

Lambda Epsilon Omega
68th South Virtual Delegate Summaries

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68th Virtual SARC Delegate Summary – Soror Marcia Pecot

SAR Leadership Institute

4/15/21 2pm

Lucretia Payton Stewart – (Author – Leadership Quotes for a lifetime)

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What is my resilient leadership option?

“Be resilient and know that you are made from the fabric of excellence!”

“Vision is more than 20/20 eyesight.”

Main Topic: Significant service and resilience as a leader – Soror Charletta Wilson Jacks

Resilience: The ability to adapt to new circumstances when life presents the unpredictable.
Salvatore R. Maddi

- Characteristics of Resilience
 - Internal focus of control
 - Strong self-esteem
 - Personal goals
 - Confront challenges
 - Action-oriented approach
 - Faith
- Meaning of Resilience?
 - Accept
 - Believe
 - Communicate
 - Connect
 - Cope
 - Disregard
 - Get Up
 - Hope
 - Opportunities

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- Perspective
- Positivity
- Release
- Self-Care
- Case Study in Resilient Leadership
 - Resilient Atlanta – Actions to build an equitable future
 - Cyberattack
 - Protests
 - COVID-19
- Profiles in Resilient Leadership
 - Soror Katerina Taylor
 - Director of Diversity, Equity and Inclusion at Nelson, Mullins, Riley & Scarborough
 - Soror Nicole B. Travis
 - Director, Community/Economic Development, Lakeland, FL
 - Soror LaTisha Dear Jackson
 - Honorable Superior Court Judge, DeKalb County, GA
 - Soror Cynthia Culbreath
 - Chief Executive Officer, A Wonderful Change Consulting
 - Soror Sherrell Vicks-Crawford, MD
 - Chief Executive Officer, Hillandale Medical Associates, Internal Medicine
 - Soror Hosetta Belcher Coleman
 - Senior Vice-President, First Third Bank
- Madam Regional Director, Carolyn Randolph

Friday, April 16, 2021

Plenary Session I



Sign in started at 9:15am.

10:15 am – Plenary Session technical difficulties remaining.

11:08am – Plenary Session commenced.

- Introductions
- Rules Governing the Virtual 68th SARC
- 1070 Total Delegates, 6863 Graduate Sorors
- Words from Madam Regional Director
 - 2021 State of the South Atlantic Region Report
 - Melanie Key Bales (Cluster V Coordinator)

Friday, April 16, 2021

Plenary Session II

- 2:00pm – 4:06 pm
- State of the Sorority Report
- 89,572 active Sorors
- **Graduate Chapter Arts and Crafts Award (Large Chapter)**
 - **First Place – Lambda Epsilon Omega**

Saturday, April 17, 2021

8:30 am

Risk Management Workshop (Required WKSP)

- Goal: Ensure that we take risks that will help us achieve our primary objectives while keeping others under control
 - Scenarios were reviewed
 - Risk to Brand (AKA's arguing in public with para)
 - Governed by Code of Ethics
 - **All Sorors are required to sign the Code of Ethics yearly**

10:15 am - Technical Difficulties (I couldn't log into any session)

1:25 pm Protocol Workshop

- The Official Guide to Alpha Kappa Alpha Protocol
 - Presenter – Soror Jacqueline Zeigler
 - South Atlantic Representative to the International Protocol Committee (Sigma Omega Omega Chapter)

- Protocol is the responsibility of ALL members of the Sorority
- Adherence to protocol enhances the Sorority's operations
- The image of the Sorority in the larger community is enhanced if each member complies
- Sorority Name and Trademark requirements
- Dress Code/Attire – “Sorors must adhere to the required dress code.”
- Ritual Jewelry – Ritual vs. Not Ritual appropriate
- Protocol at International and Regional events (new items)
- Essential Manners
- Protocol Hierarchy within the Sorority
- Very Special Guest Protocol
- Updates to Order of Rank
 - EAF Executive Director
 - EAF At-Large Board Members
- Supreme Basileus' Public Title
 - International President and Chief Executive Officer
- Refrain from addressing the Presiding Officer as only “Madam”
- Other Updates
 - Turn over badges for pictures
 - Guests protocols
- Protocol practices during virtual chapter meetings
 - Protocol standards remain in effect at all times
 - Virtual Business meetings
 - Pledge should not be on the agenda and is never printed
 - National hymn may be sung as a solo or listened to as a recording
 - Follow Parliamentary procedure
- ***When we create flyers***
 - Sorority Name
 - Should be listed first
 - Must be spelled out
 - Must have the registered trademark symbol
 - Must use correct and official color palette
 - The correct shield must be used
 - The word “Soror” may not be used on a public flyer

