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MEET THE TEAM



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MISSION STATEMENT

Dove Love is the national publication of the 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.





Hello, dear sisters!

Spring is upon us, as is the Lenten season! Growing up, I didn't participate in Lent, and I recently discovered in my research that my childhood denomination does not observe it. Now that I'm older, I wish we did in a larger capacity, even if it was only partially. Easter is the most important holiday to our faith, and fasting as a form of worship or intentional sacrifice to prepare seems to be the least I could do to show my love and respect for Him, given that Jesus sacrificed His human life for us.

For this issue of *Dove Love*, we are finding ways to combat the seven deadly sins with the Armor of God! In Ephesians 6, Paul is outlining the armor left for us to combat the warfare we will experience, but our warfare is not physical. Much of our battle will be of the spiritual kind, and the devil will use any foothold that can cause us to stumble to keep us away from God. The Armor of God is an analogy that outlines teachings of Jesus in a practical way, allowing us to visualize the tools we have to fight the spiritual battles coming our way.

Keep reading to discover how we can use different pieces of God's Armor to fight the sins that can cause us death.

THE ARMOR OF GOD

10 Finally, be strong in the Lord and in his mighty power. 11 Put on the full armor of God, so that you can take your stand against the devil's schemes. 12 For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. 13 Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. 14 Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, 15 and with your feet fitted with the readiness that comes from the gospel of peace. 16 In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. 17 Take the helmet of salvation and the sword of the Spirit, which is the word of God. 18 And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

- FPHFSIANS 6:10-18

Dove Love,

Chrissi



ABOUT THE EDITOR-IN-CHIEF

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 is currently the Systems and Training Manager for a property management company based in Grand Rapids, MI.

Devotional BY KELLI ANNE GECAWICH

Picture this: Your boss makes an announcement that a new workflow has been added to your tasks. adding an extra step to a process that you've been doing for years. The new step is not as user friendly and trying to learn it is giving you some trouble. Every time you do it incorrectly, you get more and more upset, while your coworker beside you seems to be having no trouble with it. One day, your boss asks you how it's going, and you simply lash out about the stupidity of the system.

Has that ever happened to you? Where you responded to a situation from a deep-seated place of emotion rather than peace or level-headedness? I hate to admit it, but I have absolutely been guilty of responding to situations from a place of wrath or envy when I should not have, causing rifts in my relationships with others, with my own psyche, and with God, causing me to question what His plans are for me. As we strive to live each day through the teachings of Christ, and emulate Him in our lives, the reality is that we still wrestle with those all too human emotions and reactions that can impact our ability to truly live like Christ, and they can harm our relationships with others. Among them, wrath and envy tend to cause fractures in our lives, both inside ourselves and in our relationships with others and with God.

When we think of wrath, we tend to think of anger. But wrath is more than just anger; it is an intense, often violent form of anger that seeks vengeance or punishment. It is something that is buried deep within ourselves, and can spread into all aspects of our lives. Wrath doesn't just hurt the one who experiences it but often spreads like wildfire, damaging everything in its path. In Proverbs 15:1, we are cautioned that "[a] gentle answer turns away wrath, but a harsh word stirs up anger."

Hand in hand with wrath at times, envy refers to the resentment that we feel when others succeed or prosper, especially in ways that we wish we could ourselves. The seeds of envy are often sown by comparison and discontentment with our own lives.

PHILIPPIANS 4:7

Envy can distort our view of life, undermining our joy and interfere with our perception of the goodness of our Lord. When we feel envy, it might cause us to question the plan that God has for our lives, which can foster dissatisfaction.

Let's pause and meditate on the importance of our feet. Our feet ground us by directly connecting us to the Earth underneath. Whether we are sitting or standing, our feet provide stability, thus grounding us in the present moment.

