



-TABLE OF CONTENTS

MEET THE TEAM

OUR MISSION

5

LETTER FROM THE EDITOR

6

DEVOTIONAL

NATIONAL BOARD UPDATES

10

BIBLE & THEOLOGY WITH SISTERHOOD COMMITTEE

11

SISTER SPOTLIGHT

12

SAO FOUNDATION

13

MENTAL HEALTH

16

CHAPTER UPDATES

19 20

ENCOURAGEMENT CORNER

RECIPE

JOIN OUR TEAM ADVERTISING OPPORTUNITIES

MEET THE TEAM



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letter from the editor

BY CHRISTIANNA PEDLEY BUCK -

Dear sisters,

Easter embraces new life with remembrance and celebration. We remember His sacrifice and celebrate the freedom and the new, eternal life in Christ we have as God's children.

Personally, I am distraught over what had to happen for us to have this grace. To imagine Jesus suffering so much pierces my heart and causes such sadness that it's incredible that I am able to function. I panic thinking about my dogs being hurt, let alone a human, let alone God!

Remembering this hurts, but it reminds me that from death sprouts life when God is involved. We have this new, hopeful life because of Jesus's sacrifice. It's like how a dying flower leaves behind the gift of a seed, which will become a new flower. This is also what makes our relationship with Jesus so special, that He was willing to die for a friend, for us. John 15:13 says, "Greater love has no one than this: to lay down one's life for one's friends." Jesus is what He commands us to be. We are to love as we have been loved, "So that my joy may be in you and that your joy may be complete" (John 15:11).

Throughout this issue of *Dove Love*, we spread our roots into Isaiah and branch out to marvel at the complexity and simplicity of God in His prophecies. Many times, Isaiah foretells about the sacrifice to come that will save us all, fully blossoming in Jesus's crucifixion and allowing us to become the "firstfruits" of heaven from his resurrection (James 1:18). Simply, Love is what brings us this salvation, interwoven in the stories and conversations we see throughout the Bible, God's revelation for us.

I hope you have a joyous spring, with grace and Love abounding!

Dove Love,

Prissi

But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.

ROMANS 5:8



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.

SPRING DEVOTION REDEMPTIVE

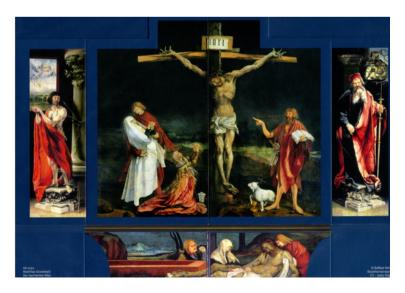
BY ELIZABETH COUTURE SUFFERING

Beauty captivates. A pink, orangey, slightly purple sunset over the ocean horizon; a blush-pink rose held closely revealing such gently silky petals folded in perfect balance; a bride adorned in white lace and beaming with joy from knowing she is her beloved and her beloved is hers; a newborn baby cradled in his mother's trembling arms as she caresses his impossibly smooth skin. These places of beauty glimpse heaven. Such moments pause time, stop breath for a moment, and release our deepest profound "awe."

As a junior in college at the University of Georgia during an Art History class studying the High Renaissance European period of Art, an artwork absolutely enraptured me with such Divinelyinspired beauty. As my professor lectured about Matthias Grünewald's 16th-century Altarpiece, I literally sat on the edge of my theaterstyle seat, my heart beat faster, and my mind and soul sighed, Wow. The visual beauty and absolute profound truth behind the piece transformed my faith and opened the door to my conversion from Presbyterianism to Catholicism, and it still takes my breath away by its absolute, complete, perfect illustration of redemptive suffering.

HE MUST INCREASE. I MUST DECREASE. JOHN 3:30

Grünewald's Isenheim Altarpiece. Unterlinden Museum in Colmar, Germany, originally resided in an Antonite monk-run hospital's chapel to encourage the hope of heaven for the patients treated. The majority of these patients suffered from a disease called, "Saint Anthony's Fire." Contracted from eating bad rye bread, a common staple for the plebeian in the sixteenth century, "Saint Anthony's Fire" resulted in painful sores and swollen limbs. For six days, the altarpiece remained open showing a depiction of Christ on the cross, featuring Jesus with sores and swollen limbs, flanked by a sorrow-stricken, pale, mother of Christ, Mary, fainting in the arms of Saint John, the beloved disciple, on one side, and Saint John the Baptist pointing to Christ with the words, "He must increase, I must decrease" (John 3:30) written above the figure.