- The administration logo (or shield) must be on the left and the Chapter logo on the right OR the administration logo (or shield) may be on the top of the flyer with the Chapter logo on the bottom
- References
 - The Official Guide to Alpha Kappa Alpha Protocol (2020)
 - Alpha Kappa Alpha Sorority, Incorporated, Brand Guidelines
 - Robert's Rules of Order
 - Alpha Kappa Alpha Sorority, Incorporated, Pandemic Guide to Virtual Chapter Operations

3:00pm

Plenary Session III

- Third Plenary Session Saturday, April 17, 2021 3:00 p.m. - 5:00 p.m.
- Presiding Soror, Carolyn G. Randolph, South Atlantic Regional Director
- Musical Prelude- Soror Alexandria Holloway, South Atlantic Regional Representative, International Music Committee
- Meditation
- International Committee Reports
- Connection
- Disaster Relief
- **Membership**
 - **LEO recognized as 2020-2021 Best of the Best**
- MIP
- Standards
- Recommendations
- Time and Place
 - Location by Location Decision will be released later
 - Proposed 2022 – Cluster V, Atlanta – April 13 -17
 - Proposed Cluster V Meeting, Newnan, GA – 10/1 2021
- Evaluation
- Registration
- Resolutions
- **69th South Atlantic Regional Conference – April 13 – 17, 2022, Atlanta, GA**
 - Soror Nicole M. Adams – General Chairman
 - Soror Charletta Wilson Jacks – Co-Chairman
 - Soror Valencia Bean – Co-Chairman
- **Conference Gift**
 - **Bracelet (mailed to each Chapter to distribute)**

- **Conference workshops will be available on-line April 24th**
- Closing Prayer
- Recess

Sunday, April 18, 2021

Memorial Tribute of our Ivies Beyond the Wall (9am – 9:31am)

- This will not be the ritualistic memorial service. This is a virtual tribute.
- “For if I lived to be an AKA, life owes me naught, I’ve lived my day.”
- A Perfect Day Memorial Song
- Virtual Roll Call of Ivies Beyond the Wall
 - Florida
 - Georgia
 - Lambda Epsilon Omega, Soror Joyce Rush Gilchrist
 - South Carolina
- Closing Prayer
- Conclusion – National Hymn

***All conference workshops, materials, and documents will be available after April 24th on-line.**

Mind over Matter
A Panel Discussion with Soror Daya Fields
South Atlantic Regional Conference
April 17, 2021

Choosing options for workshops at Regionals is always hard. There are so many worthwhile workshops. However, the panel discussion by Soror, Innovator, Entrepreneur, and Creator Daya Fields was unexpectedly refreshing. Soror Daya is the President of Pipette and Purecane. Both businesses were founded and created with the intentional impact of the African American community. Her products are environmentally conscious and scientifically sound.

While the panel moderator did a great job touting Soror Daya's resume, Soror Daya quickly steered the conversation to the attendees. She was interested in our mental health navigating through the COVID-19 pandemic. She implored us to take time out for ourselves. Soror Daya mentioned that true self-care includes rest, relaxation, reflection, creating alone time, and healthcare. Mothers were reminded to create time in every day for themselves and that we should learn to be early risers to optimize and ensure that we receive that time-out daily. While the panel was an amazing reminder to think about ourselves first, she also gave attendees tips on rising the corporate ladder, becoming an entrepreneur, developing our network, and utilizing social media platforms such as LinkedIn.

Soror Daya finished the workshop by sharing her thoughts on generational wealth. She encouraged all Sorors on the benefits generational wealth will bring to our community. She shared a quote from Gandhi, "the future depends on what you do today".

I have been moved deeply by this workshop. I have begun to implement the tools learned in this workshop in my home life and professional environment. Freedom is having options without restraint. That sentence spoken by Soror Daya resonated through my spirit. I was blessed to be a part and I am forever impacted by my attendance.

Soror Qualena Odom-Royes
Virtual 68th South Atlantic Regional Conference Delegate Report

Delegate Assignment:
WK05 - Program Exemplifying Excellence through Sustainable Service
Saturday, April 17, 2021 10:15 AM – 11:30 AM

Soror Andria S. Daniels, South Atlantic Representative to the International Program Committee delivered the Program Exemplifying Excellence through Sustainable Service workshop. This workshop provided a review of the Excellence program to date by Target and shared ideas on how chapters implemented virtual program activities during the pandemic.

