

VOLUME 3, ISSUE 8

JULY 2022

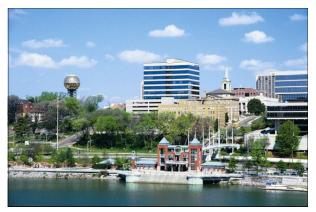
OLPH CHURCH GLOBAL MEALS PACKING PROJECT FOR PUERTO RICO



ANNUAL LCUSA NATIONAL ASSEMBLY KNOXVILLE, TX AUGUST 26 - 27, 2022

The Core Team at Our Lady of Perpetual Help Church in collaboration with "No Child Hungry" held its Advent/Lenten "Global Meals for the Hungry" Project with the packing of 55,000 meals for Puerto Rico.

(continue on page 10)



The LCUSA National Assembly will be held inperson for the first time in two years due to COVID. INSIDE THIS ISSUE!

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- OLPH Bids Farewell to Lucie G. Shepherd



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MESSAGE FROM THE PRESIDENT



My time has come to say good-bye, after serving as the ADW President. So, what have I done you might ask? Of course, top priority was representing the LOC as President.

• I tried to attend functions around the ADW as much as I could.

- I arranged for meetings, prepared for meetings, talked to other board members about meetings. I even attended other parish meetings.
- I helped plan for May Day, and our ADW general assemblies/retreats which were awesome.
- I attended the Vincentian family meeting at Seton HS.
- I attended at the Shrine of the Immaculate Conception dedication of the St. Vincent de Paul portrait placed on an altar.
- I attended the National LCUSA Assemblies.
- I sat on the LCUSA board as Mid-Atlantic Representative.
- I had COVID twice.

But again, I got to visit, talk and worship with many of ladies in the ADW, which made me proud to be a LOC and serve as your President.

I thank you all (424 members) for what you do to keep our organization the best it can be. My best to all, I will be seeing you.

In Vincentian Spirit,

Deborah Self

Deborah "Debbie" Self 2018-2022 President ADW LOC Board of Directors

NOTHING ORDINARY ABOUT IT

As we reenter Ordinary Time in the Church calendar, we do so fresh from the celebrations of Easter, Pentecost, the Feast of the Most Holy Trinity and the Feast of the Body and Blood of Christ. With these celebrations under our belts and with the fire



Father Mike Barth, S.T. ADW LOC Spiritual Advisor

of the Holy Spirit and the Eucharist nourishing us in our life of faith these days are anything but "ordinary". As disciples and as people dedicated to the care of the poor, those marginalized and those who have just hit on some bad luck in life, these feasts and what they remind us of are our lifeblood, they are our food for the journey, our driving force in ministry. The gifts of the Holy Spirit - wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord are at the heart of who we are as Christians and Vincentians. During these summer months I encourage you to take one of these gifts each day – pray for the gift, meditate on the gift and try to live in that gift. These gifts are ours, promised and poured out upon us, but we must seek them, ask for them and pray that God give them to us. Let us also pray for one another in our ministry – that we may be vessels of these gifts in being good, doing good and being powers for God.

> Blessings. Fr. Michael Barth, S.T.



REFLECTION ON MARY'S VISIT TO ELIZABETH



Sr. Claire Debes, D.C. ADW LOC Vincentian Spiritual Moderator

On May 31, we celebrated the feast of Mary's visit to her cousin Elizabeth, who exclaimed to her "And how does this happen to me, that the mother of my Lord should come to me? For at the moment the sound of your greeting reached my ears, the infant in

my womb leaped for joy. Blessed are you who believe that what was spoken to you by the Lord would be fulfilled" (Luke 1:43-45)

Mary believed that God could right the wrongs of her world. Immediately forgetting herself, she hastened to help her cousin Elizabeth. She was a woman of solid faith as she surrendered to God's plan for her without counting the cost. Her reputation was in shambles. She was unmarried and pregnant, yet she was at peace. Rather than being overwhelmed by the burden of her Yes, she rejoiced in prayer, "The mighty One has done great things for me, and Holy is His name." For more than two thousand years, people have sung her praises in every language and every tongue.

Mary could have been stoned to death. What made her risk this journey? For many women it makes sense that she would go, seeking the support of another woman in the midst of struggle.

