




Celebrating **SISTERHOOD!**

Delta Sigma Theta Sorority, Inc
Des Moines Alumnae Chapter



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>sis·ter·hood. <small>(sis-ter-hood) noun 1. unity and friendship among women 2. a deep bond based on eternal love and respect 3. solidarity and support for a lifetime 4. the foundation of a sorority</small></p>	<p>Sisterhood is the foundation of a sorority</p>	<p>Sisterhood is unity and friendship amongst women</p>		<p>Sisterhood is knowing that there is solidarity and support for a lifetime</p>	<p>Des Moines Alumnae Chapter exudes sisterhood</p>	<p>You and I are SISTERS Always remember that if you fall I will pick you up </p>
<p>1 REREAD the Delta Prayer and the Delta Oath REFLECT on why you are proud to be a DELTA</p>	<p>2 Motivational Monday share your favorite scripture, poem, or yoga class with a Soror</p>	<p>3 Call Email or Text a Delta Dear and let her know how much she IS appreciated</p>	<p>4 Reminisce on why you became a Delta</p>	<p>5 Whenever you think of a Soror, STOP and say a quick prayer for her and her family</p>	<p>6 Reflection Poem 1 Click Here</p>	<p>7 Develop a plan on how YOU can become a better Delta</p>
<p>8 PRAY for the growth and success of the Des Moines Alumnae Chapter</p>	<p>9 Mission Monday Invite an INACTIVE Soror to the March Chapter Meeting</p>	<p>10 Encourage a Soror in whatever endeavor she is working on</p>	<p>11 Do A Random Act of kindness</p>	<p>12 Email Phi Chapter members a word of encouragement phichapter@iastate.edu</p>	<p>13 Reflection Poem 2 Click Here</p>	<p>14 Chapter Meeting DID training Membership fees due</p>
<p>15 Worship Together Invite a Soror to church today and wear your red</p>	<p>16 Moving Monday A healthy Soror is a HAPPY Soror! Encourage a Soror to exercise THIS WEEK!</p>	<p>17 Invite a Soror to lunch THIS WEEK</p>		<p>19 Can you remember your favorite Delta stroll? Show off those moves Sorors!</p>	<p>20 Reflection Poem 3 Click Here</p>	<p>21 Join a NEW committee in the chapter or become MORE involved in the committee(s) you're involved in</p>
<p>22 PRAY for Sorors who are unemployed, underemployed, or who have job needs/concerns</p>	<p>23 Make-Up Monday If you had a sisterly disagreement with a Soror, reach out to her and squash any ill feelings</p>	<p>24 Reach out and check up on Sorors whose love ones have entered into the gates of Heaven</p>	<p>25 [Re]Connect with one (1) of your Line Sisters</p>	<p>26 Do A Random Act of kindness</p>	<p>27 Reflection Poem 4 Click Here</p>	<p>28 Bonding with Phi Chapter Location & Time TBD</p>
<p>29 PRAY for Sorors who are dealing with illnesses, loss, death, divorce, domestic violence, depression, etc.</p>	<p>30 Memory Monday LEARN three (3) facts about a Soror you don't know very well</p>	<p>31 Do A Random Act of kindness</p>	