Highlights include the following outcomes:

Excellence Summary Outcomes through December 31, 2020

Target 1

Goal: 10 million

Achieved: *HBCU Task Force will provide this update*

Target 1 – Signature Program #CAP

Goal: 50K Students

Achieved: 139,516 Students

Target 2

Goal: Reach 100K Women

Achieved: 1,428,489

Walking with the Supreme

Goal: 8K steps per day

Achieved: 416,103,405

Target 3

Goal: Reach 20K People

Achieved 4,340,173

Target 4

Goal: Expose 20K Students to the Arts

Achieved: 454,123

Target 5

Shoe Goal: 500K Achieved: 554,958

Eyeglasses Goal: 50K Achieved: 148,033

Pillowcase Dress Goal: 50K Achieved: 100,958

Pillowcase Shirt Goal: 25K Achieved: 14,807

Refugees Assisted Goal: 10K Achieved: 80,111

The sorority has exceeded all of its program goals within 2 years with the exception of the pillowcase shirts. Soror Daniels reviewed each of the South Atlantic Region's Program goals and reported that we have exceeded ALL OF OUR GOALS including pillowcase shirts even during the pandemic!

Pandemic Guidelines for in person events were reviewed thoroughly including the form that must be submitted to and approved by Madame Regional Directory before hosting in-person events.

Soror Daniels closed out the workshop by providing activity recommendations for each Target as we continue service in a virtual environment.

A copy of the presentation has been requested for our files.

Thank you for the opportunity to serve and represent Lambda Epsilon Omega at the 68th South Atlantic Regional Conference!

Submitted by,
Soror Qualena Odom-Royes



**Alpha Kappa Alpha Sorority, Incorporated
Lambda Epsilon Omega Chapter
68th South Atlantic Regional Conference
Delegate Report
April 15-18, 2021**



Soror Name: Bernetta Jones
Session/Workshop: Leadership Webinar

The leadership webinar was facilitated by Soror Charletta Wilson-Jack, a member of Lambda Epsilon Omega.

A dynamic group of Alpha Kappa Alpha Sorors, who are leaders in their communities, churches, and professions, engaged attendees in dialogue about the following:

- Decision Making
- Caring while leading
- Being your authentic self
- Leading with compassion and compliance (finding the balance)
- Remembering from whence you've come
- Building Your Toolbox (after landing the job)
- Surrounding yourself with the right team members
- Resilience
- Reflective

The session's conversation was rich, and it was filled with opportunities for reflection.

Immediate feedback was overwhelmingly positive. Those in attendance were appreciative of the interactive format used for this session.



**Alpha Kappa Alpha Sorority, Incorporated
Lambda Epsilon Omega Chapter
68th South Atlantic Regional Conference
Delegate Report
April 15-18, 2021**

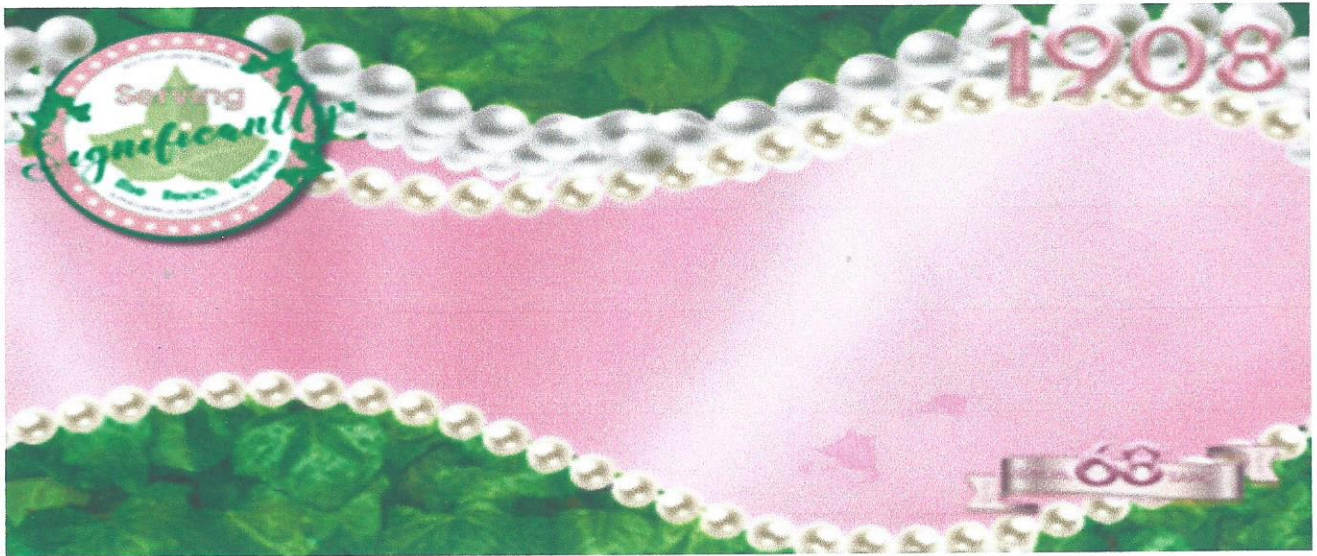


**Soror Name: Bernetta Jones
Session/Workshop: Membership Intake Process (MIP)**

The Membership Intake session was basically the same as the “Revised” MIP session held for grad advisors, undergrad basilei, and membership chairmen.

