

Bole Love

VOL. 12 | ISS. 1



Sigma Alpha Omega

ONE IN CHRIST THROUGH UNITY IN SISTERHOOD

Dove Love is the national publication
of Sigma Alpha Omega®
Christian Sorority, Inc.

*We believe that words have the
power to combat isolation and
create a loving, inclusive
community. By sharing our stories,
we hope to ensure that sisters of all
ages never feel far from the
sisterhood and the love of God.*



TABLE OF CONTENTS

4

LETTER FROM
THE EDITOR

5

DEVOTIONAL

6

CONVENTION RECAP

8

SIGMA ALPHA OMEGA®
FOUNDATION UPDATES

9

MENTAL HEALTH

12

ENCOURAGEMENT
CORNER

13

SISTERS ABROAD

15

RECIPE BOX

16

PUZZLE

17

JOIN OUR TEAM

LETTER

From the editor

Dear sisters,

One of my favorite things about the sorority is getting to know and meet sisters from all points of life. For almost 25 years, SAO has been expanding the sisterhood to include lovers of Jesus in colleges across the country. I love talking to sisters about their journeys, because I get to see how following Jesus can affect people at different stages of life. For example, a sister nearing retirement might be trusting Jesus differently than a sister just starting college. He is the same, but He is working differently for both.

In an effort to align *Dove Love* with the sisters we represent, Volume 12 will be exploring various women of the Bible and the different trials they faced. With the enormous help of my Assistant Editor, Jessica, each issue will look at women of the Bible at distinct points in their lives to see how He works in their lives and circumstances. These women are invaluable sources for us as we also journey through life, and their stories are applicable to many of our lives as their stories testify and teach.

For this first issue, we are looking at Ruth and Naomi, two remarkable women who endured such hardship that left them alone with God and each other. Specifically, Ruth moved to an unknown place due to her trust in God, and Naomi endured unexpected grief due to the loss of her husband and children. Of course, their stories are applicable to more than just those situations! We will attempt to look through their eyes to see as they saw God in specific moments.

Women are magnificent, and we have the gift of incredible Biblical female examples (and certainly some cautionary tales) that paved the way for us to gain godly wisdom, to stay encouraged, and to contemplate over a lifetime. I hope you enjoy it.

Dove Love,
Chrissi



Chrissi graduated from the University of Michigan in 2017. She was part of the Alpha Chi chapter, Alpha class, and is active in the Alumnae Association post-grad. She currently does training and systems management for a property management company based in Grand Rapids, MI.

DEVOTION

BY JESSICA PERRY

Five years ago, I was about to cross the stage with my friends, sorority sisters, and fellow classmates. The auditorium was packed, our caps were decorated, and we excitedly waited for our names to be called. I still remember walking across, being handed my diploma holder, and feeling proud of all I had accomplished in four years. However, as excited as I was to be graduating, I knew this wonderful chapter of my life had come to a close and a new, unknown beginning was coming soon. Ruth's story is similar, albeit born from tragedy not accomplishment, and her story depicts her trust in God and His providential care or perfect timing, and His blessing. It's a beautiful picture of how we can trust in God and have faith in Him even when we are moving to a completely new area or beginning a new stage of life.

Ruth was a Moabitess and one of Naomi's daughters-in-law. Naomi, a Judean from Bethlehem, decided to return to Bethlehem after the death of her sons and husband upon hearing that the Lord was providing His people with food in her homeland (Ruth 1:6). They not only lost their men, but also their sources of food and protection. Returning to Naomi's homeland would provide these needs amidst a famine.

At first, both of Naomi's daughters-in-law decided to travel with her, but at Naomi's urging, Orpah turned back to her people and her gods of Moab. On the other hand, Ruth trusted in Naomi's God, the one true God, and she refused to leave Naomi's side. Ruth replied to Naomi in Ruth 1:16-17, "Don't urge me to leave you or turn back from you. Where you go I will go, and where you stay I will stay. Your people will be my people and your God my God. Where you die I will die, and there I will be buried. May the Lord deal with me, be it ever so severely, if even death separates you and me." Ruth was leaving behind the only home she'd ever known, closing one chapter and facing an uncertain future in a new land as a young widow. She was determined to go with Naomi, and she was ready to embrace her new life. The Christian Standard Bible Study Bible commentary states, "Ruth's decision to bind herself to Naomi was ultimately based on her new faith in God." In other words, she was trusting Him even though her future was unknown.



