

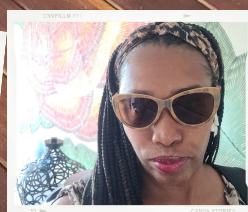
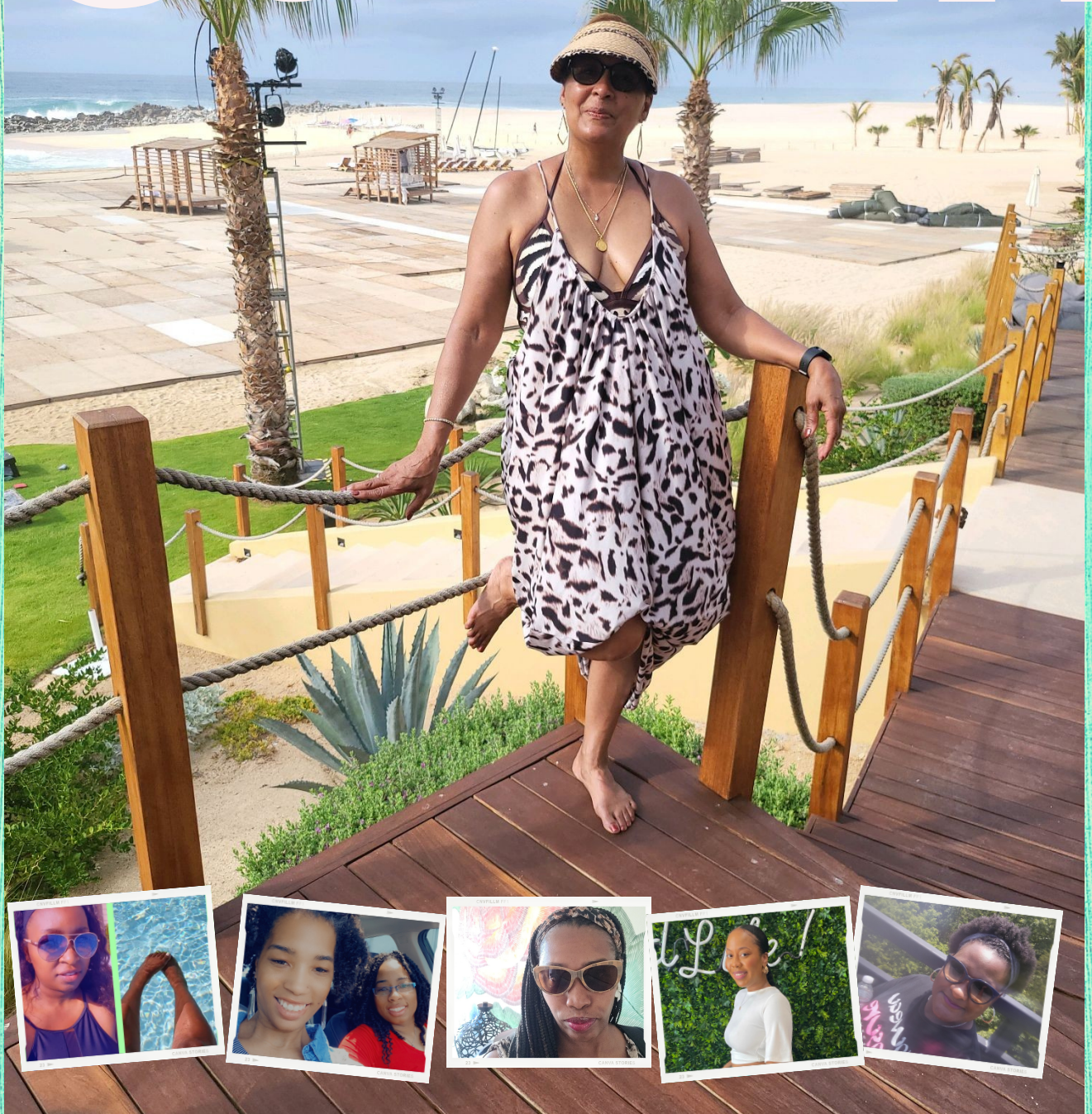
July 2022, Vol 2. Issue 7

GKO IVY TIMES

The Official Newsletter of AKA Gamma Kappa Omega Chapter

ENJOY YOUR

SUMMER



PRESIDENT'S JULY MESSAGE



Happy July!