There were many questions/comments about limiting the number of people who could attend the final ceremony and NOT having the luncheon. All were reminded of the potential risks, and it was reiterated that AKA would not be having in-person events such as meetings, luncheons until further notice. Service projects that receive prior approval may be held face-to-face with certain restrictions or limitations.

Chapters who had completed the virtual MIP or were in the process were allowed to share some pros/cons, ah ha moments, and potential landmines to avoid.



68th South Atlanta Regional Conference

Third Plenary Session

The session was opened with a meditation from Former Regional Director Soror Sharon Brown Harriott.

International Committee Reports

Connection Report from Soror Sylvia Sloan-Jones
Disaster Relief Report from Soror Rene Forbes-Williams
Membership Report from Soror Tracey Adams
MIP Report from Soror Deborah Simmons
Standards Report from Soror Penny Burns

Connection:

2020 focused on Census 2020 completion and voter engagement and mobilization with a pivot toward solutions to overcome the pandemic. Under the GOTV (Get Out the Vote) banner and AKAs L.E.A.D. the committee encouraged sorors chapters to have voter couch parties and virtual Census parties. During the summer of 2020 over 16,000 sorors participated in the Poor People's Campaign Virtual March. In the fall the committee released a 100 day GOTV strategy guide which provided recommended virtual activities designed to educate and engage voters ahead of the 2020 general election. AKAs L.E.A.D. 3.0 is on track to encourage chapters to advance the advocacy agenda.

Disaster Relief:

This is a newly created committee which has been active for two years. It was established to focus on identifying and assisting sorors who are adversely affected by disasters. The committee published the International Disaster Relief Chapter Guide which is available for sale and on line. The document is designed to help chapters how to think through the best ways to best respond to a disaster as well as know what local protocols should be observed. Workshops were facilitated at Leadership Seminar in 2019 and at Regional Conferences in 2019. The committee is continuously available to support ad hoc regional and international requests. The greatest success of the committee is the ability to mobilize quickly around disasters as they happen and work collaboratively with Regional Directors and Corporate Office to catalogue the impact to sorors and provide financial assistance on behalf of the Sorority. Over 200 sorors have been assisted by this committee impacted by – Hurricane Florence September 2018, Hurricane Michael October 2018, California Wildfires 2018, Ohio Tornado Outbreak May 2019, Hurricane Dorian September 2019, Nashville, TN tornadoes March 2020, Mississippi Tornadoes April 2020, Hurricane Laura August 2020, Hurricane Delta September 2020, Southeastern Tornado Outbreak Fall 2020 and California Bobcat Wildfires 2020. The ongoing impact of the COVID-19 pandemic has also been monitored since it began in January 2020. Plans for 2021 include enhancement of the Disaster Relief Guide to include information on preparing for a pandemic and how to retain resiliency during difficult times. Observance of Disaster Preparedness Month in September 2021 and collaboration with the American Red Cross.

Membership:

The mission is to monitor membership strategies and trends, recommend strategies for recruitment, retention and reactivation of members and develop, cultivate, communicate and evaluate systems that maintain and support lifelong active membership. The committee delivered sustainable solutions to enhance sorors' membership experience through innovative virtual platforms. The slogan and logo created to convey the message that all members are valuable and necessary was Membership is Pearlfection: You Belong Here. The committee collaborated with Technology, DPGS, Program, Sisterly Relations, MIP, Graduate Advisor Certification and Reinstatement committees along with Corporate office staff to advance the Membership program Reactivation Workplace. Through the committees efforts over 23,000 sorors have been reactivated since instituting Reactivation Workplace. More than 500 chapters have been recognized as the Best of the Best for supporting reactivation excellence. The committee established the Online Membership Directory, the Membership Business Directory, online transfer verification process, electronic end of year report #8. In 2021 a Soror Retention Survey instrument is planned as well as a Membership

Data Visualization Plan. Chapters receiving the designation of 2020-2021 Best of the Best recognition submitted the online Membership end of year report by December 31st, reported at least one virtual reactivation activity in 2020 and reactivated at least one soror in 2020 based on Corporate Office reactivation data. There are 104 SAR chapters that met those requirements. Lambda Epsilon Omega is one of the 2020-2021 "Best of the Best". The chapter with the highest number of reactivations was Nu Lambda Omega and was recognized as the Reactivation Day Winner for reactivating 52 sorors. During the 2021 Reactivation Day Five K – A Race to the Finish Campaign the goal of 5,000 was exceeded with over 12,000 sorors reactivated during the campaign.