On Sundays, the altarpiece closed showing a depiction of Christ, with impossibly smooth skin, resurrected and adorned in simple finery as a bride, shining as bright as a sunset on the horizon of the ocean.

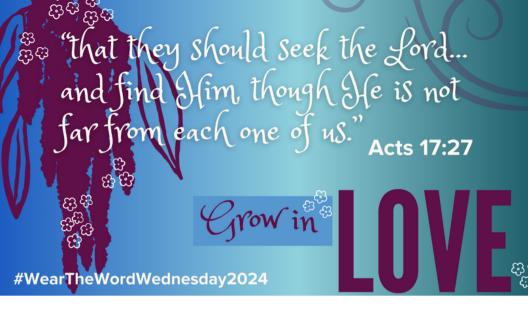
Isenheim Altarpiece is a physical depiction of Immanuel, God with us, Christ with us in our suffering, bearing our sins, and restoring us to eternal life. As Isaiah 25:8 states, "He will swallow up death forever. The Sovereign LORD will wipe away the tears from all faces; he will remove his people's disgrace from all the earth. The LORD has spoken." Yes, I fully believe in the full resurrection and restoration found in Jesus Christ, mentally, but upon seeing Grunewald's altarpiece, my heart finally saw the truth of redemptive suffering. Jesus depicted with the same disease of those poor bodies ravaged by "St. Anthony's Fire" showed how Christ takes on our own personal sufferings: my own inadequacies, rejections, pride, grief, and selfishness.

During this Lenten and Easter season bring before the cross an offering of reflection: Where are you broken? How can you unite your sufferings to the cross in order to experience full restoration opposed to the injustice and diseases clinging to earthly life?



ABOUT THE AUTHOR

Elizabeth Couture, a 2016 UGA and SAO Mu chapter Alumni, resides in Atlanta Georgia as a stay at home mother of three children under five (two boys and a baby girl). She prays for patience without ceasing and daily applies her Early Childhood Education degree. She loves to encourage friends, write on her blog (https://lilliebeth016.wixsite.com/thenotsocouturemomma) and venture outside with her curious crew.



NATIONAL BOARD UPDATES

HONORING GRADUATES: HOW TO PREPARE FOR THE NATIONAL ALUMNAE CEREMONY

Whether you are an active member of your chapter, a member of the class of 2024, or a chapter alumna, you are a welcome part to your chapter's National Alumnae Ceremony!

The Alumnae Ceremony, which was formally introduced in 2022, is a way to honor the contributions that graduating seniors have made to their chapters and to celebrate their transition from active sisterhood to alumnae status. This ceremony is intended to be personalized and may be combined with other chapter traditions, including the presentation of stoles, sharing of senior letters, or passing down sorority memorabilia.

To ensure that your chapter is prepared for this special day, Executive Committee members are encouraged to confirm that they have the correct number of alumnae pins, review the ceremony script and assign roles, invite local or chapter alumnae to participate wherever possible, and decide what chapter traditions you will be incorporating into the ceremony.

Please reach out to Emma Clyde, Vice President of Alumnae Relations, via email at alumnae@sigmaalphaomega.org with any questions.

SAO OPPORTUNITIES

We are always in need of sister volunteers. If you are interested in giving some of your time and talents to the sisterhood in the name of Jesus, please check out opportunities of various types and levels of commitment on our website: www.sigmaalphaomega.org/opportunities or email Emma Clyde, Vice President of Alumnae Relations, alumnae@sigmaalphaomega.org to talk through options.

Not an alumna but still want to be involved in some way nationally? We have internships and national committees poised for your readiness to be a part of a team and gain experience! Email Claire McAuliffe, Executive Director, xd@sigmaalphaomega.org if you are an active sister wishing to get involved on a national level.

CONVENTION 2024 See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.

Our 20th annual convention begins in downtown Covington, Georgia and heads to the lovely grounds of nearby Georgia's FFA-FCCLA Center. Registration began February 1st with early bird rates, and regular registration takes place in the month of March. Late registration is during the month of April, but you don't want to wait that long because then you won't be able to receive the coveted welcome bag, and rates will go up!