Please check out our newsletter to stay informed of all that Gamma Kappa Omega Chapter has going on. During July, we will not be hosting any events: This is to give our Sorors a break from all of their hard work and sacrifices throughout the year. However, we will be attending our virtual Boule/Leadership in efforts to continue to handle the business of Alpha Kappa Alpha Sorority, Inc.

During July, we will take a break to refresh, rejuvenate and relax with family members and loved ones. This is the time to pour into yourself with self-care, fun activities and the making of memories with those in your inner circle.

July is a month full of opportunities to engage, educate yourself, and make a difference in your community. I challenge you all to dig deep into some areas in which you would like to grow and serve, and communities in which you'd like to advocate.

Happy July!

Jacari Henderson

GKO President

*Scan to read the
GKO Ivy Times for 2022!*



Sorors ON THE MOVE



Congratulations to Soror Renada, named Southern Illinois University's new director of the Student Multicultural Resource Center. Kudos, Soror!



Congratulations to Soror Regina, recently promoted to Director of Guidance and Counseling at Meridian CUSD 101! We see you, Soror Regina, taking the lead!



Sorors ON THE MOVE

Congratulations to Soror Nicola, who was featured in the Voyage STL discussing her book.

Keep up the great work ~ we 'see' you!



Soror Birthdays

July Beauties



Soror Ashley, July 5

Soror Kaycee, July 7

Soror Cheryl D., July 11

Soror Laterria, July 25

Soror Kimberly, July 29

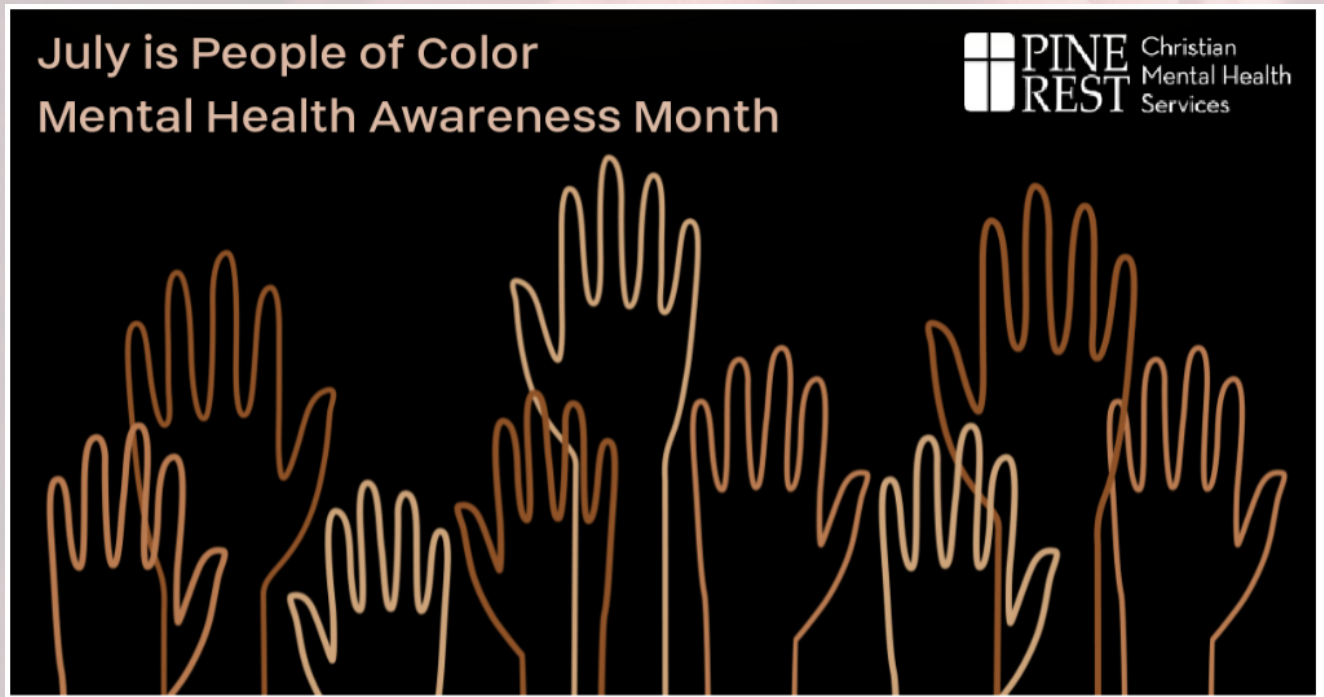
Soror Madlynn, July 31

Congratulations, Soror Chloe & Baby Boy!



People of Color

Mental Health Awareness Month



LINKS



<https://blackmenheal.org/>



<https://www.blackmentalhealth.com/>



<https://www.blackmentalwellness.com/>