MIP:

Effective March 7, 2020 the Supreme Basileus directed that all MIP be postponed due to the global pandemic and no MIP were conducted during the fall of 2020. A new strategic plan was developed for the Membership Intake Process that accommodates CDC guidelines and guidance from local authorities due to the pandemic. The sorority's electronic computer platform capabilities were reviewed to determine changes needed during a pandemic, workshop training modules were standardized within the schedule at a glance that are consistent and informative with standard powerpoint presentations and scripts to be made available on the sorority's website. Activities which cannot be completed due to the pandemic e.g., service projects and attendance requirements, were identified; and conduct four training sessions globally on conducting an MIP in a pandemic environment was developed for MIP chairmen. MIP committee, Chapter Basilli, graduate advisors and financial officers. These four trainings will be conducted regionally. A new 2021 Modified MIP Manual has been developed for implementing 2021 MIPs in the Spring. The Strategic Road Map Tool Update developed during the pandemic will allow Alpha Kappa Alpha Sorority, Inc. to plan, prepare and push forward with more MIPs in the near future. With these processes in place 80 undergraduate chapters conducted MIPs with 1055 new members completing the virtual MIP.

Standards:

Published the initial How to Conduct an Effective Virtual Meeting Guide.
Expanded the virtual guide to The Pandemic Guide to Virtual Operations.
Electronic chapter evaluations have resumed and will continue during this administration. Several regions achieved a 100% submission rate.

Regional Committee Reports

Recommendations from Soror Tanya Tift
Time and Place from Soror Jateisha Marsh
Evaluation from Soror Sabrina Johnson-Nixon

Recommendations:

The Recommendations report was approved by the delegates on April 14, 2021

Two recommendations were submitted on March 28th by Pi Alpha Omega. The recommendations were reviewed by the committee but due to the late submission the recommendations were not advanced.

Time and Place:

Proposed Regional Conference dates and locations
2022 Cluster five Atlanta, GA April 13th-17th
2023 Cluster seven location to be determined
2024 Cluster two location to be determined

Proposed Cluster Meeting dates and locations for 2021

Cluster I – Hosted by Gamma Zeta Omega, Miami, FL; October 30th

Cluster II – Hosted by Nu Iota Omega, Orlando, FL; November 6th

Cluster III – Hosted by Pi Eta Omega, Orange Park, FL; October 16th

Cluster IV – Hosted by Gamma Tau Omega, Columbus, GA and Tau Theta Omega, Quincy, FL; December 4th

Cluster V – Hosted by Phi Pi Omega, Newnan, GA; October 1st

Cluster VI – Hosted by Gamma Sigma Omega, Savana, GA; November 13th

Cluster VII – Hosted by Iota Theta Omega Lancaster, SC and Iota Omega Omega, Camden, SC; November 20th

Cluster VIII – Hosted by Nu Theta Omega, Lauren, SC and Omega Tau Omega, Fort Mills, SC; September 18th

[Whether cluster meetings will be in person or virtual will be a location by location decision.]

Evaluation:

Evaluations were received at the end of the conference.

Program Report from Soror Andrea Daniels

- #CAP – SAR chapters enrolled 21,472 students with 1480 students accepted to college
- Over \$1.4 million in chapter HBCU scholarships were awarded and 141 chapters adopted an HBCU
- Over 17,000 sorors are graduates of an HBCU and nearly 7,200 are active members of their alumni associations
- Nearly 400 financial planning programs have been offered with over 600 individuals and families benefiting from Operations AKA Assist activities
- Black businesses have been supported with over \$4.3 million dollars spent and over 7000 black businesses supported
- Nearly 58,000 students have been exposed to the arts through the Salute to the Harlem Renaissance and Black Arts Movement
- The pillow case dress and shirt project has yielded 31,762 pillow case dresses and 5,125 pillow case shirts to date.
- Over 124,000 pairs of shoes and over 29,000 pairs of eye glasses have been collected