If you haven't felt connected to SAO in a while or maybe you have, but just want to celebrate with the sisterhood at its best event, convention is the PERFECT retreat for you! Check out our website dedicated to the event for more information: www.saoconvention.org

Other Convention Items:

March 1 - April 4: Nominations Open!

LET'S GROW WILD!

Our Annual Awards Ceremony recognizes the efforts of many of our members during the previous year. If you believe someone to be worthy of an award, we want to know! Be sure to nominate through our provided award form featured on the event website (www.saoconvention.org) before the form closes on April 4, 2024.

- Rates -

All-Sister Registration Rates
"(includes Alumnael)
Early Bird: \$150
Regular: \$175
Late: \$200

Due to the low rates this year, a 1-Day Pass is not an option offered this year.

How to Register -

Please register from a laptop or PC for the best

- 1. Go to www.mysao.org
- 2. After logging in, click on the "Events" tab.
- 3. Select "C24: Grow Wild" under the "Events" tab.
- 4. Select the appropriate ticket.
- If you do not know how to access your account, please be sure to contact Elizabeth Kroner at dm@sigmaalphaomega.org.

"Check out social media to find out how to vote for my name as the official C24 mascot!"

ISAIAH 43:19



BIBLE & THEOLOGY Sisterhood Committee

PROVIDED BY THE NATIONAL SISTERHOOD COMMITTEE CO-CHAIRS,

JASHANIA GATLING-GARRETTE (ALPHA PSI) AND

CLAIRE MCAULIFFE (ALPHA ALPHA)

DISCIPLESHIP AND BIBLE ENGAGEMENT TIPS FROM THE NATIONAL SISTERHOOD COMMITTEE

exegesis - /ˌeksəˈjēsəs/ n. critical explanation or interpretation of a text, especially of scripture. "The task of biblical exegesis"

In the last issue of *Dove Love*, we reviewed comprehension as the first step to engaging in Bible study. Once you have finished your step of comprehension, only then is it time to move onto interpretation, simply understood as "the action of explaining the meaning of something." In her book, podcast, and YouTube series, *Women of the Word: How to Study the Word with Jen Wilkin*, Wilkin lists steps of interpretation:

1. UTILIZE YOUR BIBLE'S CROSS-REFERENCES.

Located in the margin or bottom of your text, a cross-reference shows how the Scripture connects to other portions of Scripture. When exploring each reference, inevitably you'll return to the comprehension steps. Ask, "How does it enhance my understanding?" "Who is speaking and to whom?" It's important to look at surrounding verses for more context. When you're done looking up each cross-reference, it can serve as a guide to help with paraphrasing, the next step.

2. BEGIN CHUNKING THE TEXT THROUGH PARAPHRASING.

The exercise of paraphrasing helps you wrestle with the meaning of the text and can help when the verse(s) is unclear or confusing. It's handy to have a thesaurus along with your cross-references. After, make sure your paraphrase is consistent with Bible commentaries, the final step.

3. TAP INTO THE WEALTH OF BIBLE COMMENTARIES.

Start with your Bible notes (if you have a good study Bible), then read more in-depth commentaries to refine your thinking. Make sure your commentaries are from a trusted source, but it is always good practice to look for agreements and disagreements across different Bible experts. Where you see disagreements, compare which commentaries go with what you gained from your study time.

It's important to save commentaries for after doing your comprehension and initial interpretation piece so as to do the critical thinking required in humble Bible study, allowing the Holy Spirit to strengthen the text through personal discovery and prayerful reflection before consulting what others think.

Next issue, we'll explore tips for Biblical Application, but you can always venture into Jen Wilkin's *Women of the Word* for free here.



SISTER SPOTLIGHT Abigael Bell

BY CHRISTIANNA PEDLEY BUCK



Abigael Bell is the newest member of the *Dove Love* staff. She graciously spoke with me about her life for this Sister Spotlight so we could get to know her a little more!

Abigael is a beautiful mix of faith and science, believing both and letting God guide her throughout her life and decisions. She is currently attending the University of North Georgia to become an occupational therapist, and is part of the Beta Nu chapter. She is working toward her honors research thesis for her undergrad degree, studying kinesiology on how the Bible defines disability and how this changes how we define people living with disability.