<https://bwhi.org/>

#SummerSelfCare

Vacationing
in
Los Cabos,
Mexico ...

Soror Marilyn



#SummerSelfCare



**How I
rejuvenate:
Getting
dressed up
and going to
brunch ...**

Soror Breonna



#SummerSelfCare

Beach work ...

~ Soror Markea





#SummerSelfCare

~ Soror Candace



#SummerSelfCare



*.. Enjoying downtime
by the pool ...*

Soror April



#SummerSelfCare

... me
rejuvenating and
reclaiming this
summer.
Getting my nails
done and
spending quality
time with
my twin sister.

Soror Dannielle



#SummerSelfCare



**... My summer relaxation was on
Father's Day:
Brunch and shopping with my
daughter and father.**

Soror Kenya

SUMMER

Self-Care Challenge

Buy
yourself a
bouquet
of flowers

Do yoga
outside

Make your
own
popsicles

Plan a
staycation

Do a hair
mask

Wake up
to see the
sunrise

Read a
fiction
book
outside

Make
lemon-
mint-fruit
water

Make your
morning
coffee
extra
special

Take a
bath with
essential
oils

Do a DIY
facial at
home

Blast your
fav
playlist
and
dance

Write out
a summer
bucketlist

Get
soaked in
the rain

Watch a
movie in a
drive-in

Plant
something

Organize
your
photos

Go out for
an ice
cream
date

Let
yourself
wake up
without an
alarm

Change
up the
decor in a
room

Go
stargazing

Watch
your fav
childhood
movie

Have a
picnic
outside

Give
yourself
an at
home
mani-pedi

Bake
cookies



30 DAY SELF-CARE CHALLENGE

SPEND TIME
IMAGINING HOW
YOU'D LIKE TO FEEL
AT THE END OF
THIS CHALLENGE

DAY 1

DRINK A GLASS OF
WATER FIRST
THING EVERY
SINGLE MORNING

DAY 2

WRITE DOWN 1
POSITIVE THING
ABOUT YOUR DAY
BEFORE BED EACH
NIGHT

DAY 3

SPEND 30 MINUTES
DOING SOMETHING
CREATIVE THAT
YOU ENJOY

DAY 4

SPEND 10 MINUTES
IN THE SUN
THINKING ABOUT
YOUR SPIRITUALITY

DAY 5

RESEARCH A
SUBJECT YOU
KNOW NOTHING
ABOUT

DAY 6

CATCH UP WITH
AN OLD FRIEND OR
RELATIVE

DAY 7

CHECK YOUR
CREDIT SCORE AND
SET FINANCIAL
GOALS.

