## Beta Psi Happenings

**VOL. 7 APRIL 2020** 

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Let's continue to pray for all of our nurses, doctors, aides, and first responders as we deal with the COVID-19 virus. Continue to pray for those that are sick and those that have gotten well.

#### FROM THE PRESIDENT



Hello Sorors,

Time flies yet moves so slowly. Since we last met, so much has happened which caused the World to just stop! Our lives have taken a new turn. We're now living in Phases and that's where the time seems to move slowly. The COVID-19 pandemic affects each one of us differently. For me, it's making it to Phase 3. The Stay-At-Home orders have given us time to reflect on ourselves and focus more on God. The pandemic has shown us that we can survive without the "usual" hustle and bustle of what life used to be. Our meetings and conferences have been cancelled; lota projects have been affected, yet we've found ways to stay connected. We are now about halfway through 2020 and are grateful we've made it this far.

We've resorted to Zoom and Messenger; Duo and the telephone as our means of connecting and conducting business. Beta Psi continues to do the work of lota through technology. Our Business Month was different bu we managed to pull of a few activities with the highlights of the month being our lota Thursday Prayer Call. Prior to COVID-19, Beta Psi was actually working for lota. In February, sorors attended various Black History programs in the community. The first half of March, members attended Women's History Month activities such as the Wiley College Women of Excellence breakfast. Many of the members enjoyed the time to chat, have a devotional and pray together that we decided to continue the call @ 7:29 pm (1929 hrs) on Thursdays. Life as we knew it has changed but as we have done so many times before, we will adapt. Be strong and be encouraged my sisters.

Evelyn S. Mosley, Ph.D. President

#### **BLACK HISTORY MONTH**





Soror Dr. Evelyn Mosley participated in the Black History Month celebration at Peaceful Rest Baptist Church.

#### WOMEN'S HISTORY MONTH: WOMEN EXCELLENCE WEEK





Members of Beta Psi Chapter participated in Wiley College's Women of Excellence Week in honor of Women's History Month and the phenomenal women at Wiley College.

#### **BETA PSI PRAYER CALLS**



LET'S TAKE A MOMENT

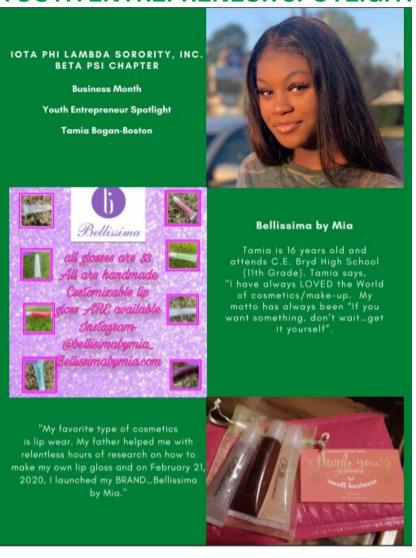
# Iota Day of Prayer Thursday

Please join the ladies of Beta Psi Chapter as we pray for our Sisters, Families, Friends, and First Responders

Time: 19:29 pm (7:29 pm)
Dial-in number (US): (712) 770-4035
Access code: 363112#

Throughout the month of April, the members of Beta Psi Chapter held weekly prayer calls on Iota Thursday. We were very blessed to have National Officers, Regional Officers, MOI, FILS, and even LOMEPAS on the calls.

#### YOUTH ENTREPRENEUR SPOTLIGHT



Beta Psi Chapter congratulates our youth entrepreneur Tamia Bogan-Boston. Tamia has her own lip gloss line called Bellissima.











#### **BUSINESS MONTH ACTIVITY**

April is Business Month in Iota. For April, the ladies of Beta Psi Chapter celebrated with 30-days of Green. Sorors wore the color green every day during the month of April.

## **BETA PSI BIRTHDAYS**



Soror Willie Myers -



Soror Gwen Barnes -April 9th



Latreshia Payne -March 14th



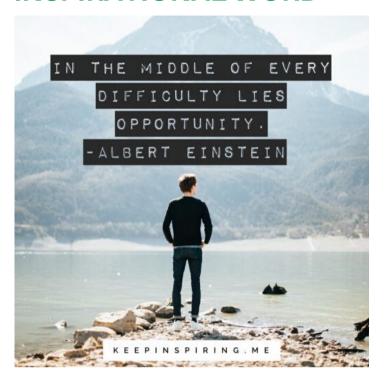
FIL Kayla Mosley -May 13th

Not pictured: Soror Rosie Mack - February 20th, Soror Jimmeka Batiste - May 20th

HAPPY BIRTHDAY



### **INSPIRATIONAL WORD**



#### **HEALTHY EATING**

## Whole30 Shrimp and Cauliflower Grits





Recipe courtesy of Food Network Kitchen

Whether you're an avid follower of the Wholezo Program (a lifestyle that encourages you to choose whole food over processed, and eschews sugar, grains, dairy and legumes), or just looking to dip your toe in a new eating plan, this healthy twist on a Southern classic is a great addition to a weeknight line-up. Packed with protein and fiber -- and creamy faux grits made from cauliflower — it's satisfying and delicious