A released study **Behavioral Responses to Stress** stated that past research indicated that individuals respond to stress with fight or flight. They either react with aggressive behavior or withdraw from stressful situation. However, the studies were all done on men. This study revealed that **women** under stress "**tend and befriend.**" Women take care of one another. They take care of children. They bring stability to situations of tumult and confusion. Women everywhere bring calm to the chaos of the world. Let's apply this to this very familiar Scripture passage:

Mary, in her visit to Elizabeth put aside her worries about her pregnancy and went to her cousin Elizabeth to help her, for support and to share her good news with the good news of her elderly cousin. How can we model her behavior?



In our world that has turned upside down, as government leaders can't agree, when our city streets are no longer safe, as we still deal with the COVID – 19 pandemic, as we see on our TVs that the war in Ukraine continues with the massacre of innocent people, when our Church leaders often strongly disagree with one another, we Ladies of Charity are being called on **to calm the chaos around us one person at a time in whatever way possible.**

This reflection is based on two chapters in the book titled "Holiness and the Feminine Spirit", pages 13 and 58

SAFEWAY FOUNDATIAON WE CARE AWARDS OLPH LOC FOOD PANTRY



Pictured L to R: Donna Hawkins—OLPH Stewardship Chairperson; Celeste Richmond—President, OLPH Ladies of Charity; Adrienne Lyles—Safeway Employee Sponsor; Gladys Reid—OLPH LOC Food Pantry Coordinator; and, Very Rev. Michael L. Thompson, S.S.J.—Pastor of OLPH Church

Thanks to the Safeway Foundation "We Care" Safeway Grant. The Ladies of Charity of Our Lady of Perpetual Help Church (OLPH) was awarded a grant of \$2000.00, in support of its Food Pantry. On behalf of all the dedicated volunteers who serve those in need through the pantry, Ms. Celeste Richmond - President of the OLPH Ladies of Charity along with Ms. Gladys Reid, Coordinator for the OLPH Ladies of Charity Food Pantry were on hand to accept the award.

We thank Safeway and all its associates for contributing to the "We Care" program, especially Ms. Adrienne Lyles who sponsored the OLPH Ladies of Charity Food Pantry as a recipient of this award. Also, a special thank you to Very Rev. Michael L. Thompson, S.S.J. - Pastor and Ms. Donna Hawkins for always supporting the efforts of the Ladies of Charity's mission "To Serve Rather Than Be Served" with humility simplicity and charity.

Submitted by: Toni K. Gaines Our Lady of Perpetual Help Church

CALVERT COUNTY LOC GIVE THANKS TO THEIR MALE VOLUNTEERS

The Ladies of Charity Calvert County would like to thank the LOC spouses and friends who tirelessly volunteer in service to our Food Pantry. These men have donated in total thousands of hours over the last couple of years as we have worked through COVID challenges and facility challenges. Most of our food distribution work is done outside (rain or shine) now, and food and supplies are distributed over four locations due to facility repair issues.



The Tuesday "regulars" pose for a picture, l to r: Dave, Keith, John and Ray. Keith says he is a "Laddie: of Charity! The "she-shed" is in the background.

Our regular male volunteers (several LOC spouses) work with us every week pre-packing nonperishable groceries, delivering bread, unloading fresh produce, setting up tables, tents, and signs, sorting and organizing food donations, filling food orders taken by greeters, and loading food in client cars. When something is too heavy, the men are there to help. We served 443 families in 2021,

with more than 200,000 pounds of food distributed.

When we needed to move our freezers and refrigerators into a trailer,



our LOC spouses were there to do the moving and setup. We needed to move supplies from the Pantry building into an external shed. Then the "She-shed" became a temporary office and needed a window. Once again, the LOC spouses were

Dave brings fresh produce to the staging area. Trailer with freezers is in the background



John loads food from the wagon into a client's car.

there to help add storage in the shed, move the supplies and install the window.

One of our male friends designed our Food Data Base that now allows us to take client orders on a tablet and print tickets telling volunteers what food items to assemble for each client. He then stayed with the project to help automate related ministries such as holiday meals, school supplies and Christmas gifts. What a wonderful upgrade from pieces of paper!

When we have Holiday Meal distributions where we serve hundreds of people in a 2 hour period, our local

Knights of Columbus also come out to help with traffic control, order taking, and food distribution. We provided holiday meal groceries to 665 families in 2021. We are blessed to have an abundance of help on those days.