Regional Awards Report from Soror Markita Grant

Graduate Individual Awards

Carolyn House Stewart Outstanding Silver Star Leadership and Community Svc

1st Place – Soror Deborah Sanders

2nd Place – Soror Debbie Hillman

Delores Ham Oliver Service to Mankind Award

1st Place Soror Maisha Land

2nd Place Tie Soror Donna Adams-Pickett and Soror Sonja Natasha Brown

Ella Springs Jones Soror of the Region Award

1st Place Tie Soror Nikita Harrison and Soror Tonja Morris

2nd Place Soror Panayotta Austin-Birch

Emory O. Jackson Journalism Award

1st Place only Soror Pamela Leggett-Robinson

Freddie Groomes-McLendon Caring Award

1st Place only Soror Cynthia E. Jenkins

Frederica S. Wilson Sisterly Relations Award

1st Place Soror Andrea Jamison

2nd Place Tie Soror Mary Stevenson and Soror Leslie Campbell

Homie Regulus Basileus Award

1st Place Soror Tabatha V. McAllister

2nd Place Soror Shana Rooks Malone

Irene Westbrooks McCollom Outstanding Golden Soror Award

1st Place Soror Charlotte Ladd

2nd Place Soror Beauty Baldwin

Lucretia Payton-Stewart Guiding Torch Award

1st Place Tie Soror Suzette Carty-Lesane and Soror Joya Walker

Margaret Davis Brown Outstanding Graduate Award

1st Place Soror Tracina Wyatt

2nd Place Soror Cassandra Washington

Mary Shy Scott Fine Arts Award

1st Place Soror Delphia Boynton

2nd Place Soror Roxanne Mungin

Odessa S. Nelson Graduate Advisor Award

1st Place Soror Jolene Butts-Freeman

2nd Place Soror Monique Slater

Sharon Brown Harriott Pearl of Promise Award

1st Place Soror Juanita Booker

2nd Place Soror Alice Black

Vertelle M. Middleton Most Promising Graduate Soror Award

1st Place Soror Nichelle Davis

2nd Place Soror Denise Casey

Individual Arts and Crafts Award

1st Place Soror Kisha Cummingham-Aites

2nd Place Soror Jean Ebron

Report of the Resolution Committee from Soror Shevawn Broxton-Young

These resolutions were approved by the delegates on April 14th 2021

Resolution 1

Commendation for Recognition of Dr. C.T. Vivian

Resolution 2

Commendation for Recognition of Congressman John R. Lewis

Resolution 3

COVID-19 - Raising Pandemic Awareness

Resolution 4

Voter Suppression - Raising Concerns Regarding Restrictive Voting Legislation

Resolution 5

Commendation for Accolades for Host Chapters

Resolution 6

Commendation for Accolades for the Supreme Basileus for Leadership

Resolution 7

Commendation for Accolades for the South Atlantic Regional Director for Leadership

Invitation to 69th South Atlantic Regional Conference

April 13th – 17th 2022 Hosted by Cluster V Atlanta, GA

Soror Nicole M. Adams General Chairman

Soror Charletta Wilson-Jacks Co Chairman

Soror Valencia W. Bean Co Chairman

Soror Brenda Eumas Co Chairman

Soror Alissa Nesmith Undergraduate Co Chairman

Soror Tyler Benson Undergraduate Co Chairman

Soror Melanie Key Bales Cluster V Coordinator

Soror Lucretia Payton-Smith 13th South Atlantic Regional Director
Honorary Co Chairman

Announcements

Each conference registrant will receive a conference gift. The gift is a charm bracelet which will be mailed to each chapter.

All workshops will be available on demand by April 24th.

As a delegate of the Virtual 68th South Atlantic Regional Conference, my delegate assignment was The Ecumenical Worship Service. The worship service took place on Sunday April 18th, 2021. The theme of the worship service was "Prayer, Praise and Power to get through Challenging Times."

The service started with a musical prelude by Dr. Keecia King

- "Precious Lord"
- "If you love my Lord"

Call to Worship by Minister Janel Holland

- Wisdom, Success, Good Health
- God brings each of us blessings
- James Chapter 1 versus 2-3
 - Consider it pure joy, my brothers, and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance.

Greeting by Mrs. Carolyn G. Randolph

- Psalm 100
 - ⁴ Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him and bless his name.
 - ⁵ For the LORD is good; his mercy is everlasting; and his truth endureth to all generations.
 -
- Tools and strategy to be more than a conqueror
- Hold onto your faith
- Embrace and love one another
- If God brought you to it, he will bring you through it

Musical selection by the 68th South Atlantic Regional Conference Chorale

- "Every Praise"

Reading by Mrs. Felicity Littles

- "The Beautiful Garden of Prayer"

Prayer by Mrs. Yvonne Floyd

- Today is a day to seek god in prayer

Scripture by Mrs. Jennifer Thomas

- Psalms 34 1-10

Introduction of speaker by Mrs. Dinah Myrick

Solo by Ms. Charity Johnson

- "Take my heart and mold it"

