



SOROPTIMIST®
Investing in Dreams

October 2023
Issue

SOROPTIGRAM

Soroptimist International of Harrisburg, PA Inc
Soroptimist International of the Americas, Inc.
North Atlantic Region
District IV

Chartered June 1, 1938
Making a difference for Women since 1921
The vision of SI is:
To be a Global Voice for women through
awareness, advocacy and action.

MESSAGE FROM PRESIDENT MARYBETH

October Program

Bethesda Women's
Shelter

INVOCATION

October

Susan Wolfe

DATE: October 24

TIME: 6 P.M.

**PLACE: Faith
Immanuel
Presbyterian
Church**

**DINNER COSTS:
\$20.00**

It's finally starting to look and feel like fall. The weather is cooler and leaves are starting to turn. They should ablaze by the time we meet on October 24th. I hope all of you have a chance to use your Boscov's Community Day discounts. Joan and the Board thank you for your participation in the effort as this is presently our main fundraiser.

I would like to thank those of you who attended the fall district meeting. Everyone was able to meet other Soroptimists and hear what other clubs are doing to change and grow. There was much exchanging of ideas and many "ah-ha's! Why didn't we think of that?" I'm hoping that we can implement some of the fundraising and programs as we move forward. The schedule was very interactive and hands on.

SI Harrisburg is writing a letter to SIA in regard to the mandatory fees required for the upcoming convention in Washington State. You will hear more about this at our October meeting. In addition to the letter from the board, each member is asked to express their concerns. A form letter for your use will be available at the meeting. We need to do this online as well as snail mail. That information will also be available.

October is recognized as Domestic Violence Month Watch for signs in the workplace. Many of us no longer work but we can keep an eye out at meetings at church and in the community and offer support.

Signs are:

- Fearful behavior
- Social withdrawal
- Physical complaints or bruising
- Intermittent crying or outburst of anger

Support may include:

- keeping emails, text or voice mail
- screening calls
- calling local support services

National Domestic Violence Hotline #1-800-799-SAFE (7233)

There is so much to be concerned about. Let's offer our prayers for those in violent situations whether domestic or in the community at large with gun violence. The nations around the world are in situations of war. Let's pray for them especially Israel and Ukraine.

*Blessing,
Marybeth*

Let's put those victims in our prayers. We also need to pray for our Congress, Israel and continue sending prayers for Ukraine.

October 24th MEETING

Our Dinner meeting on Tuesday, **October 24th will be held at 6:00 PM** at the Faith Immanuel Presbyterian Church, 1801 Colonial Road, Harrisburg. The meal will be provided by President MaryBeth. The cost of the meal will be \$20. You need to contact Billie Hawk by next Thursday to inform her if you do or do not want a meal (717-545-6991).

We will hear from the Bethesda Women's Shelter and work on treat bags for the staff of the East Shore Library.

October COLLECTION

- Stamps
- Paper products
- headphones/or earbuds
- nylon knee stockings
- phone chargers
- bus passes
- fresh fruit
- Gallon size baggies
- 3x, 4x, 5x clothing (pants and shirts)



CALENDAR OF EVENTS:

October 24th – SI Harrisburg Dinner meeting. NOTE START TIME AT 6 p.m.

November 14th – SI Board meeting, 6 p.m. Susan Wolfe's home

November 28th – SI Harrisburg Dinner meeting

April 26-28, 2024 – NAR Spring Conference, Gettysburg, PA

July 24-27, 2024 – SIA Convention, Bellevue, Washington



BIRTHDAYS

No October birthdays.



DISTRICT IV FALL DISTRICT MEETING



On **Saturday, October 7**, we co-hosted this fall's District IV Fall District Meeting at Our Saviour Lutheran Church, 420 N Progress Avenue in Susquehanna Township. Thank you to all the club members who helped to make it a successful FDM.