A self-proclaimed "stereotypical goody-goody," Abigael grew up loving to learn and spent most of her time studying. Some troubles making friends in middle school during a cross-country transition from Connecticut to Georgia left Abigael desiring relationship. Trusting the Lord is a theme in her story, and when she realized His plan is better than hers in high school, it made it easier for her come to the same conclusion. Trusting Him brought her mentors in the church and SAO in college, all of whom have contributed to growing Abigael closer to Him.

Trusting in the Lord is also part of her favorite story in the Bible in Joshua 3. God often calls us to trust Him just as He called Joshua and the priests to trust Him at the Jordan River. A God-guided sequence of events led Joshua across the Jordan River, and trusting God in His sequence of events for her has led her to blend science and the truth God gives us in the Bible with her honors research. By reframing her mindset to align with His, she is working toward finding new ways to utilize science to help others, with a potential practical application when she designed and experimented with replacing DNA with her designed plasmid, or DNA molecule, for the international genetically engineered machine competition.

Abigael is brilliant and delightfully trusting in Him with her story and her mind. In her words, "Living for God - whole-hearted, reckless living for God has never left me disappointed. It took me a long time to realize that, but when I did, it was an easy decision to surrender everything to Him." Reframing herself to be God-guided and minded, she is living for Him and allowing Him to work through her.

"The remarkable thing about fearing God is that when you fear God, you fear nothing else, whereas if you do not fear God, you fear everything else."

- Oswald Chambers



SIGMA ALPHA OMEGA® FOUNDATION UPDATES

2023 NATIONAL CHARITABLE FOUNDATION DAY

We are thrilled to share the incredible success of our 2023 National Charitable Foundation Day on Giving Tuesday. Together, we raised an astounding \$151.32, a testament to the unwavering dedication and generosity of our sisterhood. Your support has made a lasting impact, and we express our heartfelt gratitude for contributing to the success of this meaningful event.

CONVENTION GRANTS AVAILABLE!

As we reflect on the success of our recent fundraising events, such as Kendra Scott gemstone fundraiser, Twos Giving, and Sister Holiday Market Place, we are excited to announce that the Sigma Alpha Omega* Foundation is granting opportunities for both delegates and non-delegates to attend Sigma Alpha Omega*'s Annual Convention, *Let's Grow Wild*, in Covington, Georgia. Financial assistance is available, and we encourage all interested individuals to visit our website and apply here. We look forward to meeting and connecting with more members of our sisterhood at this upcoming event. Make sure to stop by and meet the Board.



2ND ANNUAL ALUMNAE GIVING DAY

Calling all alumnae! Save the date for May 1st, 2024, as we prepare for our 2nd Annual Alumnae Giving Day.

Did you know that according to the SAO National Bylaws, recommended dues for alumnae are \$25 twice a year? Redirecting this to the Sigma Alpha Omega Foundation would be a generous contribution and enable us to sustain our impactful programs like the Emergency Relief Fund, Sisters Helping Sisters, the Founders Day Grant, the Fall Leadership Grant, and the Convention grant. This would allow us to give back to the sisterhood that has been a source of inspiration and support for us all. Your continued support is paramount, and we extend our deepest appreciation for each alumna's commitment to our sorority.

We express our gratitude to each and every one of you for being the heart and soul of our sisterhood. Let us continue to uplift, empower, and support one another as we eagerly anticipate the bright future that lies ahead for Sigma Alpha Omega.

Perfection is Achievable

BY MARY ASHLEY ALLEN

Read and recall the astonishingly romantic words from Song of Songs, also known as the Song of Solomon, "You are altogether beautiful, my darling; there is no flaw in you" (4:7). When you read that verse, do you wrestle with receiving a true love like this or disregard the words? I personally have had seasons when I read it like a romance novellacking any real application to my own life. Other times, I yearn to feel the verse's truth that God's love for me dwarfs this human admiration. God has breathed truth into these words, and because of His love and redemption of us, He declares perfection in you at this moment, just as you are. You don't need to look or strive for perfection anymore, but you may need to dismantle preconceived notions woven into habits and beliefs. When we break down our human view of perfection, we each can live with wholeness and inner peace. By releasing "self-defined" perfection, you abdicate control and relinquish other's control, surrendering to a truer sense of God's perfect love.

