

OZIEL GRAND CHAPTER NEWSLETTER



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Season's Greetings

As we close another year, may we pause to reflect on the strength, compassion, and resilience that have guided our steps. Through service, sisterhood, brotherhood, and faith, we have lifted one another—and in doing so, nurtured our own well-being. As we enter a new year, let us recommit to caring for the most sacred gift we carry: our health. May we honor our bodies with rest, our minds with peace, and our spirits with purpose. Let Love, Truth, and Charity continue to illuminate our path as we choose habits that strengthen us and uplift those around us. May the coming year bring renewed energy, deeper connection, and a brighter commitment to living well. In unity and harmony, may we rise together—healthier, stronger, and inspired to let our light shine even more boldly.

Spotlight: Universal Human Rights Month

As members of the Order of the Eastern Star, we walk in principles that honor the dignity of every person—Love, Truth, Faith, and Charity. These same principles form the heart of universal human rights. They remind us that every individual, regardless of background, race, belief, or circumstance, is deserving of respect, safety, and opportunity. Our teachings call us to shine light where there is darkness and to offer compassion where there is need. By standing for universal human rights, we extend our commitment to service beyond our chapters and into the wider world. We affirm that every human being is worthy of justice, freedom, and the chance to live with dignity. As we continue our work as Sisters and Brothers, may we carry forward that guiding Light—lifting voices that are unheard, protecting the vulnerable, and promoting understanding in divided spaces. When we uphold the rights of others, we honor the sacred values at the core of our Order. May we always remember: when one person's rights are protected, humanity as a whole shines brighter. Let us remain steadfast in our dedication to building a world where compassion prevails, justice is shared, and the Light of the Eastern Star continues to illuminate the path toward peace for all.



We'd Love to Hear From You!

We invite you to share your stories, recipes, and wellness tips for future newsletters. Your contributions help us grow stronger together. Please send your submissions to Sis. Erika Bennett at healthfirst@ogcoespha.org. Let's continue to support and inspire one another on this journey of health and wellness. Stay healthy and empowered!