DAY 8

UNPLUG FOR
DINNER & HAVE
REAL CONVOS
WITH FAMILY

DAY 9

FIND A NEW TOOL
TO INCREASE
PRODUCTIVITY AT
WORK.

DAY 10

TRY A NEW DIET
FOR THE REST OF
THIS CHALLENGE.

DAY 11

PRACTICE POSITIVE
THINKING

DAY 12

ENJOY ALL THE
THINGS THAT MAKE
YOU LAUGH

DAY 13

TRY A 15 MINUTE
GUIDED
MEDITATION FROM
YOUTUBE

DAY 14

SPEND 15 MINUTES
OR MORE READING
SOMETHING YOU
ENJOY.

DAY 15

PLAN AN ADULT-
ONLY GETAWAY
WITH FRIENDS

DAY 16

IDENTIFY THINGS
THAT MAKE YOU
FEEL UNSAFE AND
WORK TO REMOVE
THOSE

DAY 17

ENJOY ONE-ON-
ONE TIME WITH
EACH MEMBER OF
YOUR HOME

DAY 18

SET GOALS TO
IMPROVE YOUR
PROFESSIONAL LIFE

DAY 19

GO FOR A 10-
MINUTE WALK
EACH DAY FOR THE
REST OF THE
CHALLENGE

DAY 20

WORK ON SAYING
YES TO YOU AND
NO TO OTHERS.

DAY 21

LIGHT A CANDLE
AND TAKE A
BUBBLE BATH

DAY 22

CONNECT WITH
THE EARTH BY
PUTTING YOUR
FEET IN THE GRASS

DAY 23

EDUCATE
YOURSELF ON THE
HISTORY OF YOUR
CITY

DAY 24

CLEAN YOUR
SOCIAL MEDIA
FROM PEOPLE WHO
DON'T BRING YOU
JOY.

DAY 25

DO SOMETHING
OUTSIDE OF THE
HOME AS A FAMILY

DAY 26

GET A MASSAGE

DAY 27

ENJOY A "ME DAY"
OUTSIDE OF THE
HOME!

DAY 28

LET GO OF GUILT

DAY 29

WRITE DOWN
EVERYTHING
YOU'RE GRATEFUL
FOR.

DAY 30

butfirstJOY.com

SELF-CARE ISN'T SELFISH





Summer Self-Care

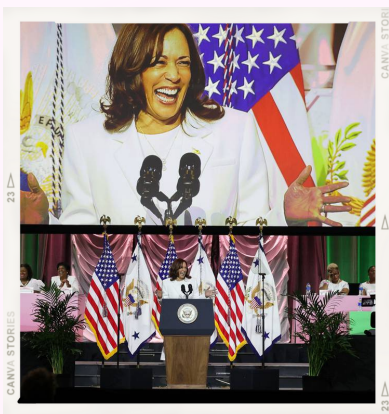


Summer Self-Care Challenge

Day 1 Make a list of goals for the month	Day 2 Sit outside and meditate	Day 3 Make lemonade or lemon water. Sip slowly + savor	Day 4 Go on a hike or nature walk	Day 5 Spend time in water or sprinklers!
Day 6 Water guns bubbles sidewalk chalk	Day 7 Have a picnic or take your lunch in the park	Day 8 Unplug from technology for the day	Day 9 Intentionally drink 8+ cups of water today	Day 10 Make a fruit salad
Day 11 Go out for ice cream	Day 12 Relax to the sounds of nature	Day 13 Body love! Wear what makes you feel pretty	Day 14 Listen to your favorite summer songs	Day 15 Ask yourself "What do I need today?"
Day 16 Wake up early and watch the sunrise	Day 17 Make your own popsicles	Day 18 Eat watermelon or your fav summer fruit	Day 19 Take a nap in the middle of the day	Day 20 Make plans to visit a Farmer's Market
Day 21 Roast marshmallows/ make smores	Day 22 Have a BBQ	Day 23 Stay inside + read your fav book	Day 24 Try squirt gun painting Get creative!	Day 25 Take tons of pictures today
Day 26 Outside Yoga practice or simple stretches	Day 27 What do you need to walk away from?	Day 28 Do a bit of re-organizing	Day 29 Write something beautiful	Day 30 Go stargazing (Delta Aquarid meteor shower)
Day 31 Revisit your goals from Day 1	Use the hashtag #summerselfcare For more self-care challenges visit BlessingManifesting.com			