Jessica is from Alpha Xi at Campbell University. She just landed a new Communication Director position that she's been enjoying. She loves photography, all things Christmas, and spending time with friends & family—including her new baby nephew!

The book of Ruth is full of examples of God's providential care; God was intervening on Ruth's behalf to care and provide for her and Naomi. He gave her the desire to move with Naomi to a new place and to work hard gleaning the fields for leftover grain afforded to the poor and the foreigner in Mosaic tradition (Ruth 2:2). God also arranged for her to work in a field that belonged to Boaz, a relative of Naomi's husband, something no doubt a skeptic might call a convenient coincidence. When Boaz discovered who Ruth was, he instructed his men to leave extra grain for her, to protect her from any potential harm, and he allowed her to drink from their water jars. Ruth was grateful and humble. When she asked Boaz why she had found such favor in his eyes, he replied,

"I've been told all about what you have done for your mother-in-law since the death of your husband—how you left your father and mother and your homeland and came to live with a people you did not know before. May the Lord repay you for what you have done. May you be richly rewarded by the Lord, the God of Israel, under whose wings you have come to take refuge."

RUTH 2:11-12

Ruth had learned about the God of Israel through Naomi. She worked hard and listened carefully to Naomi's wise advice, eventually marrying Boaz and giving birth to Obed, who would become the grandfather to King David and thus an ancestor of Jesus Christ. God rewarded Ruth's faithfulness, and He brought all of this together in His perfect timing. God works behind the scenes, having His hand over every aspect of our lives, the faithful and the faithless alike (Proverbs 16:9). The CSB Study Bible reminds us that, as His own, "Believers aren't subject to fate but remain always under the providential care of God who even in the midst of tragedy is working His purpose for the ultimate good of His children."

Though we may not see it, He is working everything out for us as well (Romans 8:28). As college graduates and young ladies entering the workforce, or as new wives or mothers, or even as a caregiver for an ailing parent, it can be scary not knowing what the next step is. Wondering where to live, how to pay the bills, where to work, what job to apply for, who to trust for advice, and what to prioritize in this new part of life, can be simply overwhelming. Let us challenge ourselves to trust in God even when the future is unknown and things are changing rapidly. Through constant prayer, worship, reading His Word, seeking wise godly counsel from mature believers, and obeying His leading, we will see His blessing and goodness in our lives.

CONVENTION recap

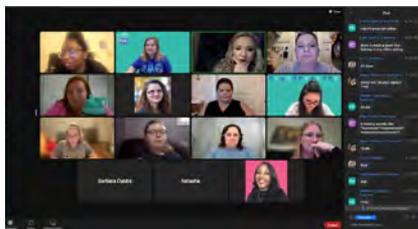
By Elise Tiralli, MSW



Our 24th Annual Convention 2022: *Good for the Soul* went off without a hitch on June 1st - 4th, 2022! While we were hopeful to be in person for the first time since 2019, our Convention Committee worked tirelessly to make sure that we had an abundance of opportunities to connect while virtual. Each morning began with an intentional Prayer Circle led by various Committee and National Board members, and every day had a service opportunity to engage or a social event to enjoy. As the Vice President of Events coordinating our annual Convention, I couldn't be prouder of the work and intentionality with which the lovely ladies on our committee approached this beloved event.

We kicked off Convention on Thursday evening with corporate prayer and a gorgeous vocal performance by Alumna Rachel Storms (Iota) and her ministry colleagues in North Carolina. We followed up with a competitive game show hosted by Alumna Mary Kathryn Hurst (Iota), also in North Carolina, where participants were encouraged to "Guess the Tune" from our Convention playlist where the winner won a \$10 gift card, which she graciously donated

We decided to shake Friday up a bit and scheduled our Ovarian Cancer Awareness



Service Project and Rally for the evening! First, our Spiritual Development Chair, Magen Nelson (Theta Alumna), led us in a moving devotional from her home in Tennessee before breaking us out into small group discussions. Service Chair, Claire McAuliffe (Alpha Alpha Alumna) led us through our #SAOKaleidoscope service project as we prepared to hear from Stephanie Henkin, the Executive Director for South Carolina Ovarian Cancer Foundation. She offered us a comprehensive and moving presentation on ovarian cancer awareness for our OCA Rally, and we were blessed to hear the narratives of two survivors, Kelly and Carolyn. Sisters left feeling informed and motivated to continue to engage our philanthropy. Social Chair, MK Hurst, resumed her role of hostess and ended

our evening with a hilarious version of "Mafia: Coffee and Tea Edition," where no one dies but is instead "decaffeinated"!