Submitted by: Peggy McKelly

PRINCE GEORGE'S COUNTY INDUCTS NEW MEMBERS DURING PANDEMIC



Pictured seated (l to r): Regina Barrett, Celeste Locke, Deborah Fleming, Pamela Hawkins and Evelyn Nichols

During a small ceremony held on February 27, 2022, three new members were inducted into the Ladies of Charity. Rev. Everett Pearson, Pastor of Mt. Calvary Catholic Church in Forestville, MD officiated the induction.

Regina Barrett, President of the LOC of Mt. Calvary sponsored Celeste Locke and Deborah Fleming as new members. While Evelyn Nichols, President of the LOC of St. Margaret of Scotland sponsored Pamela Hawkins as a new member. All three ladies were very excited about joining the ministry of the Ladies of Charity and willing and eager to serve the neediest within the community with compassion, love, humility, simplicity and charity.

> Submitted by: Evelyn Nichols, President St. Margaret of Scotland LOC



Promoters



PATRON LISTING



Parish/Unit

Regina Barrett (In Memory of All Deceased LOC) Jacqueline Bates (In Memory of St. Matthias LOC) Boddie (In Memory of Anne C. Hawkins) Nina Budoo Carolyn E. Patricia Camp Joyce Dews Sherlene Duckett (In Memory of Katherine Gordon) Falls (In Memory of Don Falls) Barbara Donna Fisher (In Honor of Anita E. Fisher) Gaines (In Loving Memory of Aurelia C. Smith & Lucie Shepherd) Toni K. Graham (In Memory of Ernestine C. Jackson) Sharon L. Bertha Guerra (In Memory of Cora Guerra) Cheryl Hamlin-Williams (In Memory of Evelyn Rattley) Hand (In Memory of Rita Robinson, Fr. Carl Dianda & Marilyn Hayden) Mary L. Joan S. Jackson (In Memory of Lucie G. Shepherd) Octavia Taylor Jackson (In Honor of St. Martin of Tours' LOC) Jamison Irene Irene Jamison (In Memory of Pauline Gregory) Jenkins (In Memory of Mable Thompson) Linda Viola Johnson-Robinson (In Memory Dr. Rita Robinson & Mrs. Gloria Rose) Ann Klein (In Memory of Kayley Milor) Ladies of Charity (In Memory of Rev. Lowell Case, SSJ & Bro. Marx Tyree, SSJ) Ladies of Charity (In Memory of Lucille Vendemia) Ladies of Charity Ladies of Charity (In Memory of Amelia Turner) Dallas Lewis Katalina Quander Masembwa (In Memory of Lucie Shepherd) Mayes (In Memory of Joan K. Celejewski) Bettye Cynthia McFarlane (Deceased Ladies of Charity) Peggy McKelly Evelyn Miles (In Memory of Josette Floyd) Milling (In Memory of Marian Newsome) Laureen H. Penny Moran Beverlv Motley (In Memory of Gloria Rose) Jean Myrick (In Memory of Mattie Barclay) Ida Newman Pinchback (In Memory of Alice Ballard) Romaine Maryann Rooney Maureen Roult Lucy Ann Saunders (In Memory of Deceased Ladies of Charity) Deborah Self (In Memory of Ben Self) Bernadette Smith (In Memory of Smith/Hall Family) Ethel i. Taylor (In Memory of Mrs. Ivon T. Gaston) Taylor (In Memory of Josette Floyd) Kim Kathy Temple (In Memory of Kayley Milor)

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PATRON LISTING

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God Bless You!

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Parish/Unit

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Parish/Unit

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http://ladiesofcharityadw.org

Our Lady of Perpetual Help Parish Hosts Food Packaging Drive

for Puerto Rico

Article by Catherine Buckler, Catholic Standard ADW Reprinted with permission

The parishioners of Our Lady of Perpetual Help Catholic Church in Washington, D.C. held a "Global Meals for the Hungry" event on March 26, 2022, to benefit those in need in Puerto Rico.

Cynthia Battle, the director of faith formation at Our Lady of Perpetual Help and coordinator for the Global Meals drive, assisted in the genesis of the project. The Global Meals fundraising effort commenced on the first Sunday of Advent.