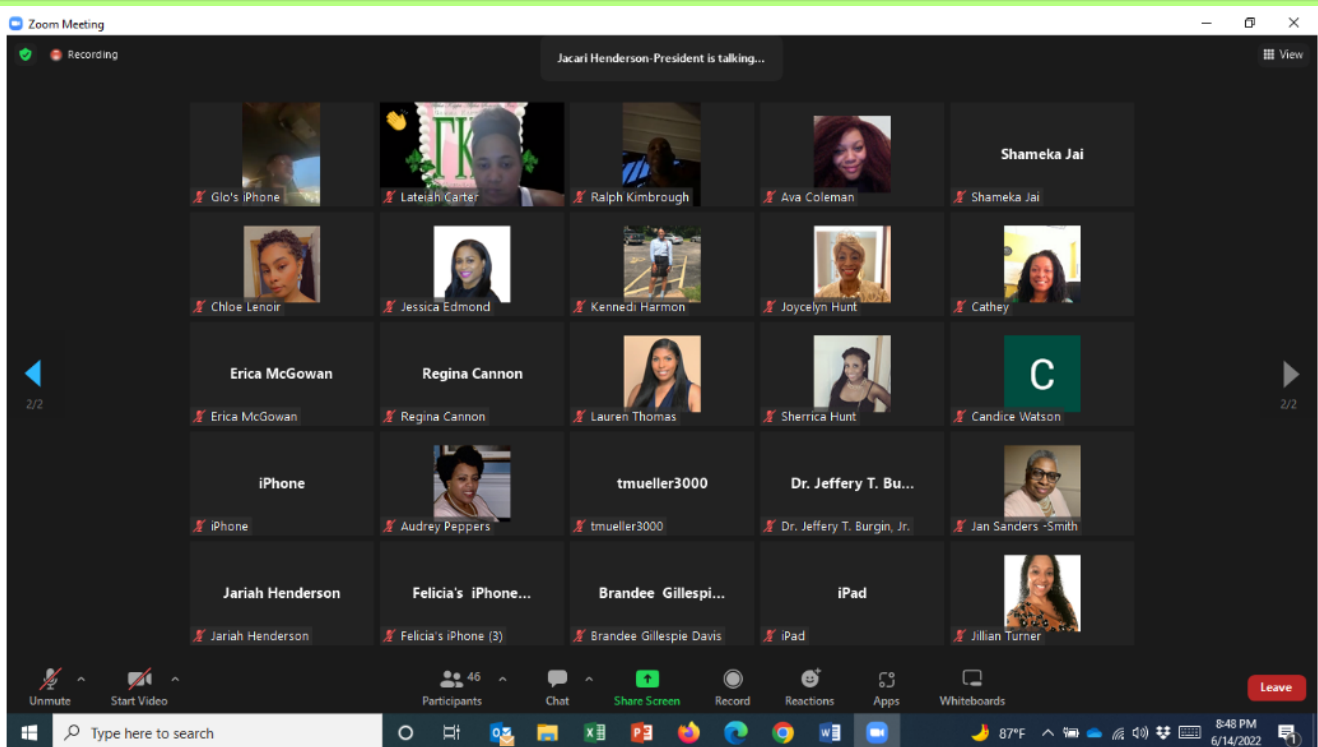
