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Bradfield Brief

NEWSLETTER

“How to Live With a Grateful Heart Amongst a Chaotic World

by

Lynn Norment, a columnist for the Commercial Appeal, *Nashville, TN* and former editor for Ebony Magazine
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These are times when some people feel they don't have reason to be grateful. With the crime we are experiencing, as well as the political divisiveness, hunger and poverty, and overall despair, some people just don't think of being thankful and appreciative.

There are those who are overwhelmed with trying to survive day to day. Others are self-centered and narcissistic and only concerned with themselves.

Nevertheless, there are many reasons for each of us to have a grateful heart. Number one is that we are alive. As one wise and practical older friend often says: “I'm grateful to be above ground.” And being grateful enhances our mental and physical well-being as well as adds to our happiness and success.

Gratitude is a thankful appreciation for what we as individuals receive, whether that is tangible or intangible. People with gratitude acknowledge the goodness in their lives. And they usually recognize that the source of that goodness lies at least partially outside of themselves. Consequently, being grateful helps people connect to something bigger than themselves - to other people, to nature, to a higher power.

Gratitude is a way for people to value what they have rather than constantly reaching for something new and different in the hopes it will make them happier or thinking they cannot feel satisfied until every physical and material need is met. Gratitude helps people refocus on what they have instead of what they lack.

As we approach Thanksgiving Day, let us do some serious pondering about the many things for which we are grateful or should be grateful.



“NOT FOR OURSELVES, BUT FOR OTHERS”

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FOOD FOR THOUGHT



Apologies are an essential aspect of conflict resolution, but so many of us get it wrong. Here's a suggestion that can help to improve how you deliver a heartfelt apology

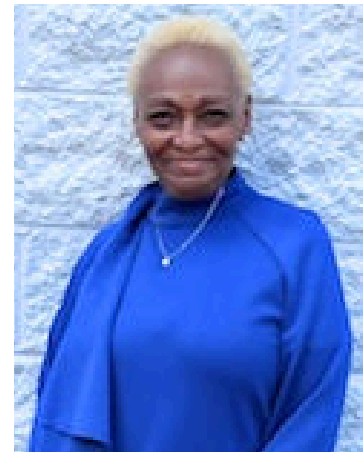
[click here for video](#)

Ryan Dunlap
Conflict Strategist and Leadership Coach

CONGRATULATIONS

October 17, 2024 at the 3rd Annual District Conference of the AME Church which was held at Grace AME Church - Warren, Ohio, Soror Gwendolyn Jarvis received a trophy for eight years serving as the North Ohio Conference Lay Parliamentarian.

The conference covered all twenty-one AME Churches in Northeast Ohio.



Soror Gwendolyn Jarvis

“NOT FOR OURSELVES, BUT FOR OTHERS”



Parliamentary Corner

The Parliamentarian is a consultant, commonly a professional, who advises the president and other officers, committees, and members on matters of parliamentary procedure (Robert Rules of Order, Newly Revised, Section 47:46, p. 443). Usually, in most organizations, the Parliamentarian is appointed by the Basileus. The Chapter Basileus relies on the Parliamentarian to advise her during the meetings. The Parliamentarian inconspicuously points out any error in the proceedings that may affect the rights of members or cause them harm. Eta Phi Beta Sorority, Inc. is blessed to have these knowledgeable individuals serving our Chapters, our Region, and our Grand Office. Join me now as we meet these dynamic divas.



Meet the Grand Parliamentarian

Soror Dorothy Oliver
Email: dyjeo@hotmail.com
Southern Region - Gamma Nu Chapter
Phone number: 870-540-6094 or 870-850-0107
Years in the Sorority: 49 years

Reflecting on my personal and professional life leads me to the conclusion that I have been truly blessed. I am the oldest of 12 siblings, blessed with two adult daughters, five grandchildren and three great-grandchildren. My tenure with Eta Phi Beta Sorority, the NAACP, and my 49-year career with the Arkansas State Workforce Services has afforded me the opportunity to hone my skills and abilities to the point where I became an experienced professional with strong organizational and people skills and more than 40 years of experience in training, management, grievance mediation, and project development and implementation. Since my retirement, I have served as parliamentarian for several organizations. My parliamentary experience is currently being used to serve you as Grand Parliamentarian.