BOSCOVS' Friends Helping Friends:

Don't forget to use your coupons and return the money for the five coupons you received at September's meeting!



OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

Did you know 1 in 3 women will experience domestic violence in her lifetime? Partner abuse is shockingly common, yet it doesn't always get the attention it deserves. Learning more about domestic violence is the first step to taking action. Here are a few places to start!



- **Learn common facts.** Domestic violence isn't just hitting your partner and isn't limited to the home. It's much more complex. Such as **Abuse can also be sexual, psychological, emotional, and/or financial. Digital abuse and stalking also count.**
- **Know the warning signs.** Abusive behavior spans a wide spectrum. Do you know all the relationship red flags? **One such flag is controlling the time you can be with others or knowing where you are at all times.**
- **Understand the psychology of abuse.** Abuse is ultimately about power and control. It helps to understand the common traits of abusers and how abuse affects victims.

GIANT GROCERY CARDS

Treat a senior citizen, a family member and or give a gift to a family or individual in need of assistance. Giant grocery cards can be purchased in the amount of \$10, \$20, \$25, \$50, and \$100 by contacting Jacalyn Speaks at jcspeaks@aol.com.
The club receives 5% of the value of cards sold.



DISHCLOTHS FOR SALE



Handmade crocheted dishcloths will be for sale at dinner meetings. Funds are donated to our club. Prices:

1 dishcloth \$4.00
2 dishcloths \$7.00

FRIENDSHIP LINK



The Editor sent a selection of photos and this statement to SI Cannock for the International Night celebration scheduled for October 17th.

As our world is challenged by divisions and lost opportunities, SI Harrisburg wishes to bring our commitment to our Friendship Link, SI Cannock. All of Soroptimist works to empower women and girls to reach their highest potential, and we can see in your work that you have fully committed to that goal.

As Malala Yousafzai has said, “I raise up my voice—not so that I can shout, but so that those without a voice can be heard. ... We cannot all succeed when half of us are held back.” Currently in the United States, we are being challenged again and again as groups wish to ban books and ideas and try to rewrite history to their own liking. SI Harrisburg stands against these efforts and is working within our local community to ensure all women are represented and allowed to achieve their goals.



As a tea drinker, one of my favorite quotes is from Eleanor Roosevelt. “Women are like teabags. We don’t know our true strength until we are in hot water.” SI Harrisburg believes that is true for our club as well as yours.

Enjoy your International Night!

You can now connect with our English friendship link on Facebook:

<http://sigbi.org/cannock-and-district/>

Or via the web at: <http://sigbi.org/cannock-and-district/>

WHO ARE SOROPTIMISTS

Soroptimists are women of all ages, cultures, and ethnic groups. They are working moms and single women, small business owners and corporate executives, attorneys, teachers and physicians. Soroptimists are leaders across all professional disciplines that also serve as role models for younger women at the beginning of their careers. The common thread that connects all Soroptimists is the desire to make a difference for others through volunteer service.

Soroptimist International of the Americas (SIA) is part of Soroptimist International, the world's largest classified service organization for executive and professional women.

The Harrisburg Club's mission is to use our time, talents and resources to advance the status of women and children. To accomplish this mission, we establish and support specific projects to address the needs locally, regionally and internationally.

*We are on the web at:
WWW: si-harrisburg.org*

SOROPTIGRAM DEADLINE: Deadline the first Wednesday of month

SOROPTIMIST PLEDGE

**I pledge allegiance to Soroptimist
and to the ideals for which it
stands.**

**The Sincerity of Friendship
The Joy of Achievement
The Dignity of Service
The Integrity of Profession
The Love of Country**

**I will put forth my greatest effort
to promote, uphold and defend
these ideals, For the larger
fellowship in home, in society, in
business, for Country and God.**

Editor: Alice Lubrecht

SOROPTIMIST
INTERNATIONAL
Of
HARRISBURG, PA, INC.

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BOARD

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PLEASE CONSIDER

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