



Melbourne-Palm Bay Alumnae Chapter

Delta Sigma Theta Sorority, Inc.



CHAPLAINS CORNER NEWSLETTER

MISSION STATEMENT

Provide inspirational and compassionate resources to the sisterhood and members of our chapter for their spiritual well-being.

Chaplain's Chat "Time"

As Christians, we are not to manage our time the same way the world does.

Time is both sacred and precious. We are to seek God in everything we do. Time is a gift from God entrusted to us. It is not a right; we don't own it.

We can't capture or manipulate it. Time is a privilege. God allows us to participate in it. We can use it wisely or waste it. We are accountable for how we use and manage it because we are Stewards of God's time. Time can not be harnessed; it's steadily moving and it doesn't stand still. Once a minute is gone it can never be retrieved or replicated.

Let us make the best use of God's Time.

Read Scriptures:

2 Cor. 6:2, Acts 1:7, Romans 5:6

Time Matters

Clara Jackson, Chaplain



Inspiration Station

Romans 15:13 (NIV)

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

Even in trying times and seemingly endless adversity, we can be encouraged by the hope that we will be able to enjoy peace as we put our trust in the God of Comfort who loves us. Sisters, we are destined to overcome every adversity because we live in the overflow and abundance of God's grace.

Red Beat

Self-care is the foundation of self-love. When we love ourselves we can better love others. Take time to reflect, relax, and refresh yourself everyday. Our emotional well-being is birthed in a consciousness that we must balance the three parts of our being: Body, Mind and Spirit.

Practice 4-4-8 breathing exercise during the times of stress. Breathe in through your nose for the count of 4. Hold it for the count of 4. Blow it out through your mouth for the count of 8.

Remember, when you encounter too much **stress**, it causes **distress** and it is a clear signal that you need to **de-stress**.

**Dr. Doreatha J. Fields, EdD,
CFM, CLC, CCC**

Random Act of Kindness (RAK)

Remember, a RAK is like honey for the Soul.