Saturday was packed with social events, small group discussions, and workshops. We started our morning with the Annual Meeting of Members, which went smoothly through elections and necessary bylaw changes. Our alumnae had the opportunity to connect over their annual Luncheon, where we were so proud to welcome newly graduated sisters. Returning worship leader and recently-bestowed honorary sister, Anna Devlin, led our participants through an artistic, free-form worship project from her home in Georgia before another recently-bestowed honorary sister, Nicole Newberry, brought us a powerful message, tuning in from her temporary stay in Kentucky. We ended our day of activity with our reimagined Talent Show in the form of an SAO Game Night! Sisters battled it out to see who would come out on top in games like *Family Feud* and the *Price is Right*.

Sunday was the final day of Convention, and we were floored by returning worship speaker and Alumna Natasha Smith (Alpha), who brought us the Word in the afternoon. We spent our afternoons giggling over social activities and getting ready for our much-anticipated Awards Ceremony. We ended our evening by offering Convention 2022 Superlatives and admiring the display of Digital Banners submitted by chapters. Following our Benediction, exiting Board Member and SAO Alumna, Heather Davidson (Alpha Omega) and her husband Matt, blessed us by closing our conference with a moving worship session from their home in Michigan.

As we look toward next year, we are so excited to be working towards being in-person for Convention 2023, which will be our 19th year hosting this annual gathering and our 25th year as an organization! We cannot wait to see all of you there, and we thank everyone who attended and made the most out of Convention 2022. Blessings, dear sisters!



THE FULL AWARDS LIST CAN BE FOUND HERE:
www.sigmaalphaomega.org/awards



Elise Tiralli, MSW works at the intersections of faith & justice as the Director of Programs of Congregational life at a progressive church in Manhattan, NY. She is passionate about loving people well and building programs and systems that honor us all. She resides in Brooklyn, New York with her partner and mischievous cat, Dove. When Elise isn't working (which is always), she can be found drinking iced oat lattes, gaming with friends, & fostering a cat or two. Elise has a long history of service within SAO and proudly serves as the current VP of Events on the National Board of Trustees.

FALLing *into place*

By **LaShanda Johnson**

Fall is such a beautiful time of the year. The leaves are falling, the weather is changing and let's not forget boots, leggings, and oversized sweater season!

As we soar into a new season, the Sigma Alpha Omega® Foundation, would like to personally thank each of you who have deposited into our love tank, whether it was by way of monetary funds, being a prayer warrior, or utilizing your gifts to assist us by being a resource for our sisters.

Speaking of gifts, we want to take a moment to introduce you to our 2022-2023 Sigma Alpha Omega® Foundation Board of Directions.

We are still looking for alumnae sisters willing to serve as our Vice President and our Director of Public Relations. If you are interested, please email president@sistersbygrace.org. Additionally, keep your eyes peeled for information about our annual Fall Leadership Grant!

The Sigma Alpha Omega® Foundation continues to build programming to support our active sisters. If you are interested in becoming involved in any way, please contact LaShanda, President, at president@sistersbygrace.org.