“NOT FOR OURSELVES, BUT FOR OTHERS”

Meet your Regional Parliamentarians



Soror Dr. Karen Mathews

Email: mathk@aol.com

Region: Northern

Chapter: Lambda – Dayton, OH

Years in Sorority: 11 years

Occupation: Medical Director at Central State University

• Soror Karen Mathews is a board-certified family physician with 35+ years of experience. She retired from the US Air Force in 2011 after a 26-year career in which she held clinical, teaching, administrative and command assignments. Since 2011, she has been Executive Director of Health and Psychological Services at Central State University. In this role, she is responsible for the daily operations of a Health and Wellness center, which includes the Health Clinic, Counseling Services, and the Office of Academic Empowerment and Accessibility. “I have traveled to over 20 countries and enjoy learning about different cultures. I believe people have a lot more in common than they do differences.”



Soror Carmen Butler

Email: cdbutler1969@gmail.com

Region: Southern

Chapter: Tau – Oklahoma City, OK

Years in Sorority: 52 years

Occupation: Case Manager Supervisor for the State of Oklahoma Medicaid program

• I am a graduate of Langston University in Langston, Oklahoma. While I enjoy watching dramatic and suspenseful movies, I am a fanatical television watcher. Additionally, I love to read fiction crime thrillers, listen to smooth jazz music, and crochet. Holding membership in Alpha Kappa Alpha Sorority, I am a Golden Soror with 55 years of membership.



Soror Cheryl Hooper

Email: Bumblebeerg87@yahoo.com

Region: Eastern

Chapter: Alpha Zeta – Washington, DC

Years in Sorority: 37 years

Occupation: I am currently the owner of Repoh Virtual Assistants LLC, a transcription company. We provide services to research institutes and university research programs.

• My introduction to Eta Phi Beta Sorority Incorporated was through my mother, Soror Mary Hooper. As a teen, I watched her and the Sorors of Alpha Zeta chapter work to support many community programs in Washington, D.C. I joined the Alpha Zeta chapter in 1987. Service to others has always been important to me and that was one of the primary reasons I joined the Sorority.

• During my career with the Department of Justice ((DOJ)), I relocated to Laredo, Texas and Cleveland, Ohio. During my work assignment in Laredo, I was active with the San Antonio, Texas chapter. During my work assignment in Cleveland, I was active with the Cleveland, Ohio chapter. In both chapters the Sorors were always welcoming and supportive.

• When I returned home, I transferred my membership to the Alpha Zeta chapter. As a member of the sorority, I have served as a chapter and regional officer and National Officer. I have served on many committees at the chapter, regional, and national levels. Many of the leadership skills I gained as an officer and committee chair, I was able to utilize during my career with DOJ.

“NOT FOR OURSELVES, BUT FOR OTHERS”

Meet your Regional Parliamentarians



Soror Cassandra Carter

Email: cassandracartero49@gmail.com

Region: Western

Chapter: Gamma Omega – Fontana, CA

Years in Sorority: 5 years

Occupation: Retired Educator

- I am a retired educator who now spends her time educating the public on food preservation.

Organic food is not guaranteed in grocery stores; so, I grow my vegetables and herbs then either dehydrate or can them. My husband recently learned how to make our own sausage. Always learning!



Soror Greta Jackson

Email: iotajackson@yahoo.com

Region: Southeastern

Chapter: Iota – Fort Lauderdale, FL

Years in Sorority: 27 years

Occupation: Student Life Director at Palm Beach State College

- I'm a "Busy Bee" in all areas of my life at work, worship, Eta Phi Beta. and play! I live our motto in all I do, "Not for Ourselves, But for Others!"



Soror Marilyn Cash

Email: mhcash61@gmail.com

Region: Mid-Eastern

Chapter: Alpha Theta – Durham, NC

Years in Sorority: 35 years

Occupation: Middle School Business Elective

Educator/ Etsy Shop Owner/
Embroidery/Promotional Products

- I am married to Shad Sylvester Cash 37 years and counting. Two adult children (Alexis Cash, former National Youth President for Eta Phi Beta Sorority, Inc, and Kendall Cash for Youth group member). I have a Master of Education, Bachelors of Dental Hygiene Degree, and an Associate's Degree in Clinical Trials.

- My love for sewing led me to entrepreneurship of an embroidery and printing business started in 1996 and still exists today. Although no longer in a brick-and-mortar shop, we are currently very active and supported on the Etsy Platform. I am licensed to produce and sell products for North Carolina A&T State University, North Carolina Central University and Eta Phi Beta Sorority, Inc.

- When not working, I enjoy reading or listening to books on tape and curling up with my friend (Dash) a spoiled Chihuahua mix. I love my Savior Jesus Christ and am blessed to have a wonderful soulmate in Sly Cash.