Volunteers at the Global Meals for the Hungry packing event held March 26 at Our Lady of Perpetual Help Parish in Washington add to the meal kits. The rice meals in the kits consisted of shelf-stable vegetables, fortified vitamins and a soy mixture. Explaining the assembly line set up, Cynthia Battle said, "You have somebody holding a funnel and a bag under the funnel. One person puts in the vitamins, somebody else puts in the veggies, somebody else puts in the soy, and then the rice. Then they pass it down to be weighed, because it has to weigh a certain amount." Each box contained 36 packages. (CS photo/Andrew Biraj)

The Advent/Lenten service project, which took place in the parish's Panorama Room, hosted 178 volunteers. Battle said this effort was multigenerational, with the volunteers ranging from 10 years old up to her 93-year-old mother.



The volunteers at the Global Meals for the Hungry meal packing event on March 26 at Our Lady of Perpetual Help Parish in Washington included young people from local schools and churches. (CS photo/Andrew Biraj)

"It's important that we live the word of God, not just read about it," Battle said.

Starting at 9 o'clock on Saturday morning, volunteers signed in and were asked to watch a training video.

Although the group's goal was to fill and package 35,000 rice meals, they well surpassed that goal as ultimately 55,000 meals were packed. Their assembly line also proved to be more efficient than they anticipated and the group had finished packing before noon. According to Battle, each meal costs around 30 cents to make. These rice meals include shelf-stable vegetables, fortified vitamins, and a soy mixture.

Battle connected Our Lady of Perpetual Help Parish with the No Child Hungry organization for assistance in coordinating the meal preparation. She was interested in this group because they work at a global level, and she wanted to focus on Puerto Rico.

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"What we noticed, as you look around, there's lots of things going to Haiti, other places, but Puerto Rico seems to be the forgotten group of people that are not being reached out to," Battle said. "I'm not saying they're not, but you don't hear a lot about it. They're still very poor."

The U.S. territory currently has a poverty rate of 44% and would have received funding through President Biden's "Build Back Better"

legislation, according to Bloomberg Business. The House of Representatives passed that legislation, but it has stalled in the U.S. Senate.

A couple of members from the parish along with their pastor, Josephite Father Michael Thompson, will travel to Puerto Rico to hand meals out.

"When we finished packing the meals, it's a humongous thing," Battle said.

"The boxes are stacked on top of one another, they wrap them on skids, they load them on the truck, those boxes are ready to be shipped, and then [No Child Hungry] drives them back down to Orlando, which is where the group comes from."

Then, No Child Hungry will coordinate with the parish to know when the goods will be shipped to Puerto Rico.

Battle said initially the project was not well received by everyone in her parish.

"We started out getting a lot of pushback from people in the beginning because they were saying, 'You know, we got hungry people right here in the United States, we got hungry people right here in Ward Eight'," Battle said. "I was saying, 'That's true, you're absolutely right."

Battle explained that this project is supplemental to the services the parish already has in place and offers regularly to the local

> community in that part of Washington.

"We have a pantry every Thursday, Martha's Table is down the street doing all the work that they're doing to help people. We're not saying we're doing this in lieu of that, we're saying we're doing this in addition to that," Battle said.

Meal prep attendees included Our

Lady of Perpetual Help parishioners, members from other churches including St. Margaret of Scotland Parish in Capitol Heights, families, and students from schools including the Washington School for Girls and Bishop McNamara High School in Forestville, Maryland.

Those participating in the "Global Meals for the Hungry" effort at Our Lady of Perpetual Help, included youth in their parish religious education program. Those students, ranging from six to 10 years old, also raised \$1,600

Cont'd on page 12



Volunteers at the Global Meals for the Hungry packing event held March 26 at Our Lady of Perpetual Help Parish in Washington cheer each other on as they move packages through the assembly line. There were 14 people assigned to each station. Catholic school students who volunteered had their Christian service hours signed off by Cynthia Battle, who helped organize the event. (CS photo/Andrew Biraj)

Cont'd from page 11

through their popcorn fundraiser and also packed the thank-you bags for the volunteers.

COVID safety measures were taken to protect volunteers. Helpers were required to show official proof of vaccinations and required to wear protective equipment, which included not only masks and gloves, but hairnets as well.



