

Sisters and Brothers,

It seems like forever since we could be together and share fun, food, and laughter. As we slowly come out of this pandemic and become adjusted to our new “normal,” many things have changed. Our state looks like a box of crayons, we have not seen more than 10-20 people at once, and we wear face masks as clothing accessories. Let us not forget our past. We are an organization based on the principles of loving and taking care of each other, giving back to our communities, and service before self. In my opinion, as we become older, we tend to think of ourselves less and less and focus on everyone or everything else. It has become normal for us to keep things buried deep down and to feel that it is a weakness to show vulnerability or ask for help. As we focus on others, let us not forget ourselves. If it were not for my Eastern Star sisters and brothers, I am not sure I would have made it this far.



It is not a weakness to ask for help, but to ask any one of us, which is the last thing we do. Please, please, please, if you are feeling down or overwhelmed, reach out. I have found that when I finally convinced myself to seek help that when I looked around, help was everywhere, especially in our organization. Sometimes we will find that by asking for help, we are allowing someone else to respond and likewise acknowledge that they are in need as well. As we look at the alarming statistics of suicides among our younger generation, we also need to look at the increasing suicide rate of the elderly. As an organization, I feel we have done an outstanding job supporting each other, loving each other, and being honest with ourselves enough to reach out to each other. I am proud of who we are and what we stand for; we do not just say the words, but we live them and act on them. I think it is a tribute to those who came before us that we are always there for our sisters and brothers. Still, I also feel we have become that shining star that is lighting the way for those younger to look up to and strive to become. As Grand Electa, my charge is to Love One Another – do not forget to include yourself in that mandate. When we love ourselves, we are loving each other.

My favorite quote is: “Pooh, how do you spell love,” asks Piglet. “Piglet, you don’t spell it, you feel it,” answers Pooh. I hope each one of you feels the love the way I do.

Remember, I love you and think of you often - until we meet again.

Dawn Sims
Grand Electa