Stay up to date with all of our programming by following us on social media:

Instagram: @sao_foundation

Facebook: @sigmaalphaomegafoundation

www.sigmaalphaomegafoundation.org



LASHANDA JOHNSON
PRESIDENT
TAU
HOME CHAPTER
Graduate of
POINT UNIVERSITY
Atlanta Christian College



KELLI ANNE GECAWICH
TREASURER/
FUNDRAISING
GAMMA
HOME CHAPTER
Graduate of
ELON UNIVERSITY



CALLIE HAMM
SECRETARY/PR
ALPHA PSI
HOME CHAPTER
Graduate of
LONGWOOD UNIVERSITY



ABBY MCHENRY
ENGAGEMENT &
DONOR RELATIONS
ALPHA EPSILON
HOME CHAPTER
Graduate of
UNIVERSITY OF WISCONSIN



JASHANIA GARRETTE
PROGRAMS DIRECTOR
ALPHA PSI
HOME CHAPTER
Graduate of
LONGWOOD UNIVERSITY



CLAIRE MCAULIFFE
SIGMA ALPHA
OMEGA LIAISON
ALPHA ALPHA
HOME CHAPTER
Graduate of
JAMES MADISON UNIVERSITY

We are blessed to have these lovely ladies on board and are excited to share some new and exciting things with our sisters and friends of the SAOF in the months to come.

COMPLEX LOSS

By Mary Ashley Allen

There are few emotions so universal as grief; no one can stave off the inevitability of loss. When experiencing loss outside of the expected order, we might wrestle with how to process or engage with grief. The loss of someone by suicide, the loss of someone by violence, or in the case of Naomi and Ruth, the loss of a young person and the loss of a spouse before a ripe old age respectively, are heartbreaking experiences that are everywhere. To best understand grief, let's explore the cycle of grief, the importance of sharing our story, and what may be God's invitation in seasons of grief.

We begin by exploring the components of grief and loss through the lens of Kubler-Ross's grief stages (See "What Might the Stages of Grief Sound Like?"). Swiss-American psychiatrist Elizabeth Kubler-Ross is considered a grief expert who identified a theory outlining the stages of grief which include denial, anger, bargaining, depression, and acceptance, with a more recently added stage of making meaning, or reasoning why the death occurred, which was theorized and added by David Kessler, a thanatologist, or grief expert.

What Might the Stages of Grief Sound Like?

-  **DENIAL** - This cannot be real. This is not happening.
-  **ANGER** - This is not okay. This is not fair. This is not right.
-  **BARGAINING** - If I could just get one more moment... Take me instead. Not now.
-  **DEPRESSION** - I feel overwhelming sadness. I want to stop. I want to be alone. No one could understand.

 **ACCEPTANCE** - They're really gone. What's done is done. Everything led up to this point, and I could not have stopped it.

 **MEANING MAKING** - For having loved them, known them, and grieved them, I know and experience life more fully now.

These six stages of grief are not meant to comfort, fix, or move us along more quickly, but to check in on where you are. Grief is not as neat and tidy as these stages; we can cycle through these phases unpredictably and outside of the listed order, repeating some, skipping others. If we seem stuck, disconnected, or numb,

Am I able to identify where I am in my grief?

Where we are in our grief today and in this moment can change so quickly, so we need to check in with ourselves frequently to see where we are.

we might benefit from looking at some common experiences of grief to normalize and to better understand our current state.

While isolation and emotional distance are aspects of a healthy and normal grieving process, we cannot remain in darkness alone without serious consequences. Part of a healthy grieving journey involves telling our story, just as Naomi, Ruth, and Orpah did (Ruth 1). If and when we experience traumatic and unexpected loss, we are likely in between a world we knew and one in which everything feels alien, even wrong. As Kessler explains, "And yet, we know that grief must be witnessed. I believe that healing doesn't mean forgetting or getting over it. Healing means not living in reaction to the pain of grief. Healing is an ongoing process." Grief is universal, but not everyone appropriately wrestles with grief. Consider Orpah, Ruth, and Naomi, as they all lost their husbands. They all lost future hopes and dreams, crying together

as they felt their collective loss. If you are experiencing traumatic loss, I wish I could give you a free pass, but I cannot: you must tell your story at some point. I am not asking you to share a pretty story of healing, redemption, and meaningful insights into the existential reality of our finite control and limited power—just start where you are by opening up to someone safe (e.g. someone reliable with integrity who aims to love unconditionally with openness and congruence). We and our safe person are likely to feel anxious and uncomfortable when exploring our grief, so name it. *I feel weird sharing this with you, but I also want to feel less alone in this more than I fear that feeling.* This might also look like praying together, sitting in stillness together in communion with the Spirit, exploring the Psalms which capture the grief, doubt, and faith of loss, and finding a support group that integrates or considers the importance of the spiritual impact of grief and loss. Whether your story has a beginning with no end or it is interrupted by moans or tears, begin here in the awareness that comfort is no further than your breath and holy ruach (a transliteration of the Hebrew word, רוח referring to breath, spirit, or wind).

