

The Orchid



President 's Message



Welcome to October 2022 Orchid

Embracing Our theme for 2022-2023:
“Moving forward to a greater organization-
al commitment, faithfulness, and loyalty
through sisterly relations, teamwork, and
execution of ideas”

This month Lady Vickie and Lady Cynthia will be attend-
ing Parliment-Top held in Nashville, TN, October 6-8, 2022.

Please enjoy the Newsletter activities. Covered in the
Newsletter are teens school supplies drive, UNCF and do-
mestic violence activity. We will partner with Eta Omi-
cron Omega Chapter on October 22nd for Breast Cancer
Awareness Month.

The Chapter congratulates Lady Katetia for being selected
as alumni of the year at Winston Salem State University.

I wish each of you peace, prosperity, love, and a heart full
of happiness as we move forward.

Yours in service,

Lady Cynthia Carlton Thompson, President
Guilford County Chapter of Top Ladies of Distinction, Inc.



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Guilford County Members



First Row: Lady Cynthia Carlton Thompson, Lady Vickie Henry Hughes, Lady Sharon Mitchell, Lady Gloria Jackson, Lady Jacqueline White, and Lady Faye McRavion

Second Row: Lady Melanie Thompson Hampton, Lady Ujeoma Uzokwe, Lady Jacqueline Pettiford, Lady A. Rawiya Nash, Lady Theldora Williams, Lady Malinda Carmon, and Lady Tammy P. Williams

Third Row: Lady Gwendolyn V. Parker, Lady Katetia Bennett, LaTdy Pearlie Bryant, Lady Shawanda Warren Coates, Lady Laknea Drumgoole, Lady Kimberly Bolden, and Lady Tonya Alexander



**The Late Lady Rebecca Graves
Organizer**

Birthdays

**Lady Laknea Drumgoole, 10/17
Lady Vickie Hughes, 10/21
Lady Gloria Jackson, 10/25**

TTA School Drive

Teens collected school supplies on September 16th at Staples and September 17th at Glenwood Recreation Center



Featured in the picture: Teen Melanie, TTA President and Lady Cynthia, TLOD President



Community Partnership Domestic Violence

Teens and Ladies joined Color of Reason on September 17th for a Domestic Violence Activity held at Glenwood Recreation Center



Community Partnership Status of Women

Chapter has partnered with Eta Omicron Omega Chapter of Alpha Kappa Alpha Sorority, NAACP, and Sisters Network to provide free 3D Mammograms



3D MAMMOGRAMS

1 IN 8 WOMEN ARE DIAGNOSED WITH BREAST CANCER IN THEIR LIFETIME EARLY DETECTION IS KEY TO A POSITIVE OUTCOME






Scan our QR code to schedule your appointment!

Location:
Mt. Zion Baptist Ch 753 Washington St High Point, NC 27260

Date & Time: October 22, 2022 10:00am-4:00pm

To make your 3D mammogram appointment:
www.carolinamobilemammography.com or 877.318.1349

- ✂ Must Be A Woman 35 And Over For Insurance To Cover Your Screening
- ✂ Must Be One Year Since Previous Mammogram
- ✂ Must **NOT** Be Pregnant or Breastfeeding

Notice: Invision Diagnostics suggests patients schedule their annual screening mammogram **either prior to receiving a COVID-19 vaccine or 4 weeks after their second dose or booster** to avoid a potential false positive exam.

www.carolinamobilemammography.com / 877.318.1349

Community Partnership Simple Gesture



Top Ladies (Ladies Sharon, Gloria, Jacqueline P., A. Rawiya, and Cynthia) continue their partnership with Simple Gesture to provide food once a month to the needed. Once a month the organization pickup the food and leaves a bag to be filled for the next month.



UNCF

Mrs. Deborah F. Johnson , UNCF Director at Livingstone College was the guest speaker to provide valuable scholarship information to the Top Teens. This activity was sponsored by the Teens.



Lady Katetia Bennett



The Winston Salem State University Nurse Alumni Organization elected Lady Katetia for the Sandra Wilder Distinguished Alumni Award for Nursing. She was chosen for outstanding accomplishment, exemplification of service, humility and dedication to the profession of nursing and Winston-Salem State University



Meditation



When Jesus taught us to forgive unconditionally, he did not mean that women should passively tolerate being abused mentally, physically, emotionally, and spiritually. The Scriptures teach the importance of freeing the mind from all thought that keep us from being the power-filled ‘reservoirs’ that we were created to be and to become. We must learn to make a receptive home for the creative ideas of God in our minds, hearts, souls, and everyday lives in order to actualize the lasting spiritual empowerment in our affairs.

If we allow our minds to remain cluttered with nightmares about present and past hurts and abuses, we are not choosing to concentrate on healing ourselves. Until our minds are free from negative clutter, we keep on exposing ourselves to situations and relationships that continue to hurt and keep us in bondage to our afflictions and addictions.

Now the GOOD NEWS: We have been blessed with the gift of creative imagination, which is the ‘channel for receptivity’ to the mind of God. We can replace hostile, dependent, bitter, resentful, jealous, hurt, worried thoughts with thoughts of healing our minds, hearts, and lives. We can rid ourselves of relations that inflict pain, misery, and insult upon us by learning to establish a living, power-filled, faith-filled relationship with the ‘Spirit of Life’!

Day by day...step by step, we can eliminate negative clutter by choosing to concentrate on “whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable.”

{Philippians 4:8, NIV}

Think about it:

We can use positive affirmations such as the following :”I choose to entertain creative thoughts throughout this day. The Spirit of Life fills me with good ideas and helps me to put them in action!”

“This is the day the Lord has made; let us rejoice and be glad in it.” Psalm 118:24

Excerpts from Doris W. Dennard

Submitted by: Lady A Rawiya Nash TLOD Chaplain