Now consider why Paul, in his letter to the Ephesians, chose the feet to be "fitted with the readiness that comes from the gospel of peace" (Ephesians 6:15). Peace should ground us in all our dealings with others, as the stable state of being to stand on. Fitting ourselves with the gospel of peace gives us a firm foundation in grace and humility in our responses to situations, bringing the love and grace that God shows us into those moments rather than our divisive anger. This allows us to bring unity and healing to each other, rather than resentment and mistrust.

When you feel envy or wrath rising, I encourage you to take a moment and be aware of your feet. Take a few deep breaths and focus on how your feet feel underneath you, notice how you interact with the ground, or how it feels to be supported by your feet. God's Word calls for us to react with peace and forgiveness, as best modeled by Jesus on the cross. When wronged, hanging on the cross, when He could have responded with anger and frustration, He chose forgiveness, calling "Father, forgive them, for they do not know what they are doing" (Luke 23:34).



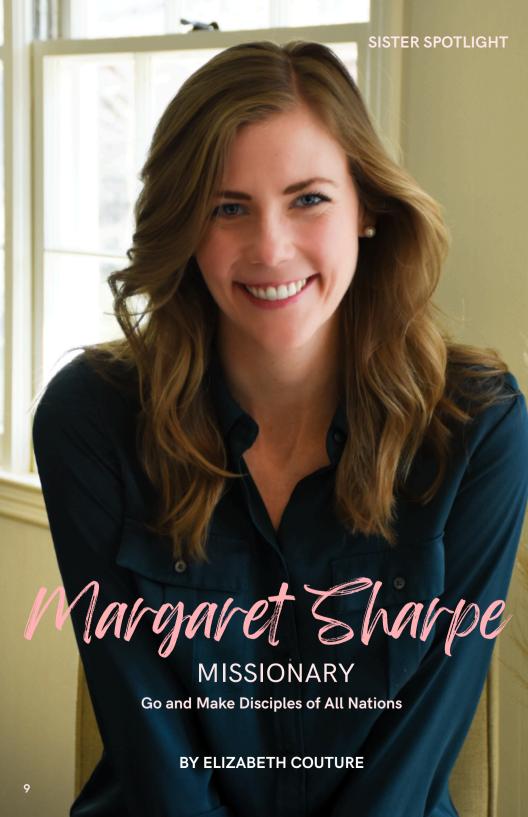
My dear sisters, I challenge you to remain grounded in faith. React with peace before wrath and envy and remember that the peace of the Lord will calm your heart.

Prayer: Lord, we thank You for the peace that comes through the gospel of Jesus Christ. Help us to walk in that peace every day, especially when we face the temptations of wrath and envy. When anger rises within us, remind us of the forgiveness You have shown us. When envy threatens to take root in our hearts, help us to rejoice in Your goodness and trust in Your perfect plan for our lives. May we be instruments of Your peace in a world that desperately needs it. In Jesus' name, Amen



ABOUT KELLI ANNE GECAWICH

Kelli Anne is an academic librarian currently living in Savannah, GA. She graduated from Elon University in 2015 as part of the Gamma chapter, Rho class, and served on the board of the Sigma Alpha Omega® Foundation for many years post-grad.



As sisters in Christ and members of Sigma Alpha Omega®, many of us recall an impactful church camp we attended during our adolescent school years, or even in college with our lovely sisters. Something about retreating awav from everyday distractions and being surrounded intentional prayer, worship, and scripture reading in God's creation provides a sanctuary for our souls that renews or even begins our with Jesus. personal relationship influences our ordinary lives upon return. Margaret Sharpe, an SAO alumna of the Eta class, Mu Chapter at the University of Georgia, creates such transformational camp experiences both in the United States and abroad in Brazil and Costa Rica as the Manager of the International Ministry for WinShape Camps.