DISCLAIMER: IF YOU ARE NOT IN A PLACE OF FINDING MEANING IN YOUR GRIEF AND LOSS, PLEASE SKIP AHEAD TO ***

It can take a lifetime to process loss, or it can take 24 hours. We are invited to sit in the uncertainty, the why's, and the what if's with each other. Trying to make sense of death is like trying to understand God; who can understand God? The anxiety of loss attunes us to the mystery of God and the frustrating difficulty to understand that mystery. Accepting what you cannot change does not mean you are okay with losing your loved one or that you understand God's plan. If while you are reading this and notice yourself thinking, I am just not there yet, that is okay! If you could be anywhere else right now, you would be. We are not asked to change ourselves, but to be open to being transformed (Romans 12:2). So whatever it looks like for you to be open to the mystery of God in the midst of your loss, even if it is a mustard-seed sized opening, be here.

Grief is not a place we often find answers or solutions to our questions. We learn to tolerate the unknown and to surrender to our limited understanding of the layers of reality that are not ours to know. At times in her grief, Naomi was convinced that God was working against her as she vacillated between anger, hope, and depression. Orpah ultimately returned to her parents' home, and Naomi's grief extended deeper still into her identity as she told her former neighbors not to call her Naomi, which translated means "pleasant." She said, "'Mara,' because the Almighty has made my life very bitter" (Ruth 1:20). Ruth responds by clinging to Naomi and Naomi's God, and is determined to stay with her, saying, "Don't urge me to leave you or to turn back from you. Where you go I will go, and where you stay I will stay. Your people will be my people and your God my God" (Ruth 1:16). Each woman is on a separate journey of grief together, modeling grief in different ways. When we see Ruth cling to Naomi and Naomi's God, we see one of many options in coping with and processing unexpected losses. We also see Naomi accept Ruth's decision to remain with her. If you are a Jesus follower, you are encouraged to be part of a body; distinctively different and yet still working together.

Processing and being present to your grief's manifestation in private or in community will not help you to be done grieving. The truth is you are and will never be done grieving. I would love you to picture me kindly and lovingly looking you in the eyes as I say this: You lost someone. You lost the future you thought would come to pass, and you were not wrong to dream or to hope. You lost the privilege of being blissfully unaware of the profound pain following unexpected loss. So if this article brings anger, be angry. As Kessler explains, "Grief transforms us. When the worst happens, we can't help but change. Our world has shifted. We go through our own personal apocalypse. And we know that nothing will ever be as it was before." Ruth and Naomi remind us that God is with us in every moment, and it is my belief God intimately knows grief echoed in Jesus' words, "Blessed are those who mourn, for they will be comforted" (Matthew 5:4).

If you are finding yourself avoiding grief, reminders of loss, and unable to open up even with yourself in private, I strongly encourage you to get support through a therapist, pastor, medical support, or safe family or friend. A common phrase in the mental health world is, "We cannot heal what we cannot feel," or to bring a spiritual spin, "Some things must be

brought into the light." If you are still finding major barriers to exploring and processing your grief, I have included some resources I encourage you to explore (see Resources at the end of this article). As the Persian poet Rumi writes, each guest visiting us in our lives, be it joy, loss, or anger, "has been sent as a guide from beyond," and it is our invitation as Christian preacher Charles Spurgeon echoes, to learn to "kiss the wave that slams me into the Rock of Ages." Realistically, each of us can only see the world as we see it here and now, while being open to the possibility God is *Rapha* (Heb. "healer") even when we feel divorced from that. If we know how and have the ability or resources to experience our grief, we may have the unwanted privilege of understanding something one cannot learn outside of catastrophic loss. Grief can force us through vastly different emotional states, cause us to reorganize and deconstruct our beliefs about loss, and invite us to challenge our impulses to isolate and avoid discomfort. Ultimately, it can shift our worldview. Similar to Rumi's insight, I think through the hope and guidance displayed in Jesus' life and resurrection, we might connect to a peace or comfort surpassing all understanding even in the midst of feeling brokenhearted and wounded. I believe God "heals the brokenhearted and binds up their wounds" Psalm 147:3, but truthfully I do not know what God's healing looks like for you.