Our attempts to control or bypass fear lead us further from our genuine identity as perfect and new creations in Christ, Common cultural messaging of self-actualization in the United States says we acquire control through how others see us, how we see ourselves, or through hiding from ourselves and others. Maybe we hide our true selves in social media, focus on performance and achievement, grow our intellect, invest in our physique, or chase financial wealth. These unchecked ambitions result in behaviors such as blaming others, chasing job titles, turning against yourself, or investing in self-sufficiency, inadvertently increasing fear's appetite. Fear, innocuously meant to aid in survival, will suck you dry when given full reign. Thus common cultural



QUICK BIOLOGY LESSON:

Our brains are hardwired for survival and not necessarily "thrive-al," which worked for generations of homo sapiens. The brain easily recognizes patterns and discerns differences: however, struggles to process thoughts, feelings, or moods not perceived as necessary for survival. The brain's survival mindset transmitted through our culture's messaging conflicts with the intended message of Song of Songs 4:7. For example: Sam uncomfortable wearing jeans, then one day starts to plan a long list of ways to not feel uncomfortable while wearing jeans. Without realizing it, it is two years later and anytime Sam feels uncomfortable in an outfit, these imaginary, short-lived plans start to pop up, and the issue of the discomfort never seems to get addressed. Here, Sam is following the wisdom of a common cultural message: "I can be enough if I figure out how."



messages will on no account lead to enoughness, let alone perfection. Common culture's definition of enough results in an illusion of control that makes us run a neverending marathon in the wrong direction. We could always be more, do more, give more, feel more, achieve more.

Can we find a way to perfection through God's definition? He tells us that we are freed and made blameless through the grace of Jesus's sacrifice (Romans 3:24). In short, perfection exists within humans when the Spirit finds an intimate connection and open home indwelling in God's own. Ironically and contrary to cultural messaging, God's perfection does not come from changing our nature or increasing willpower, but from faith in God's ability to free us from our sins or human nature through an internal transformation. Though Jesus had a sameness with God in equality of power and control, Jesus reflected God's nature, existing as Perfection within the constraints of humanity's fearful "flesh suit." In other words, there is no flaw in you, who God created with this inherent tool of fearful fight/flight/freeze/fawn, which invites you to exist as God always intended you to beperfectly human reflecting God's likeness—and as God has invited you to surrender to never being—Perfection Incarnate.

So now what do we do in the absence of chasing worldly perfection? First, I want to repeat that God defines your unique Perfection. He may manifest in your life differently than He would for someone else. The challenge for all of us flawed humans is to disentangle the messages we absorb culturally, psychologically, and genetically (see the exercise below if you'd like a tool to begin somewhere). We cannot control our humanity,

We all, like sheep, have gone astray, each of us has turned to our own way; and the Lord has laid on [Jesus] the iniquity of us all.

-Isaiah 53:6

instincts, or family of origin. We can hold firmly to the faith, no matter how small, that God can weave a story in ways no human eve has seen or mind can fathom. In this surrender or release of control to the work of the Holy Spirit in our lives, we are made whole and freed. No, we do not accept abuse or act cheerfully when disaster strikes, yet in any context, we retain faith that the most essential, Godgiven aspects of our Self remain immovable.

In God's context, we are perfect when we show up as we are, forsaking stories authored only by our, other's, or the world's limitations. Any effort to rush towards a destination on life's path leads to stepping out of perfection as God intended for us. Now here is your invitation to express, voice, dance, or hum your intention to alignment with your Creator: surrender your old definition of unachievable perfection, opening to the perfection within you right now through the lens of a soul surrendered to Jesus.





EXERCISE: IDENTIFYING YOUR HEALING FANTASY AND ROLE SELF

(Complete exercise at bit.ly/47YfwCJ)

- Healing fantasy: an internal and mostly unconscious narrative formed in early childhood that helps to make sense of our experiences and maintain hope for a better future, often involving changing in self or others.
- Role self: false, adaptive, or edited version(s) of self unconsciously utilized to feel more secure relating to self and others especially parents.

COMPLETE THESE STATEMENTS:

- I will love myself when...
- Others will finally want me when...
- As long as other people ..., I will never feel safe.

In each of these statements, identify places where you are not being your true self. Ask yourself, am I changing myself in some way for someone else?