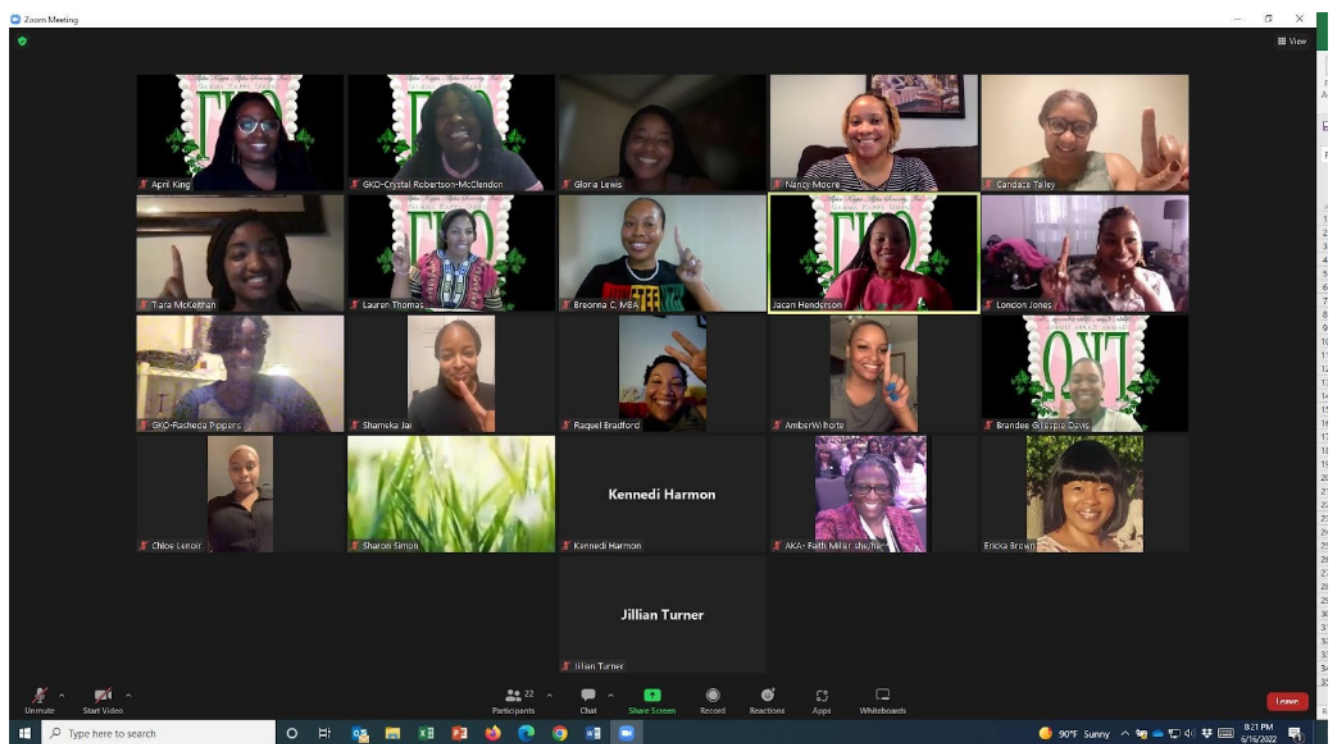