I'm so sorry for what you have lost. I am so sorry healing does not include turning back time. I wish this cup (this circumstance) could have passed you by; saving you pain and sorrow. I do not understand all you are feeling and going through. I pour out my love to you right now and thank you for showing up in your grief. I wish I could be there with you.

Resources

¹Online: [Grief.com](https://grief.com)

²Podcast: *Healing with David Kessler*

³Book: *On Grief and Grieving* by Elisabeth Kubler-Ross and David Kessler



Mary Ashley is a clinical mental health therapist living in Greenville, SC. Most of her time is spent serving college aged clients as a therapist at Southern Solace Counseling in Clemson, SC. When she isn't watching Elyse Myers on TikTok, she loves watching movies, crossfitting, hiking, volunteering in her community garden, riding horses, reading about the tradition of spiritual mysticism, or baking sweet treats for her friends and fiancé.

¹Grief.com. Grief.com. Accessed August 17, 2022. <https://grief.com/>

²Kessler, David. "Healing with David Kessler." *Spotify*. <https://open.spotify.com/show/1PYZ3ws1OFVWLkT4vc7GIS>.

³Kubler-Ross, Elisabeth, David Kessler, and Maria Shriver. *On Grief and Grieving*. New York: Scribner, 2005.

Encouragement CORNER

BY JESSICA PERRY

· Maintaining Strong Relationships ·

Throughout the Bible's Book of Ruth, we see the growing relationship between Ruth and her mother-in-law, Naomi. Once the two arrived in Bethlehem, Ruth worked hard to provide food for them (Ruth 2:2, 2:18), for which Naomi was grateful and had concern for Ruth and offered her guidance (Ruth 3:1-4). Ruth then listened to and honored Naomi's advice (Ruth 3:5). They supported each other unselfishly and worshiped the same God. Like Ruth and Naomi, when we care for and love family members the way Christ loves us, we can have a deeper, more personal relationship with them.

Ruth and Naomi's relationship can be a model for how we treat our close relatives or friends that we've chosen to be family. The Christian Standard Bible (CSB) Study Bible says, "The relationship between a woman and her mother-in-law has been described as the most difficult in the family. Yet the commitment between these two women is presented as a pattern for reciprocal care and a conduct of spiritual blessing." Ruth's determination to stay with Naomi after the death of Ruth's husband was an "expression of commitment and affection" toward her mother-in-law that we can all emulate.

The CSB study notes also describe four virtues that deepened their relationship and can be used for our own family and chosen family. First, we see that they were committed to each other (Ruth 1:7-8, 1:17-18) and there was a "mutuality of **commitment** between the two women to move from legal codes to loving hearts." Second, Naomi's **gratitude** for Ruth "awakens the loyalty" in Ruth's heart for her mother-in-law (Ruth 1:8-10). Thirdly, "the **selflessness** on the part of one demands unselfishness from the other" (Ruth 1:11-13, 2:14-18). Lastly, Ruth accepted and **honored the wise counsel** from Naomi (Ruth 3:2-4, 3:5-6).

Though the book of Ruth focuses on an in-law relationship that God used to greatly bless these two women, their example is applicable to all other familial relationships as well. God gave us our family, and our desire for us to love them, encourage them, share our faith with them, and deepen the relationships that we have with them. Maybe you've lost loved ones like Ruth and Naomi did, or maybe you have strong familial bonds with friends instead. In any case, I encourage you to follow Ruth and Naomi's example of commitment, gratitude, selflessness, and being willing to follow godly counsel. May God bless you!



Sisters Abroad

SISTERHOOD IS EVERYWHERE

BY KIMBERLY VONDERLEHR



Our Sigma Alpha Omega® sisterhood not only strengthens our faith and helps us to develop meaningful friendships, but it also ignites a fire in us all to serve others and spread the love of Christ to everyone we meet. This love of service and Christ holds true in Allie Morris, our sister abroad spotlight for this issue.

Allie Morris is an alumna of the Beta Gamma chapter at Mid-Atlantic Christian University in Elizabeth City, North Carolina. Allie graduated in 2018, where she majored in Biblical Expedition and Youth Ministry. She loved the small atmosphere of her college and her home chapter. To her, it felt like one family.