Submitted by: **Soror Charlotte Washington**
Epsilon Eta Chapter Member of
Constitution, Bylaws, & Resolutions
Committee

Eta Phi Beta Chapters, Connecting and Serving

Civil Rights Icon, Daisy Bates remembered on her 110th birthday - November 11th

Honorary Member of Gamma Nu Chapter

This statue of Daisy Lee Gatson Bates, sculpted by Benjamin Victor, was unveiled in National Statuary Hall on May 8, 2024



Members of Gamma Nu Chapter, Little Rock, Arkansas representing the Chapter at the event honoring the 110th Birthday of honorary member Daisy Lee Gatson Bates

Members from left: Malinda Martin-Johnson, Membership Intake Coordinator, Vickye Mitchell, 1st Anti-Basileus, and Betty Morgan, Assistant Membership Intake Coordinator and cousin of Daisy Bates.



[for the full story](#)



**Epsilon
Kappa
Chapter
Voter
Registration/
Breast
Cancer
Awareness
Day**

“NOT FOR OURSELVES, BUT FOR OTHERS”



For this we are thankful...

Thoughts, Favorite Scriptures, Family Traditions from Eta
Phi Beta Sorority, Incorporated Pastors and Ministers

For all of the years of my children, who are now well grown, and now I've included my grand-children and I look forward to adding great-grand-children soon, I have used Thanksgiving as a teaching opportunity to remind them to give Thanks to God, intentionally.

Each Thanksgiving evening, just prior to dinner, I chose one to lead the prayer; we now have to stand around the kitchen table in a circle, holding hands.

Just before the prayer begins, each person in the circle must express their thankfulness to God and our Lord Jesus Christ for something or some blessing throughout the year. This year will be a whopper!!

The "little ones" always are thankful for toys, etc., but it causes us to think and to reflect on just how good God has been. Sometimes it's what we call "big stuff" and sometimes it's the things we have taken for granted. We also site our favorite or most inspiring verse. For me, it has been: "Seek ye first the kingdom of God and His righteousness, and all these things will be added unto you." Matt. 6:33

Rev. Dr. Barbara Smith-Mustin

Seeking the Kingdom of God, First
Dr. Barbara Smith-Mustin WRD

My favorite Thanksgiving Scripture is found in the New Testament Epistle: 1st Thessalonians 5:18 - "In every thing give thanks for this is the will of God in Christ Jesus concerning you."

Many thanks to you,
Reverend Sandra E. Smalls
sanditravel25@verizon.net
804.901.1303

My go to Thanksgiving Scripture is Psalm 100:4 NIV
"Enter His gates with thanksgiving and His courts with praise; give thanks to Him and
praise His name
Minister Gwen Davenport, gwenblessed@aol.com

Thanksgiving Bible Quiz



[click here to take the quiz](#)

**PHI BETA SORORITY,
INCORPORATED**

Giving Tuesday Campaign



November 4-December 31, 2024
2024 Giving Tuesday fundraising goal is minimal of \$2,000.00

Your gifts make a huge impact with donations directly delivering hope and opportunities to individual(s) with intellectual and developmental disabilities.

Please share the Giving opportunity with your friends and family or give a holiday donation on their behalf.

- The Educational and Charitable Foundation is a 501c3 organization.
- Your year-end donations may be tax deductible and receipts can be provided when the donor provides their name and email address.
- Individuals can donate directly without going through your chapter or region. Make checks payable to the Educational and Charitable Foundation and mail to Director Elsie Jefferson, Financial Secretary, 3639 Kings Park Way, Decatur, GA 30034 (add Giving Tuesday in Memo Section), or donate with PayPal by using the "Donate Now" button on our national website (www.etaphibetasorority.com) (<http://www.etaphibetasorority.com/>)
- Your support and generosity will help us provide an impactful scholarship in March 2025.

Thank you 



Virtual POP UP \$HOP
Coalition of Business and Professional Women's Sororities



Shop Small
Business Saturday

Saturday, November 30, 2024
10:00 am - 2:30 pm (EST)

Small Business Coalition
Click here to register

#COALITIONSMALLBUSINESSSATURDAY 

[Click Here to Register](#)



Upcoming in Issue

Recruitment Tips - Idea Box Submissions Chapter and Region Christmas Celebrations

Submit 1 clear JPG photo of your celebration
Include soror's names, date and location of your celebration
Deadline December 15, 2024. Submit to
Bbriefnews@etaphibetasorority.org

More

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