Founded in 1984 by Truett Cathy, the founder of the fast-food restaurant chain Chick-fil-A, and his wife Jeanette Cathy, the WinShape Foundation exists to glorify God by creating transformational, Christ-centered experiences for people in every stage of life. WinShape does this through their five ministries that offer summer camp, foster care, team and leader development, college discipleship, and enrichment. This camp is an incredible opportunity to create experiences that transform campers and families with the message of Jesus Christ. Margaret leads WinShape Camps International, which brings the ministry of camp to places outside of the US. WinShape works to empower local leaders in Costa Rica and Brazil. Through their three-year Community Empowerment Model, WinShape trains, equips, releases churches and communities with the tool of camp to reach their communities with the Gospel.

Prior to her vocational call to international missions, Margaret earned her Bachelor of Science in Human Development and Family Sciences in 2014. God utilized her undergraduate years to shape her faith through unexpected suffering. Between her freshman and sophomore years, Margaret, with her heart ready to serve children

and the nations, studied abroad in Ghana. However, instead of helping in hospitals with nutrition, she fell ill and became the patient.

Upon returning to the United States, her condition worsened as she lost the ability to live independently or drive a car, and Margaret withdrew from college for a semester. After a long journey where doctors were unable to figure out what caused her ailments, Margaret miraculously received treatment at Johns Hopkins Hospital through a seemingly random (or more likely, God-sent) connection her father made at a work conference.

During such a scary and isolated time, she truly learned how to depend on the Lord, lacking any self-sufficiency. Margaret often turned to reading her favorite book of the Bible, Isaiah, which speaks of hope in the future with such tender poetic lines and reminded her of the Lord's kindness, pulling her out of darkness into light.

Further inspired by her SAO sisters reaching out with support and sending care packages, Margaret, upon returning to UGA, served as Agape Chair to demonstrate love to sisters going through times of suffering or celebration. Through one surgery, Margaret fully healed and carried the gifts of dependency and humility into her call to ministry, first by serving in foster care, then in a major non-profit organization.

Margaret focuses on her God-given passion for children in all her career and service choices. "I will never be away from kids," she proclaimed while also admitting, "If there were a group of adults or kids at a party, I would choose to hang with kids."

As the manager of WinShape Camps International for the last five years, Margaret spends a lot of time on airplanes and spends the majority of time away from the United States in spring and summer. Her job requires humility in acknowledging that although she has spent six years in Costa Rica and seven years in Brazil, she must rely on local leadership to listen and learn or their expertise in ministering to their native cultures. She enjoys the challenge of bridging the gap of cultures between Americans and Costa Ricans and Brazlillians, particularly for American



college students coming to serve at camps in these countries.

When in the United States, Margaret serves in the children's ministry at Passion City Church by leading the women who volunteer to minister to elementary-aged kids. Since Margaret believes in ministering not only consistently on Sundays but also outside of church as well, she became a small part of their lives by attending dance recitals, soccer games, graduation parties and even baptizing a few of her students over the last 10 years. Margaret loves to teach the Bible to children, whether that is from the stage, in small groups, or in conversations around the dinner table.

Margaret received her Master of Arts in Intercultural Studies at Dallas Theological Seminary, which includes courses in theology, classes in every book of the Bible, and studies in cross-cultural ministry that focuses on ministry to the nations. Margaret had some hesitations going into seminary, but she felt affirmed by close people in her life and stayed obedient to her conviction that called to teach God's Word. She knew she must prepare "to raise up the next generation of the global church to know, love, and follow Jesus."

In her limited spare time, Margaret enjoys using her Delta Sky Miles to travel, such as her recent dream trip to Florence, Italy, attending a conference in Amsterdam, Netherlands, and popping by Oxford, England to visit her brother studying abroad there. Furthermore, she enjoys going outdoors (including participating in the 1,000 hours outside challenge last year), paddleboarding, kayaking, hiking, and just marveling at the water and waves of beaches.

As a woman with a mission to "go and proclaim the Gospel to all nations" (Matthew 28: 18-19) by "letting the children come to me (Jesus)" (Matthew 19:14), Margaret inspires our sisterhood to "use your gifts given from the Lord and not to shy away from them." She sagely advises all SAO sisters to remember as members of the "priesthood of believers" (1 Peter 2:9) to minister where God places us even in our teaching, nursing or working.