Additional Resources/exercises adapted from Adult Children of Emotionally Immature Parents: How to Heal from Distant, Rejecting, or Self-Involved Parents by Lindsay C. Gibson



ABOUT THE AUTHOR

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 husband.



Mascot: UGA & Hairy Dog | Date Founded: 2004 | Active Sisters: 37 Associate Sisters: 6 | Inactive Sisters: 1 | Alumnae Sisters: 491

The Mu chapter is doing amazing! Our wonderful leadership team planned so many fun events for our sisters to attend with the majority of our sister's loving our Nashville formal. We emphasized philanthropy in the fall semester with several percentage nights and by joining Crunch-a-thon. The Mu chapter was also so blessed to welcome several new sisters in the fall. 2023 was an incredible year that we all got to celebrate together and we can't wait for what 2024 brings!

UPSILON

UNIVERSITY OF NORTH CAROLINA- CHARLOTTE

Mascot: Norm the Niner | Date Founded: January 14, 2017 | Active Sisters: 12
Associate Sisters: 0 | Inactive Sisters: 0 | Alumnae Sisters: 57

We had two girls go through recruitment and get initiated in November as part of the Lambda class. Our chapter went to Myrtle Beach for a retreat this year. The highlight service event of our fall semester was building Christmas gift boxes for children overseas with Operation Christmas Child. Our chapter has grown closer to each other and to Christ with our amazing Bible Studies led by Gracie Stephenson. Furthermore, with campus involvement and fundraising, our chapter helped scare attendees of the Haunted Union to raise \$300 for our chapter during Halloween weekend.

BETA NU

UNIVERSITY OF NORTH GEORGIA

Mascot: Nighthawk | Date Founded: January 2022 | Active Sisters: 11 Associate Sisters: 1 | Inactive Sisters: 4 | Alumnae Sisters: 11

We wrapped up 2023 with some fun accomplishments and growing closer as a chapter. We hosted a school-wide Night of Worship, got involved with campus ministries, and are doing a "Friends" theme for our Spring 2024 recruitment. We are really hopeful for what God will do with our chapter on our campus and can't wait to see everyone at our National Convention!



Mascot: Gamecocks | Date Founded: January 27, 2017 | Active Sisters: 22 Associate Sisters: 5 | Inactive Sisters: 6 | Alumnae Sisters: 89

We welcomed 11 sweet girls into our sisterhood in October! We had our first ever mom and daughter formal tea social where we bestowed the title of Honorary Sister to the sweetest lady, our Aunt Sherrie. We had a lot of fun during OCA month where we did a joint service-fundraiser of shirts. Throughout the Fall semester we explored two Bible study themes: The Names of God and How (Not) to Read the Bible by Dan Kimball. We had so much fun at our Snowball Formal and we were able to bond a lot during our sisterhood retreat.

ALPHA XI

CAMPBELL UNIVERSITY

Mascot: Camel, named Gaylord | Date Founded: November 15, 2023 | Active Sisters: 12

Associate Sisters: 1 | Inactive Sisters: 9 | Alumnae Sisters: ~30

We had 4 wonderful girls join us during our Fall Recruitment. During this time we also had a beautiful Semi-Formal with the theme of "Something in the Orange." To be a part of our community we share "First Day of Class" encouragement by giving students notes, and posting sticky notes with encouraging quotes, verses, and anything else to help with the anxiety of the first day for students on our campus.



BETA

APPAI ACHIAN STATE UNIVERSITY

Mascot: Mountaineers| Date Founded: Fall 1999 | Active Sisters: 34 Associate Sisters: 3 | Inactive Sisters: 1 | Alumnae Sisters: 474

We had a fantastic recruitment this semester initiating the biggest class we've ever had before! We've done sunset bible studies, had an amazing formal, and worked closely with local food banks and animal shelters.





ALPHA ZETA

THE UNIVERSITY OF VIRGINIA'S COLLEGE AT WISE

Mascot: Cavalier | Date Founded: January 2012 | Active Sisters: 7
Associate Sisters: 1 | Inactive Sisters: 1

Our sorority is still small and close-knit and growing. Our goal has been to grow deep and wide, and we are still trying to grow wide on campus. Recruitment went the best it has in a while in the Fall, we had many fun socials with the girls, Bible studies were great, and formal is coming up in the spring and we couldn't be more excited!