Level: Easy Total: 35 min Active: 35 min Yield: 4 servings

#### Ingredients:

1 large head cauliflower (about 2 pounds). trimmed and cut into small florets 1 1/2 cups plain unsw without carrageenan

4 tablespoons extra-virgin olive oil Kosher salt and freshly ground black pepper 1/3 cup nutritional yeast, optional

6 collard green leaves, stems removed, halved lengthwise, and thinly shredded crosswise (about 4 cups)

2 large cloves garlic, minced Pinch of cayenne pepper, optional 1/4 cup fresh flat-leaf parsley, roughly chopped

Juice of 1/2 lemon, plus lemon wedges, for

#### **Directions:**

1 Pulse about half of the cauliflo

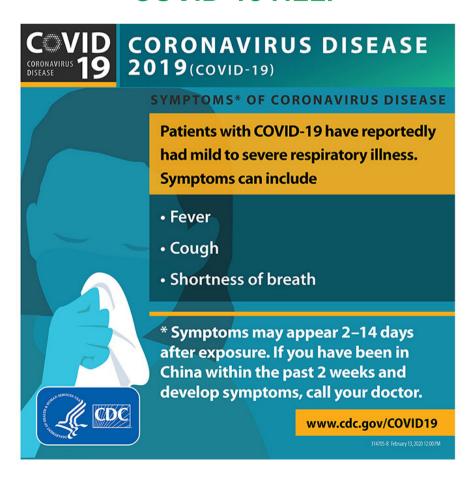


1. Pulse about half of the cauliflower in a lood processor until the florets break down to fine pieces about the size of rice grains (ifs okay if they clump; think of this step as cauliflower rice' gone wrong). Transfer to a medium saucepan, pulse the remaining cauliflower and add that to the pan too. Add the almond milk, 1 tablespoon of the oil, 1/2 lesspoon salt and several girinds of pepper and bring to a simmer over medium-high heat. Simmer, stirring frequently, until the mixture is soft, smooth and looks like girls, about 10 minutes. Remove from the heat, stir in the until think and peoper if you'd multiplical yeast, if usins, and addist the seasoning with more salt and peoper if you'd the stable of the processor of the processor. nutritional yeast, if using, and adjust the seasoning with more salt and pepper if you'd like. Cover and keep warm.

- 2 Heat 1 tablespoon oil in a large skillet over medium-high heat. Add the collards, sprinkle with salt and pepper, and cook, tossing, until slightly wilted and tender, 2 to 3 minutes. Transfer to a bowl and keep warm. Wipe the skillet clean.
- 3 Sprinkle the shrimp with salt and pepper. Heat the remaining 2 tablespoons oil over medium-high heat. Add the shrimp, garlic and cayenne, if using, Cook, tossing, until the shrimp are pink and just cooked through, 3 to 4 minutes. Remove from the heat, add the parsley, lemon juice and 1 tablespoon water and str to coat the shrimp with the sauce.
- 4 Divide the cauliflower grits among shallow bowls. Top with the collards and then the shrimp and sauce. Serve with lemon wedges.

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### **COVID-19 HELP**





Iota Phi Lambda Sorority, Inc. has entered into a partnership with the United States Census Bureau. Through this partnership, Iota Phi Lambda Sorority, Inc. seeks to make an impact by ensuring that we have a complete and accurate count of the people in our community. We will support this effort on a national, regional and local level.

#### CALENDAR OF EVENTS

Beta Psi Chapter Meeting - May 2, 2020 Founder's Day - June 1, 2020 Virtual Southwestern Regional Conference - June 6, 2020



#### **BETA PSI OFFICERS**

Soror Dr. Evelyn S. Mosley - President
Soror Willie Myers - Treasurer
Soror LaTreshia Payne - Financial Secretary
Soror Tanesha Mosley - Journalist
Soror Jimmeka Batiste - Correspondance
Secretary
Soror Janie Samuels - Dean of Intake
Soror Vallie Mims - Chaplain

Beta Psi Chapter 2805 Missouri St. Shreveport, LA 71109

#### Southwestern Regional Theme:

"Affirming the Legacy, Bonding in Sisterhood, Committing to Business and Developing Leaders"

#### National Theme:

"Business and Professional Women Building the Foundation of Generational Financial Wealth"