THE MAGIC OF *Excellence*
IN THE CITY BEAUTIFUL



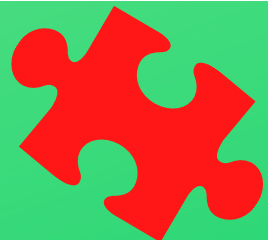
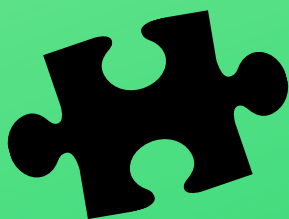
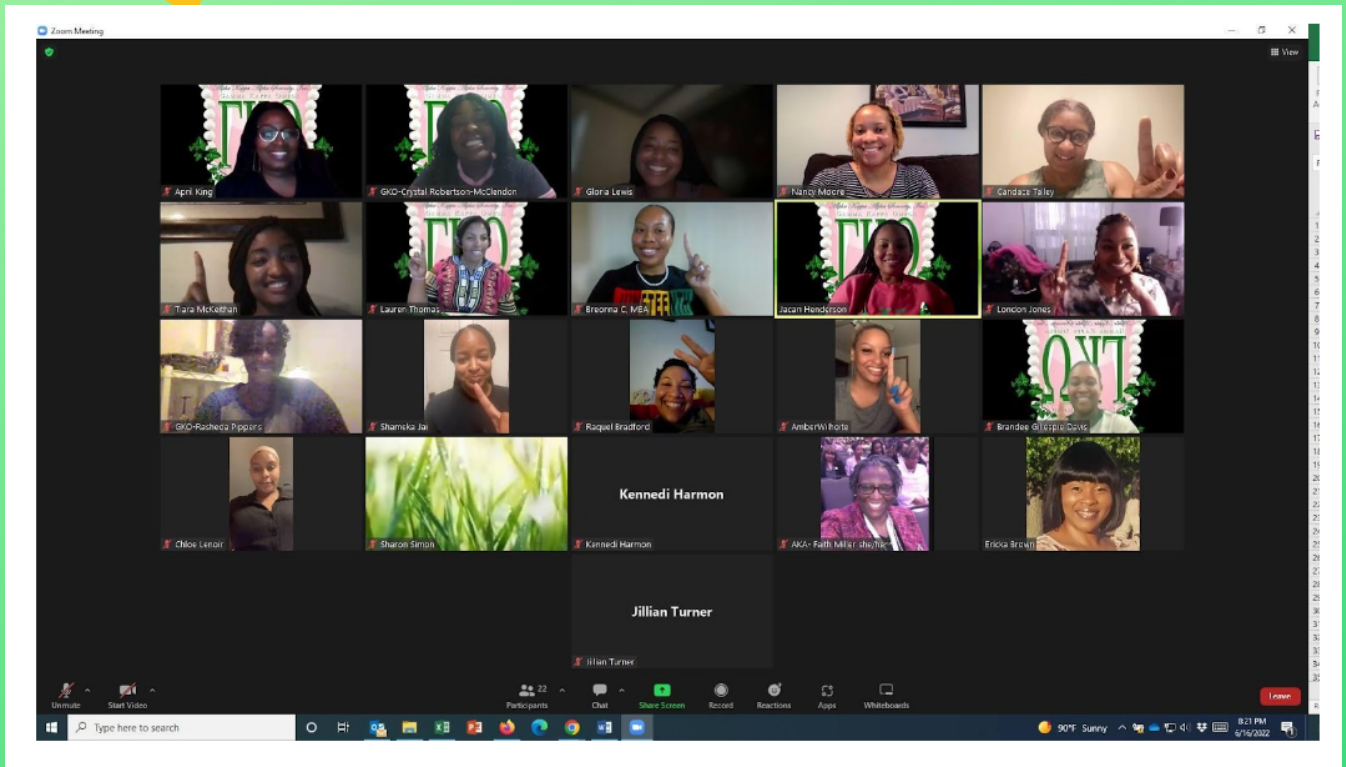
Black Fathers Matter Forum

Thank you, fathers, guests and sorors for sharing in our celebration of fathers on Father's Day Weekend, June 2022.



Juneteenth Game Night

Thank you to our guests and Chapter members who participated in our Juneteenth Game Night in June 2022;



Juneteenth Parade



Sisterhood & Service



GKO Votes!