Message by Rev. Dr. Rosalind Osgood

- "How to make it through your **weak days**"
- Psalm 142
- We are living in challenging times and we've never experienced life like this before, but David gives us the best practice paradigm to get through life when difficult and challenging times arise. At times life feels like a knee on our neck but trust in the word of God to give us comfort, refuge, hope and love.
 - God choose David and that turned David's life upside down. David is dealing with a life-threatening issue and he left everything in his life to stay alive.
 - This is like the times we are in now in regards to dealing with the pandemic, and political propaganda. We are in a season of pain and our lives are turned upside down.
 - We are living in these painful moments and experiences, but we are #StrongBlackWomen this is our adaptive response that enables us to be able to cope with the pressure, but it puts us the risk of distress. We are too busy taking care of spouses, children, and others and not taking care of ourselves which is leading to health disparities. The superwoman phenom is getting us through on one side and killing us on the other side. We need to go to God in prayer to turn things around.
 - We need to pray like David did in the cave (Psalm 142) – "I pour out before him my complaint; before him I tell my trouble."
 - No matter what you're going through God has put you in the right place and the right time. Grow in your relationship with him, have a little talk with Jesus and he will make everything alright
 - Women coming together in corporate prayer will strengthen your life. Trust the women God surrounded you in this Sorority to help you get through this life.
 - Life will bring us hills and valleys but there is always somebody that God has fixed their heart to help you and care about you. Get you a "success entourage". God will put people in your life to make it through the **weak days** - cards, calls, texts will give you the hope needed to make it through.
 - God left the flock of 99 sheep to find the 1 lost sheep. There is nothing that we can do to make God give up on us. God specializes in doing it again and again and again. Everything is working together for the good of God to restore and reconcile the soul of his people.

- Your will be done Lord. My hope and trust are in Jesus Christ - not only will you bring me out, but you will surround me with people that will be a blessing.
- You are a faithful God, we thank you, everything will be alright, we will continue to brag on God, and we will continue praise God.

Musical Selection by Sigma Omicron Omega Trio

- "Count on Me"

Benediction by Rev. Mavis Jaudon

Closing Remarks by Mrs. Carolyn G. Randolph

68th SAR Virtual Conference
Friday, April 16
Second Plenary Session Summary
Soror Carolyn G. Randolph Presiding
South Atlanta Regional Director

- Soror Carolyn G. Randolph opened the second Plenary Session discussing the importance of "Refilling our Glass". She stated some see their glass half full and some see their glass half empty but we all must refill our glass.
- Soror Jennifer King Congleton, Mid Atlantic Regional Director, provided the meditation. She began the meditation by stating "Great is Thy Faithfulness". Soror Congleton stated God is faithful and has compassion for all of us. She further stated Covid has humbled us, and it does not discriminate. She emphasized the importance of putting our hope in God and tomorrow in God's promise. She referenced 1 Timothy 6:17 which reads: "Charge them that are rich in this world, that they be not high-minded, nor trust in uncertain riches, but in the living God, who giveth us richly all things to enjoy;"
- Gamma Theta Omega Choir graced us with a selection – "Jesus Will."
- Introduction of the Supreme Basileus by Soror Sarah Louis (University of Florida), Undergraduate Co-Chairman SARC. Soror Louis gave an overview of Soror Glenda Glovers credentials starting with receiving her BS Degree in Mathematics from Tennessee State University, MBA in Accounting from Clark Atlanta University, PHD of Philosophy and Business Degree from George Washington University and a Juris Doctor Degree from Georgetown University Law Center.

Soror Glover started her State of the Sorority message by quoting Hebrews 11:3 which reads:

"Now faith is the substance of things hoped for, the evidence of things not seen."

Soror Glover thanked the SAR for their commitment, vision, and service. She stated SAR demonstrated immeasurable faith and commended our Region for how we responded to the Covid crises.

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Second Plenary Session Summary
Soror Carolyn G. Randolph Presiding
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Soror Glover had a moment of silence for those we have lost because of Covid.

Soror Glover discussed the defining moment for our nation when Soror Kamala Harris became Vice President of the United States. She further stated it was the vision, faith, hope of our founders who kept the faith that helped us get to this point in history.

Soror Glover thanked SAR for implementing the 5 Program Targets and enhancing the program brands. A video was shown reviewing the 5 Program Targets highlighting accomplishments such as 1 million dollars collected in one day for HBCU, 1.5 million women reached through Breast Cancer Awareness initiative, 157,000 miles on Mammogram Mobile Unit, 101 mammograms completed in Atlanta, Ga., 3300 AKA Assist Programs, over 4000 AKA Owned Businesses, 146,000 high school students exposed to Harlem Renaissance, 148,000 eyeglasses donated, 100,958 pillowcase dresses donated, 554,958 shoes donated. 8334 reactivated Sorors. 1255 new Sorors welcomed into AKA during Covid. The Connection Committee encouraged voter registration and helped to mobilize 141 million voters.

Soror Glover stated we walk by faith and not by sight. She stated SAR has kept the faith and will sustain this great sisterhood.

- The International Committee Reports were next on the agenda. Soror Jasmyne McCoy, 2nd Supreme Anti Basileus kicked off this session as she delivered the Undergraduate Report.

The next topic of discussion was reviewing the Bylaw changes.

The results of the Financial audit were reviewed. We received a high opinion from the CPA firm and had no outstanding liabilities. Our total assets as of 12-31-2020 was \$19,013,684.00. Our balance sheets remain healthy.

