

# OZIEL GRAND CHAPTER NEWSLETTER



Issue 003

October 2025

## Statewide Breast Cancer Walk

Please come out in unity for our joint Breast Cancer Walk with the Most Worshipful Prince Hall Grand Lodge on Saturday, October 19, 2025, from 1 PM to 4 PM, at Hamilton West High School, 2720 South Clinton Avenue, Trenton, NJ. What a great way to add up those charitable hours for your Chapter and make the community aware of our presence.

## Spotlight: Sis. Ann B. Davis: A Journey of Faith & Survival



**I AM A SURVIVOR**

I chose this picture because it represents everything I was fighting for while facing breast cancer. I found lumps in both breasts. The right one was cancerous. After the biopsy, fear, depression, and loneliness hit me hard. I had to surrender to God, trusting He wouldn't give me more than I could handle. I didn't want to share it at first—because people rushed to give advice instead of asking, “How are you feeling?” or “Can I pray with you?” That meant more than any prescription. Cancer runs in my family—my mom died of cancer just before her 60th birthday. I survived thyroid cancer in 2008, and once I turned 60, I thanked God and enrolled in culinary school. Two years later, breast cancer showed up. Again. But God was still with me. Through this journey, I was held by people who prayed with me, who just let me cry, and who truly listened without judgment. That support saved me more than they know. Please remember: everyone's story is different. Don't try to fix people. Just be kind. Pray with them. Stand with them. Know your family medical history. Don't assume it can't happen to you. Early awareness can save your life. God has greater plans for me. I'm blessed, I'm favored, and I'm still standing.

## Did You Know? Breast Cancer Facts for Men

- Yes, men can get breast cancer.
- While rare, about 1 in 100 breast cancer cases in the U.S. occurs in a man.
- Roughly 2,800 men are diagnosed with breast cancer each year in the U.S.
- Male breast cancer is often diagnosed later than in women.
- This delay happens because many men don't realize they're at risk and don't recognize the signs.

### Common symptoms in men:

- **Lump or swelling in the chest area, Skin dimpling or puckering, Nipple retraction (turning inward), Redness or scaling of the nipple or breast skin and Nipple discharge**

## 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](mailto:healthfirst@ogcoespha.org). Let's continue to support and inspire one another on this journey of health and wellness. Stay healthy and empowered!