Allie has a passion and excitement for mission work that she has shared with her Sigma Alpha Omega® sisters and collegiate peers. Allie was “saved” at 15 years old, and this is when her passion for mission work began. She first saw the beauty of Africa when she went in 2015 with one of her professors and a group of her peers. She had always wanted to go to Africa and fell in love with what she saw there. The people she met were on fire for the Lord and put God at the center of everything they did.

After Allie's trip in 2015, she was eager to go again. In 2016, she went on a solo trip to Zimbabwe, where she stayed with a host family. During this trip, she became extremely close with her host family and felt God telling her that He wanted her in Zimbabwe. During her trip, Allie spent her time planning Vacation Bible School and other youth ministry activities, while also connecting in fellowship with the children there. Every day was different for Allie. Some days were more relaxed and she would play soccer and spend time with her host family. Other days were busier, spending time planning Vacation Bible School activities or going on field trips to experience the beauty of Zimbabwe. She connects with the way of life in Zimbabwe, describing the peaceful and family-oriented atmosphere, and how everyone “goes with the flow.” Psalm 16:8 says, “I have set the Lord always before me because he is at my right hand. I shall not be shaken.” Allie says she experienced this God-centered and mindful way of life in Zimbabwe and was inspired by it.

When asked what her favorite memory was from her time in Zimbabwe, Allie described an amazing moment: The youth group from the church in Zimbabwe that Allie spends time with often plays soccer in their courtyard, and no matter who is around or what is going on, they will all pray aloud at the end of their time playing soccer. They welcome anyone to join them. The youth group spreads the Gospel's message through fellowship of playing soccer together. Although Allie had many meaningful experiences in Zimbabwe, this specific memory sticks with her. It reminds Allie, and can remind us all, to put God at the center of everyday life and how the love of Christ can be spread through even the smallest opportunities. This memory also resonates with Allie because she would play basketball with her hometown youth ministry group and spread the Gospel through that as well.





Allie and those from the church she serves with in Zimbabwe.

Allie is inspired by the relaxed flow of life in Zimbabwe, and her friends say when she is there, she always has a smile on her face. Currently, Allie is back home in North Carolina but is hoping to fundraise in order to visit again and stay for a full year with the same host family. There, she will continue to work with the youth ministry program. Although Allie loves her family, friends, and Sigma Alpha Omega® sisters in North Carolina, she feels strengthened and moved by the Lord to pursue her love of service and mission work in Zimbabwe. Her favorite Bible verse is Philippians 4:13, "I can do all things in Christ who strengthens me" (NKJV). Allie explains that, like anyone, she has experienced struggles in her life, and this verse reminds her that any challenges she faces can be overcome through God's amazing grace.

Every Sigma Alpha Omega® sister can be moved by hearing about Allie's story. Allie challenges everyone in her life to experience mission work. Although some people may be hesitant to go abroad, volunteering or working with a church locally can help ignite a love of service as it did in Allie. The advice she would give to all sisters is to find something that tugs at your heart. Whether volunteering at your home chapter as an alumna or going abroad, find what God calls you to do in life and who he wants you to serve with your gifts. Her first mission trip changed her life forever and showed her that sisterhood and the love of Christ could be found everywhere.



RECIPE



HOMEMADE

Apple Cider

By Sydney Radecki

Fall is here and that means it's the perfect time to enjoy warm and sweet treats! Try a good ol' cup of famous Homemade Apple Cider and be sure to make it a staple for your holiday celebrations this year.

Yields: 2 quarts

INGREDIENTS:

- 10 large apples, quartered
- ½ orange, halved
- 4 cinnamon sticks
- 1 teaspoon cloves
- 1 teaspoon whole allspice
- 1 whole nutmeg
- ½ cup packed brown sugar

One tip to make this recipe even more flavor-packed is to use Grannysmith or Honeycrisp apples!