For those sisters called to vocational ministry, Margaret astutely advises you to grow your relationship with the Lord through digging deeply into scripture and "let God's character flow through you and transform you; thus seek faithfulness right now by letting His unfailing love trickle down from your head to your heart to your hands." Margaret advises all sisters, and particularly those called to vocational ministry to seek out wise mentors, and community from all generations to aid in consulting guidance from the Holy Spirit for the next right step (not worrying about a five-year agenda).

Finally, Margaret advises all sisters to implant themselves in their local churches "to pour into and be poured into," as God intended as "iron sharpens iron" (Proverbs 27:17).

Margaret reaches international children so that they may know and be transformed by Christ forever, even if the campers spend only a short time with her at the camp. Like Sharpe, may we all, as sisters in Christ, seek to "go and make disciples of all nations" (Matthew 28:19-20), using our unique talents and passions freely and taking full advantage of every Godgiven moment for an eternity with Him.



ABOUT THE AUTHOR

Elizabeth Couture, a 2016 UGA and SAO Mu chapter Alumna, resides in Atlanta, GA where she raises her two young sons and applies her Early Childhood Education degree on a daily basis. She loves encouraging friends, writing her blog (https://lilliebeth016.wixsite.com/thenotsocouturemomma), and playing with her two sons, especially outside.



Greetings from the Sigma Alpha Omega® Foundation!

We are currently supporting sisters through our Convention Registration Grant program. All active, associate, and alumni sisters are invited to apply to this needs-based, reimbursement grant intended to help sisters of all status attend our national convention in Ridgecrest, NC in June 2025. For more information check out our website or email Ashleigh Crouch at programs@sigmaalphaomegafoundation.org.

Our foundation works tirelessly to provide active, associate, and alumnae sisters with a wide range of support including grants, dues assistance, and emergency relief funds. This is only possible through the generosity and donations of our incredible donors. If you are willing or able to financially support our foundation, we would greatly appreciate it.

You can make donations monthly or as a one-time contribution, and it is tax-deductible! You can donate to our Paypal (@sistersbygrace), Venmo (@SistersbyGraceFoundation OR @sigmaalphaomegafoundation), or by emailing our treasurer, Shelby Howard at treasurer@sigmaalphaomegafoundation.org.

Follow us on social media to stay updated on upcoming fundraising events and grant opportunities. Your engagement and support make all the difference!

Instagram: @sao_foundation
Facebook: @sigmaalphaomegafoundation
Website: www.sigmaalphaomegafoundation.org



ABOUT THE AUTHOR



As Christians, we oftentimes wear two hats: one praising the Lord for all He has given us, and the other praising ourselves for our own achievements. The clash of pridefulness against the humility that comes from truth takes a toll on our mental wellbeing, because wearing pride means putting on a facade that hides our struggles from others, inevitably isolating us from meaningful community. The belt of truth, as outlined in Ephesians 6:14, asks us to embrace honesty and find comfort in the truth of the Word of God. Securing ourselves in God's truth enables us to face our struggles and seek healing through vulnerability.

What is the Belt of Truth? "Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place" (Ephesians 6:14). In ancient warfare the belt was more than just an accessory, but a crucial article of clothing for holding the soldier's armor together. Fastening our spiritual belt secures our armor so that we are prepared to fight spiritual battles. With the belt of truth, we have the power of discernment to stand strong against deceit and temptation, both in our spiritual and mental journeys. The foundation for mental healing and growth is being honest with ourselves, acknowledging and identifying our thoughts and feelings.

What is Pride? "Pride goes before destruction, a haughty spirit before a fall" (Proverbs 16:18). 1.3 Pride is essentially self worship.