37 *easy* SAVINGS & MONEY CHALLENGES

1. PUT ONE THING BACK CHALLENGE:
EVERY TIME YOU SHOP, PUT ONE ITEM BACK BEFORE CHECKING OUT.

2. CASH ONLY CHALLENGE:
ONLY USE CASH THIS WEEK TO FOR EXPENSES

3. \$5 CHALLENGE:
SAVE EVERY FIVE DOLLAR BILL YOU RECEIVE

4. CASH ONLY VACATION:
BUDGET AND SAVE UP FOR VACATION. TAKE ONLY CASH WITH TO SEE IF YOU CAN STICK WITH YOUR BUDGET!

5. ONE ROOM CHALLENGE:
EVERY WEEK, DECLUTTER ONE ROOM AND SELL, DONATE OR GET RID OF YOUR CLUTTER



SMART SAVING TIPS ON LAST-MINUTE SUMMER VACATION PLANS

Pay close attention to your budget

Be flexible with your destination

Redeem your air-miles now

Avoid weekend travel

Avoid taking loans to splurge on travel



moneycontrol f t i n s

Retreat

(Be sure to RSVP!)

Alpha Kappa Alpha

Gamma Kappa Omega

2022 Summer Retreat

August 26-28, 2022

(St. Louis) Fairview Heights, Illinois

Friday, August 26, 2022: Day 1

ShowTime With My Sorors

7:00pm

Making Memories @ the Movies

Movie & Time TBA

\$10.00 per Soror

Attire: Pink & Green Paraphernalia



Saturday, August 27, 2022: Day 2

Pretty with the Pins: Brunch & Bowling

11:00am-3:00pm

Brunch, Games, Activities, & Bowling

Attire: White GKO TShirt & Jean Bottoms

(3:00pm-6:30pm Free Time)



Pillows & Pinkies Pajama Party

Food, Games, Music, Slides &
Strolling, Matching PJ's Contest!!

Attire: Pink & Green Pajamas



Sunday, August 28, 2022: Day 3

Praising in our Pearls:
Sunday Church Service
10:00am



SUMMER



SUMMER HEALTH TIPS



TIPS

Chaplain's Corner



"Cast Your Cares"

"Cast all your anxiety on him because he cares for you."

~ 1 Peter 5:7 (NIV)

The television news, the next telephone call, that message that just popped up in your social media feed ... can we even, ever get a break from all the cares of this world? While we might not be personally affected by the latest shooting, sickness, job loss or other non-too-pleasant news we receive, we can still feel overwhelmed or stressed just by hearing it.

This is when we must remember the words of Jesus telling us to 'cast our burdens' ~ our cares, our worries, our stresses, our concerns. One of my favorite new songs ~ "Jireh" by Elevation Worship & Maverick City ~ reminds us that just as God clothes the lilies of the valley and looks after the sparrow, He surely looks after, clothes, cares for, and is ready to strip of us all of our worry and stress and anxiety So, cast your cares upon Him, into His big and mighty hands, into the waiting and open arms of our Mighty Lord!!

GKO Prayer Line
Dial-in number
(605) 313-4464; access code 680232

AKA GKO ArchIves



Serious Matters



JULY 2022

- * **Chapter Sabbatical:** No meeting in July (REST!)
- * **Boule:** July 10-15: Boule, Orlando, Fla.
- * **July Newsletter Deadline:** July 27, 2022

AUGUST 2022

- * **Chapter Sabbatical:** No meeting in August (REST!)
- * **Prayer Call:** Friday, Aug. 12
- * **National Prayer Day:** Aug. 22
- * **Prayer Week:** Aug. 22 to 28
- * **Prayer Call:** Friday, Aug. 26
- * **Retreat:** August 26-28 (Fairview Heights/St. Louis area)

SEPTEMBER 2022

- * **Prayer Call:** Friday, Sept. 9
- * **Chapter Meeting:** Saturday, Sept. 10
- * **Prayer Call:** Friday, Sept. 23

OCTOBER 2022

- * **Prayer Call:** Friday, Oct. 14
- * **Chapter Meeting:** Saturday, Oct. 8
- * **Prayer Call:** Friday, Oct. 28

Newsletter Submissions

We'd love to hear your news for GKO Ivy Newsletter!

The deadline to submit an item to the GKO Ivy Newsletter is the 27th of the month for the next issue. If submitting photos, please identify the event and each person in the photo (from left to right).

Submitted items are to be emailed to: 20PearlsPink@gmail.com.