DIRECTIONS:

1. In a large pot over medium heat, add apples, oranges, spices, and brown sugar.
2. Cover with water by at least 2 inches. Bring to a boil, then reduce heat and simmer, covered, 2 hours.
3. Remove orange halves, then use a potato masher or wooden spoon to mash apples.
4. Return to a simmer and let simmer uncovered for 1 hour.
5. Strain through a fine mesh strainer, pressing on solids with a wooden spoon to squeeze all juices out. Discard solids.
6. Serve apple cider warm.



Sydney Radecki is a senior at Clemson University and is an active member of the Alpha Omicron chapter of SAO. She is finishing up her degrees in Secondary Education Social Studies and History and she is an avid Chick-fil-A, hot chocolate, and dog lover!

Gore, Makinze. "Homemade Apple Cider." Hearst Lifestyle and Design Group. delish, July 15, 2022. Accessed August 17, 2022. <https://www.delish.com/cooking/recipe-ideas/a28224491/homemade-apple-cider-drink-recipe/>.

Green, Emily H. delish, 2022. Hearst Lifestyle and Design Group. Accessed August 17, 2022. <https://www.delish.com/cooking/recipe-ideas/a28224491/homemade-apple-cider-drink-recipe/>.

FALL WORD SEARCH

Fall Word Search

C U W V B F K S Q S W H A R V E S T H G
O Y S M A N T A T O U U O G K R P M L E
A C F D F O O T B A L L W B T Q W O Z B
S E E Z Z A G E R Y N T U E N I B E X R
W J P N X T B U W A A P P L E C I D E R
E A U O A H U D C N U T U U U N C T A Q
A P R V S A U U R K K P P Z M H R B C T
T P L E A N N O J Y S R P C U P A G I C
E L E M J K C A D B E F W K E U K Y M K
R E A B U S K F Y O P L I O H Z E I Y B
P S V E L G P H L N T Z H P S J S Q N O
Q Q E R S I Q A W F E Y E M U W E Q J O
J N S O M V V C N I M C O Q N R M W K T
T B M E K I F Z B R B R Y C F K N L J S
V Y A P N N Q K G E E A V G L U T A A O
V N R R D G H N A B R U Q T O O N I G V
C Y A O O P I Q O N H T X F W J Z Y P E
L C X F E A L T K O E U W Z E S U P P B
R D E F I D C W K O Q M Z Q R B F Z U S
D R Q R J O V Z O Y W N C J G R K N E U



CORN
AUTUMN
BONFIRE
BOOTS
OCTOBER
RAKE

THANKSGIVING
HARVEST
LEAVES
CARNIVAL
APPLES
APPLE CIDER

PUMPKIN
FOOTBALL
SWEATER
NOVEMBER
SEPTEMBER
SUNFLOWER



JOIN OUR *Team!*

Dove Love is looking for sisters who are interested in helping produce this national publication.

We are currently seeking sisters to fill the following positions:

- **Graphics Designer**
- **Recipe Contributor**

If you have a background in any of these fields or just want to get involved, please email your interest and resume to dovelove@sigmaalphaomega.org.

Please title your email: *Dove Love* Join Our Team [YOUR NAME]. We look forward to hearing from you!

ADVERTISING *Opportunity*

Do you or someone you know have a small business, or items you would like to advertise?

Dove Love has advertising space available in our quarterly publication! Reach sisters and alumnae across the country by promoting your business in *Dove Love*.

If you are interested in utilizing the advertising space or renewing your previously submitted advertisement in *Dove Love*, please email dovelove@sigmaalphaomega.org for more information!

Please title your email: *Dove Love* Advertising [YOUR NAME].

We look forward to working with you!

Dove Love Staff

Christianna Pedley
Editor-in-Chief

Jessica Perry
Assistant Editor

Claire McAuliffe
Managing Editor

Lindsay Meffert
Senior Graphics Designer

Makayla Haigler
Graphics Designer

LaShanda Johnson
Sigma Alpha Omega®
Foundation Contributor

Jillian Hooper, Claire McAuliffe
Photographer

LaShanda Johnson
Marketing Coordinator

**Jessica Perry, Mary Ashley Allen,
Elise Tiralli, Sydney Radecki,
Kimberly Vonderlehr**
Writers

Disclaimer: The views expressed in our published works are those of the author(s) and do not necessarily reflect the opinions or Dove Love Magazine or Sigma Alpha Omega® Christian Sorority.



coming soon!

**Dove Love,
Winter Edition**