When we worship our accomplishments, we minimize God's role in our achievement and skimp out on giving Him the honor and the glory He deserves. Without giving Him the praise, we avert our heart from all of the goodness He's given us and focus on the "goodness" we gave ourselves.

Our pride can prevent us from sharing our struggles with others, causing us to try to "fix" everything on our own, which then results in feelings of isolation and worsening mental health. Excessive pride can also lead us to believe that we are better than others and can diminish our self-awareness, which in turn continues to push us away from others and from God

"When pride comes, then comes disgrace, but with humility comes wisdom." (Proverbs 11:2). Humility acts as a counterbalance to pride. Jesus Christ set the perfect example for humility and honesty, for us to follow everyday. Humility allows us to acknowledge our need for others and need for growth. Honesty and vulnerability shows a quiet and determined strength. Ways to become more honest and humble like Jesus include: praying daily, meditating on the Word of God, and serving our communities. Humbly and honestly coming before God provides us with a profound sense of peace and belonging; as well as, nurtures our mental wellbeing with the practices of meditation, community, and purpose.



The mismatched outfit of the crown of pride paired with the belt of truth significantly impairs our relationships with others and the way we experience life. Wearing the belt of truth promotes honesty and allows for discernment of any deceit present in our lives. If we take the time to put away our pride and be completely honest with ourselves, God will guide us on a path of righteousness through His Spirit

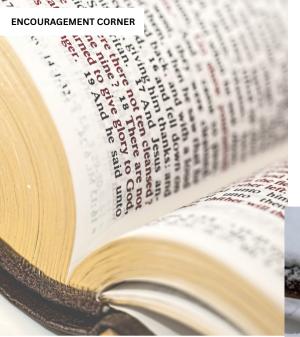
This season let's challenge ourselves to tighten the belt of truth, take off our hats of self-honor, and give praise and gratitude to God for everything. "Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to Him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen" (Ephesians 3:20-21).

If you are in a mental health crisis:, please dial 988 for immediate support. You are loved, valued, and this world is a better place with you in it.



ABOUT THE AUTHOR

Madeline is a senior at Jacksonville State University and is pursuing a career in occupational therapy. She is currently serving her second term as President of the Beta Delta Chapter in Jacksonville, Alabama. When she isn't spending time with her sisters and serving her community, you can find her hiking trails with her boyfriend, Austin, and their dog, George.



The Offensive

BY: CHRISSI BUCK

While many pieces of the Armor of God are defensive to protect against harm, God has left us an offensive weapon: the Sword of the Spirit. Just as a real battle requires offense, God has left us an offensive weapon in His Word.

God demonstrates what we are to do when encountering conflict through lessons in the Bible about Jesus and those He has called in both the Old and New Testaments.

During your practice with the Sword of the Spirit, you learn what God would do, say, or advise in that situation. You can stand confidently with your sword, knowing that it has already fought that battle before.

Since most of our battles will be spiritual, it is important to remember that this sword is also spiritual. We are not physically fighting the devil and his schemes; we can imagine the physical sword being our intangible words and actions that fight back. The very next verse in Ephesians 6 after naming the Sword of the Spirit talks about prayer and declaring the Gospel. It is important to declare our faith, using our words, and to continuously pray against the warfare and for each other in each battle.



Like the quick draw of a literal sword, you would think the Sword of the Spirit would be something quickly available for use. It is true that the Sword of the Spirit is available, but quickly accessing it comes with practice. Just as an ancient warrior would practice with her sword, we practice with the Sword of the Spirit by reading the Word of God and applying what God has revealed to us within our study both alone with His Spirit and with others. The quick draw of offense sharpens from putting into practice God's Word in real time."

We are able to go on the offensive because of the Sword of the Spirit. Thankfully, our welding is made more graceful the more we practice, despite inevitable mishandling. In the spiritual battles we face, let us remember to listen to the Word in action, to ask God for His guidance, and to pray for protecting yourself and those around you with His Holy Spirit.

