



ALPHA GAMMA DELTA
INTERNATIONAL REUNION DAY

BLOSSOMING SISTERHOOD

#AGDIRD19

Alpha Gamma Delta IRD 2019 | Blossoming Sisterhood

The following speech was written by Jennifer Freeman Thompson, Upsilon–University of Oklahoma, Marketing Manager and Quarterly Editor for the Fraternity. It may be used in its entirety or as inspiration.

Spring is the season of new beginnings. Fresh flowers begin to bloom, animals awaken from a long winter's hibernation and the earth seems to come to life again. Farmers and gardeners plant their seeds and temperatures slowly rise.

As the days grow longer, our spirits also spring back to life. Weary from the cold, we look forward to brighter days and the bounty of hope that greets us in the spring. The same can be said for sisterhood.

For our collegiate members, emerging from winter signals the time when—in most places—walking to class is a bit brighter and more fragrant. A new slate of officers is busy at work to ensure a successful upcoming year. Studying doesn't seem as bad as you leave the library while it's still light outside. Plans for Spring Break are under way and summer is right around the corner.

For alumnae, spring is often a time of renewal. This can come in the form of self-care, such as taking more walks outside, trying a new hairstyle or planning a summer getaway. It may also come in the form of nesting at home—planting flowers or preparing a garden. As the heater is needed less and windows are opened more, the increased sunshine and brighter colors make us feel healthier and invigorated.

But how do you renew your sisterhood? Do you cultivate your commitment to Alpha Gamma Delta so that it will continue to blossom and grow each and every year?

Consider how can you do so in a way that plants a seed that will bloom and continue to grow over time. How can you connect to Alpha Gam in a way that makes you feel renewed and invigorated? How do you do so in a way that makes you look forward to enjoying its bloom long after it has been planted?

The International Fraternity recently released a new logo with the tagline Loving, Leading, Lasting. Inspired by our Ritual, these words can be your guide as you renew your personal commitment to Alpha Gamma Delta.

- **Alpha Gam is Loving** - Within a close community where friendships are cherished and hearts are connected, an Alpha Gam can be her true self. This love of herself and others allows her to be the best she can be, do what matters and live with purpose.
- **Alpha Gam is Leading** - An Alpha Gam possesses higher ideals, wisdom and inner-strength. She is a woman of action who leads without fear. She is a true changemaker and inspires others to impact the world.



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- **Alpha Gam is Lasting** - Long after her college days are behind her, an Alpha Gam continues to grow. Her membership provides lifelong opportunities for friendship, loyalty and personal success. It is a story she will continue to tell throughout her life.

How will do what matters? How can you be a changemaker? What will make you continue to tell your Alpha Gam story for the rest of your life?

To alumnae:

- I challenge you to reach out to a sister you haven't spoken to in a while. Don't put it off anticipating awkward small talk. Just enjoy the renewal and the loving spirit of sisterhood.
- I challenge you to be a woman of action. Don't let the fear of commitment of involvement overwhelm you. From packing meals for a food pantry once a year or giving annually to the Foundation to serving on a committee or helping prepare food for collegians during Primary Recruitment, there are many small ways to make an impact. Even by being here today, you have made a small but impactful commitment to remain involved.
- I challenge you to support a collegiate chapter. Mentor your sisters into a blossoming sisterhood whether it be to help them in academics, business and other skills you thrive in.
- I challenge you to tell your story. When someone asks if you WERE in a sorority, proudly tell them that you ARE a member of Alpha Gamma Delta.

To collegians:

- I challenge you to get to know a chapter sister outside of your closest circle of friends. And remember to always be kind to each other. You never know when that kindness is just what someone needs on a not-so-springlike day.
- I challenge you, as well, to be a woman of action. Whether serving as an officer to the best of your ability, giving it your all on the intramural field or representing Alpha Gam in another campus organization, find a way to lead without fear.
- I challenge you to participate in multi-generational events. Welcome the opportunity to be guided by those who have walked your path.
- I challenge you to continue to create your story. It's hard to imagine how these few short years will play such a large role in the rest of your life—but I promise that they will.

As we have gathered once again on this International Reunion Day and have so fortunately enjoyed this time together, I hope you will be inspired to use this and every spring to love, lead and let Alpha Gam continue to blossom into a lasting sisterhood.