Volunteers gather for a group photo at Our Lady of Perpetual Help Parish in Washington on March 26 after finishing packing 55,000 meals for people in need in Puerto Rico, which surpassed their original goal by 20,000 meals. Since volunteers were assigned alphabetically, many were not stationed near people they previously knew. Cynthia Battle, who helped organize the drive, said this allowed for new friendships to form, as well as friendly competition. "What happens after a while is people start to get into a competition, right? 'Oh, we got more bags packed than you got,' and there were times when somebody finished a box and we'd hear a 'Yay!'" Battle said. (OLPH photo/courtesy of Cynthia Battle)

"The best thing about it was that everybody had such a good time doing it," Battle said. "Afterwards, [volunteers] were saying things about how good it made them feel that they were helping people they didn't even know."

When asked if she wants to organize another drive, Battle said, "Yes...Let me get some sleep first."

Submitted by: Toni K. Gaines Our Lady of Perpetual Help Church



Mother/Daughter duo Dawnielle Battle and Amber Battle (age 11) on assembly line



Ladies of Charity (LOC) President, Celeste Richmond and LOC Dallas Lewis pack gift bags for volunteers.



(Foreground): Husband/Wife team James and Joan Jackson, both members of Ladies of Charity, packing on the assembly line.

ANNUAL LCUSA NATIONAL ASSEMBLY KNOXVILLE, TN



A View of Knoxville, TN

The 42nd Annual LCUSA National Assembly will be held in Knoxville, TN from August 26-27, 2022. You are encouraged to attend to gain insight on the happenings among the Ladies of Charity associations from all over the country.

The Association of Ladies of Charity in Knoxville is diligently planning for the Assembly so that your stay will be a pleasant and memorable experience. The theme for the Assembly is **"2022 Vision: Seeing Christ in the Faces of Those We Serve."** Accommodations will be at the Crowne Plaza Knoxville Hotel located at 401 West Summit Hill Drive, Knoxville, TN 37902. You can make your hotel reservations by calling James Julius at 865-522-2600 or email him at <u>jjulius@crowneknox.com</u>. The cost of hotel accommodations \$141/night, full registration fee \$250 (1-day options available) and deadline for special hotel rates is July 25, 2022.

In addition, you will be able to purchase program ads to help defray the cost of the assembly as well. Visit the LCUSA website <u>National Assembly 2022 - Ladies of Charity USA</u> for additional information regarding the entire assembly (Knoxville attractions, silent auction & guest speakers).

LADIES OF CHARITY CALVERT COUNTY SUMMARY OF FOOD MINISTRY AND REBUILD NEED

Submitted by: Peggy McKelly

The Ladies of Charity Caloperating a food pantry in years. We now serve over over 4000 pounds of food 2021, we had 3832 client over 175,000 meals. There is become a client. Clients are produce, meat, and nonvisit.



vert County have been North Beach for over 30 500 families, distributing per week to clients. In visits and we distributed no income threshold to offered eggs, milk, fresh perishable food at each

Our 80 year-old Food Pantry building (an old beach house converted to a food storage warehouse) has significant structural issues that require rebuilding. We are distributing food from a trailer and a truck on the property, and we stage and store food at three other locations. Over 40 volunteers help with the weekly pantry openings. Based on a tripling of our client population, we propose to double our square footage in a single replacement facility that is ADA com-



Praying before pantry opening.

pliant and energy efficient, to better serve our clients in the future.

Clients are served from their cars, where an order is taken on a tablet by a greeter and fulfilled by volunteers bringing food to the client cars. This outside operation began during COVID restrictions, but the clients tell us they like

being served in their cars. We recently surveyed our clients to assess the overall impact of our services. One of many

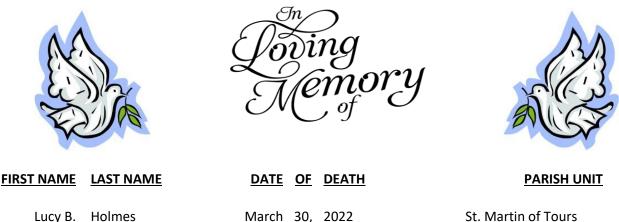
heartwarming comments received says it all: Ms. P – "The food pantry is wonderful all around. After I lost my job, someone told me about you. You help put food on the table on a weekly basis. You keep my family happy, so I am happy. You have helped me find other resources for oil heat and mortgage assistance. Everyone is nice. Gifts at Christmas are great. I tell everyone about you. "

Our fundraising goal is \$1 million. We are in the site engineering phase right now. We expect the project to take two years. We have a pro bono Design and Construction project manager. Our fundraising committee has been increased to 7 people! We are learning a lot about increasing awareness of our organization through on-line media. We will raise funds first from individual donors, who will be asked to consider making a major gift to the Re-



Mayor of the Town of North Beach presents check to Kathy Temple for \$9,842 from Polar Bear Plunge. First deposit into the "rebuild" account.

build Project. We will then proceed with a public campaign as well as campaigns at three local parishes. On an ongoing basis, we are seeking grants where the grantor will provide funds for a capital campaign.