CHAPTER UPDATES



ALPHA NORTH CAROLINA STATE

Mascot: Wolfpack | Date Founded: January 8, 1998 | Active Sisters: 12 Associate Sisters: 2 | Inactive Sisters: 5 | Alumnae Sisters: Over 299+!

We started our semester off with a Diamonds-and-Denim-themed recruitment, initiating a new sweet girl into our sisterhood! Then, we spent the semester going to football games, collecting canned food for the needy, writing cards for veterans and St. Jude's patients, going to trivia, hosting a '50s-themed semiformal, and traveling to Danville, VA, for our semesterly retreat. Although our chapter shrunk in size compared to past numbers, God faithfully blesses us with a close sense of fellowship and we continue to pray that he moves in our chapter and throughout our campus this spring semester.

ALPHA DELTA CHRISTOPHER NEWPORT UNIVERSITY

Mascot: Captains | Date Founded: 2010 | Active Sisters: 9 Associate Sisters: 3 | Inactive Sisters: 0 | Alumnae Sisters: 97

The Alpha Delta Chapter experienced many blessings this year including welcoming seven new sisters during recruitment. We enjoyed getting to know our new sisters through fun socials such as a paint night making postcards! We look forward to enjoying more blessings in this new year!

Armor of God



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breastplate of righteousness

helmet of salvation

gospel of peace shield of faith

belt of truth

word of God

Ephesians

armor

sword of the Spirit evil one

To solve this word search, take a screenshot and use "edit" to engage with your highlighter tool to find the hidden words.



EASY GREEK MEATBALLS — kiked!

WITH HOMEMADE PASTA

DID YOU KNOW? In 2025, both Catholics and Orthodox Christians celebrate Easter on the same day, April 20, the third Sunday of April. This is because 2025 will mark the 1,700th anniversary of the First Ecumenical Council of Nicea, and both the Julian and Gregorian calendars will be aligned! In honor of the "best of both," this recipe combines two favorites

from Greece and "Roma" I

BY CLAIRE MCAULIFFE

MEATBALL INGREDIENTS:

2 lbs ground beef (I used lean) • 1 red onion (a small one) • 4 cloves garlic 3/4 cup panko (or breadcrumbs) • 1 egg • 1/4 cup dried parsley • 1 tsp oregano • 1 tsp salt

MEATBALLS DIRECTIONS:

- 1. Preheat oven to 350 degrees F and line a sheet pan with foil.
- 2. Finely chop red onion, and peel and mince garlic.
- 3. In a large bowl combine ALL the ingredients and use your hands (wash them well before and after) to combine the mixture. Roll the meatball mixture into small balls (mine were around golf ball size) and line them up on the sheet pan.
- 4. Bake in preheated oven for 15-20 minutes. You could start checking after 15 minutes depending on how hot your oven runs they might be done. I ALWAYS test my meat with a meat thermometer to take the guesswork out of it.
- 5. Serve with our Homemade Tzatziki, pita bread and fresh veggies, or with rice, or roasted potatoes. Enjoy!

HOMEMADE PASTA INGREDIENTS: (Of course, we won't judge if you use boxed pasta!) 1 cup all-purpose flour • 1/2 tsp of salt • 1 egg, beaten • 2 tbsp of water (optional)

HOMEMADE PASTA DIRECTIONS

- 1. Gather all ingredients.
- Combine flour and salt in a medium bowl. Make a well in the center and add beaten egg. Mix well until a stiff dough forms, adding up to 2 tablespoons water if needed.
- 3. Knead dough on a lightly floured surface until smooth, 3 to 4 minutes. Wrap dough and let rest for 30 minutes to 1 hour.
- 4. Roll dough by hand or with a pasta machine to desired thickness, then cut into strips of desired width and length.

Armor of God

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word of God	Ephesians	armor
gospel of peace	shield of faith	belt of truth
breastplate of righteousness		helmet of salvation

Sword or the Spirit evil one

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