Soror Joy Elaine Daily, Chairperson of Covid19 Task Force stated on March 21, 2020 the sorority developed and committed to a plan

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Second Plenary Session Summary
Soror Carolyn G. Randolph Presiding
South Atlanta Regional Director

for sorority activities in a virtual environment. A video was shown showing the work of this committee. It was discussed how social media networks were leveraged to communicate and showcase our initiatives. We had over 1000 confirmed Covid cases, 22 Undergraduate, and 42 Ivies Beyond the Wall because of Covid.

Soror Darice Richard, South Atlantic Regional Coordinator of EAF discussed EAF fundraising activities such as the scarf sales. She discussed how EAF moved to remote in March and had their first virtual brunch with 2000 virtual attendees in Sept 2020.

Soror Andrea Daniels, South Atlantic Region Representative discuss our Program Targets. Caregivers Day had over 1900 activities. The CAP Program's total enrollment was 15,000 versus a goal of 50,000. Covid was the determining factor in not meeting this goal in 2020. Credit Repair, Identity Protection, Home Buying webinars with Regions Bank were some of the virtual events in 2020 for Target 3. The Arts had 270,000 volunteer hours. Global Impact Day helps to improve the quality of life for person across the globe. This initiative assisted 180,000 refugees.

- The Plenary ended with Program Award Presentations by Soror Marquita Grant, South Atlantic Region Award Chairperson. I was proud to hear Lambda Epsilon Omega received a 1st Place award for Arts & Crafts.

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The workshop I attended was “How to Get Everything You Deserve in Life.” Dr. Stephanie Barnes was the guest speaker. She was introduced by Soror Maria Newton. Her bio included a Law Degree from Harvard, a practicing Attorney of Law over 20 years, and a bestselling author.

Dr. Barnes started out by saying our lives are not perfect. Embrace disruptions and do not let these things define our lives. Disruptions are opportunities for elevation.

Dr. Barnes discussed disruptions due to the pandemic. She used the example of Netflix vs Blockbuster. Blockbuster was an in-store business, but Netflix was electronic, livestreaming. She stated we want our lives to imitate Netflix with new opportunities. We should not let adversity keep us from what we desire. Adversity guards the door to success. She emphasized the importance of getting what you desire. We are the one that stands in our way due to fear of failure, self-doubt, procrastination, and being overwhelmed. We put ourselves in a box. We need to live in the AND. “I don’t have to sacrifice myself. I can have it all.”

Dr. Barnes stated the ways to recognize the greatness in you and get everything you deserve in life you must:

Surrender – open yourself up to the possibilities in life. Realize yourself from the belief the strong do not break. We are women of Alpha Kappa Alpha Sorority, but we are not meant to carry the weight of the world on our shoulders. Because our lives are not going the way we planned does not mean we are a failure, but we must submit to our AND. We must surrender ALL. God provides for ALL. Pray to receive all the blessings God has for you. Do not limit yourself. Surrender the self you are and embrace the self you were meant to be. We are not the way we are but the way we believe. ALL THINGS ARE POSSIBLE.

Be Mindful – Our mindset defines everything.

Create Vision – Create vision in line with your purpose in life.

You must Decide – Backup your thoughts and beliefs with your decisions. Cut off all that takes you backward instead of forward.

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Cut off negativity and all people and things that keep you from getting what you deserve. We must make decisions. Decide to be in perfect peace. We can have perfect peace in the mist of our mess because we know God has us. Get out of your own way. Stop living by default and live on purpose. 99% of women spend their lives on what they are supposed to do and 1% on what you desire to do. STOP SETTLING. Be mindful and deliberate. You will not have your best life until you decide to go get it. Make a commitment to be the highest and best version of yourself. You deserve nothing less, embrace it and love in it.

Be Deliberate. Say every morning, "I deserve everything I desire in life." Sometimes you win by losing. An example is Stacy Abrams. Sometimes we lose the race but not the purpose.

GO OUT AND GET IT.....EVERTHING YOU DESIRE AND DESERVE!

Notable Mention – Mary Shy Scott Leadership Celebration

Soror Norma Solomon White – Former 25th Basileus spoke about leadership. She charged all of us to evaluate ourselves as leaders.

What kind of leaders are we?

Are we eager leaders who step forward or are we glamorous leaders looking pretty?

Do we "hem and haw" and water down truth or are we honest and direct even when it hurts?

Are we brave or "wishy washy"?

Do we inspire and motivate or intimidate and manipulate?

Do we lead with integrity or take shortcuts to success?

Do we make excuses for failures or turn stumbling blocks into steppingstones?

Are we character driven, or emotion driven?

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Soror White ended by stating we need good leaders and good followers to survive. We are all a part of this great Sorority. We all are important to Alpha Kappa Alpha Sorority.

As I close out my Delegate report, I would like to say it was an honor and a privilege to be selected as a delegate. It was a rewarding experience and I hope to be considered again in the future to serve.

The Best is Yet to Come!

Soror Rochelle Bridges-Johnson