Founders' Day/Chapter Anniversary

Zeta Omicron Omega Chapter of Alpha Kappa Alpha Sorority, Inc. celebrated Founders' Day and the Chapter's anniversary on February 21, 2015. The international sorority was founded at Howard University in 1908, and the Kinston chapter was founded in 1955. The event not only paid homage to the legacy of sisterhood and service, but the celebration also served as a mechanism to remind members of their past, present, and future. The Founders' Day Committee, under the leadership of chair lady Geraldynne Barbour and co-chair lady Annie Kornegay, selected the theme: "Celebrating Our Heritage . . . Yesterday, Today and Tomorrow." Betty Little presided over the program which included a welcome by Myra Poole, Invocation by Annie Kornegay, the "Founders' Day Hymn" led by Chris Johnson, and The Occasion by Geraldynne Barbour. Barbara Seaforth presented "An Encounter with Founder Norma Boyd," and Rebecca Davidson gave the history of Zeta Omicron Omega Chapter of AKA, Inc. Chapter President Amanda Outlaw gave a review of the components for the Dimensions of Service principles.

Silver and Golden Chapter members were acknowledged. Silver members recognized with at least 25 years of membership included: Carolyn Anderson, Carla Atkins, Faith Bynum, Earlene Coward, Valeria Davis, Jacinta Frank, Sherlene Gore, Janet Grady, Jimmette Graham, Marsha Higgins, Clara Knight, Annie Kornegay, Betty Little, Paula Melvin (deceased), Cassandra Moseley, Myra Greene-Pittman, Pauline Rountree, Barbara Seaforth, Pam Vause, Lavonell Whitfield, and Pamela Williams. Golden Chapter members recognized with at least 50 years of membership included: Hilda Boyd, Shirley Brown, Mildred Bryant, Marilyn Cogdell, Clara George, Theon Hardy, and Joyce Raye. Mementos for the honored members were gift-packaged and presented by Michelle Gooding.

A sumptuous buffet was prepared by the Hostess Committee comprised of Jimmette Graham (chair), Teedra Brown, Jacinda Bryant, Takeesha Clark, Kecia Dunn, Michelle Gooding, Clara Knight. Members of the Decoration Committee were Sylvia Lanier (chair), Cherice Artis, Annie Kornegay. Invitations were designed by Cherice Artis, Deborah Fleming, and Iris Jones-Nelson. Customized programs and place mats were computer-generated by Cherice Artis. Valeria Davis was responsible for photography and publicity. Carla Atkins and Shiela Lee served as co-chairs of the Ritual Committee. Other members of the Founders' Day Committee were Debra Greene-Blair, Sarah Connor, Myra Greene-Pittman, Debra Joyner, and Beverly Rountree.

The program concluded with a rededication ceremony.

Submitted by Geraldynne Barbour

*All pictures for this edition of Pearl Essence provided by Cherice Artis, Valeria Davis, Deborah Joyner, and Barbara Seaforth.
Special thank you to Geraldynne Barbour for proof reading our newsletter.*

We're on the web!!!
www.zetaomicroomega.com