BY CHRISTIANNA BUCK & ABIGAEL BELL

Surely he took up our pain and bore our suffering, yet we considered him punished by God, stricken by him, and afflicted.

But he was pierced for our transgressions, he was crushed for our iniquities;

the punishment that brought us peace was on him, and by his wounds we are healed.

We all, like sheep, have gone astray, each of us has turned to our own way; and the Lord has laid on him the iniquity of us all.

ISAIAH 53:4-6

In Isaiah 49:16, God describes His people as "engraved in the palms of my hands." We are engraved in the palms of His hands...by the nail scars in Jesus's hands. His crucifixion was prophesied in Isaiah 53:5, saying, "But he was pierced for our transgressions; he was crushed for our iniquities..." and ends with healing and a promise, "...upon Him was the chastisement that brought us peace, and with His wounds we are healed." We are healed by His wounds because they bought our freedom from sin. This is the hope and celebration of Easter!

Let us "Awake, awake" (Isaiah 52:1, Isaiah 51:9) in response to the beautiful prophecy come true in Isaiah 53, where Jesus would bear our griefs, carry our sorrows, endure affliction, be pierced for our transgressions, be crushed for our iniquities, and exchange our punishment for His peace and bring us healing with His wounds. God calls us to action now just as He did to His people 700 years before Jesus was born where we are to put on our strength and His beautiful garments for us. Now, the strength and beautiful garments are emboldened with Jesus's mastery of all by conquering the grave and tearing the veil between us and the Father (Luke 23:45). As a result, we are able to heal from the weight of sin and grief and shame, and experience life and live in peace and happiness and victory!

The time is now sisters! Awaken and put on the righteousness that Christ has bestowed on us, as his coheirs, just as His people did in Isaiah. Embrace all the wounds afflicted in your life, as they have been cast upon Him—His love marks you now and seals you for eternity.

He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed.

1 PETER 2:24

BY ELIZABETH COUTURE

To begin your spring awakening from the cold winter season, travel to the mild temperatures of the southeastern part of the United States with the Southern traditional delicacy "Shrimp and Grits."

A perfect matrimony of tender nibbles from the sea and the earthy sweet grain of corn finely grounded, each bite tastes of Southern coastal towns such as Savannah, Georgia; Charleston, South Carolina; and New Orleans, Louisiana; where bright-colored stucco houses with iron-clad front porches, long and easy drawn-out-words spoken from smirking mouths say "v'all," and Spanish moss swaving from the tips of ancient reaching live oak, thrive.

In such a deep seated tradition, with a slight sweet and spicy balance, enjoy cooking and eating this Southern delight of Shrimp and Grits.

INGREDIENTS

- 3/4 cup instant grits
- 1 teaspoon Kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 cup grated Parmesan cheese
- 3 tablespoons unsalted butter, divided
- 1 1/4 pounds medium shrimp, peeled and deveined, tails intact
- 2 large cloves garlic, minced
- Pinch of cayenne pepper (optional)
- Juice of 1/2 lemon, plus wedges for serving
- 2 tablespoons roughly chopped fresh parsley

Link To Recipe: Shrimp and Grit Recipe from Food Network

DIRECTIONS

- 1. Bring 3 cups of water to a boil in a medium saucepan over high heat, covered.
- 2. Uncover and slowly whisk in the grits, 1 teaspoon salt and 1/2 teaspoon pepper.
- 3. Reduce the heat to medium low and cook, stirring occasionally, until thickened, about 5 minutes.
- 4. Stir in the Parmesan and 1 tablespoon butter.
- 5. Remove from the heat and season with salt and pepper.
- 6. Season the shrimp with salt and pepper. Melt the remaining 2 tablespoons butter in a large skillet over medium-high heat.
- 7. Add the shrimp, garlic and cayenne, and cook, tossing, until the shrimp are pink, 3 to 4 minutes.
- 8. Remove from the heat and add 2 tablespoons water, the lemon juice and parsley.
- 9. Combine grits and shrimp in grits' saucepan. Stir to coat the shrimp with the sauce.
- 10. Season with salt and pepper.
- 11. Divide the grits among shallow bowls and top with the shrimp and sauce. Serve with lemon wedges.

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:

- Marketing Coordinator
 - Graphics Designer
- · Recipe Contributor, Writer

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 our quarterly publication.

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!