Lucie G. Shepherd Jackie Rikard Catherine Edge March 30, 2022 March 27, 2022 August 29, 2021 July 12, 2021

St. Martin of Tours Our Lady of Perpetual Help St. Martin of Tours St. Martin of Tours

Eternal rest grant unto them, O Lord; and let perpetual light shine upon them. May their souls through the mercy of God rest in peace. **Amen**



OLPH LADIES OF CHARITY BID "FAREWELL TO LUCIE ALTHEA GRAYSON SHEPHERD"

Born March 18, 1940, Ms. Lucie Althea Grayson Shepherd passed away peacefully in her home on Sunday, March 27, 2022, after a brief illness. Lucie was a unique soul who was strong, independent and always true to herself. Those who knew her always knew "her bark was always worse than her bite", but her actions proved that her heart and spirit were genuine. She was fun-loving and very generous with her time, talent and treasure at her beloved OLPH Church.

Lucie converted to Catholicism as a teenager. Professionally, she was a 5th grade elementary school teacher in the District of Columbia Public Schools System. Her first teaching position was at Charles Young Elementary School. She taught faithfully for over 35 years before retiring from Turner Elementary School. At OLPH, Lucie was a member of the Women's Ministry, Leader of the Ministers of Holy Communion (Eucharist Ministers), OLPH Finance Council, Cursillo Movement, OLPH Environment Committee, Hilltoppers Seniors Group, OLPH Lazarus Bereavement Committee and Ladies of Charity (LOC) where she served, since 1999 as Treasurer.

Lucie was dedicated to working in the OLPH LOC food pantry EVERY Thursday for over 20 years. In 2004, she joined the team of counters responsible for counting of the weekly church offertory. Lastly, she was instrumental in preparing taxes for the seniors in the church, as well as for family and friends. Lucie was always willing to provide whatever help she could in service to her church and all of God's children, especially the less fortunate in our community. It goes without saying that her dedication and contribution to OLPH Church will truly be missed. "Give her eternal rest, O Lord, and may Your light shine upon her forever. Receive her soul and present her to God the Most High."

Submitted by: Toni K. Gaines



Ladies of Charity Archdiocese of Washington P.O. Box 313 Brentwood, MD 20722 PLACE STAMP HERE

2022 UPCOMING CALENDAR OF EVENTS

| <u>DATE</u> | EVENT | PLACE |
|--------------|---|--|
| August 6 | ADW LOC Board Meeting Reflection 10:00 am Zoom | VIRTUAL (link to be provided) |
| August 26-27 | LCUSA National Assembly Knoxville, TN In-person | Crowne Plaza Hotel 401 W. Summit Hill Dr Knoxville, TN 37902 |
| September 12 | Prince George's County Quarterly Meeting | TBD |
| October 9 | DC Parish Units Quarterly Meeting 10:00 am | Conference Call |
| October 22 | ADW LOC Fall Retreat | TBD |
| December 3 | ADW LOC Board Meeting Reflection 10:00 am Zoom | VIRTUAL (link to be provided) |
| December 10 | DC Parish Units Quarterly Meeting 10:00 am | Conference Call |
| December 11 | Prince George's County Quarterly Meeting | TBD |

ARCHDIOCESE OF WASHINGTON LOC NEWSLETTER:

News Deadline:

The deadline to submit articles and photos for the January 2023 issue of the ADW LOC Newsletter:

> Deadline is December 15, 2022 at the latest. Earlier submissions are encouraged and appreciated.

Newsletters are issued twice a year (January and July). Please share information about your LOC unit projects, fundraisers and other activities with fellow LOC members. We would like to hear from you.

Articles and photos can be sent via email to: <u>tkgaines@msn.com</u>indicating as the subject, "Newsletter Submission."