

ANNIE P. ROGERS STATE
GRAND ASSEMBLY



ORIENT OF NORTH CAROLINA

STATE GRAND LOYAL LADY RULER
TINA SHEPPARD JONES

REPORT BOOKLET

2025 – 2026

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ANNIE P. ROGERS STATE GRAND ASSEMBLY
ORDER OF THE GOLDEN CIRCLE



Loyal Lady Tina Sheppard-Jones
State Grand Loyal Lady Ruler

CANCER AWARENESS



**GREENSBORO ASSEMBLY #106
ORDER OF THE GOLDEN CIRCLE, PHA
Cancer awareness Report 2025**

Greensboro Assembly #106 of the Order of the Golden Circle, PHA, conducted a Breast Cancer Awareness initiative in alignment with the directives of the Annie P. Rogers State Grand Assembly and the Cancer Awareness Committee. The purpose of this initiative was to educate, uplift, and promote awareness among members regarding breast cancer prevention, early detection, and overall health.

During this initiative, the assembly provided the membership with a detailed educational report on breast cancer, emphasizing the prevalence of the disease, associated risk factors, and the importance of routine screenings. Members were informed that breast cancer remains one of the most common cancers affecting women, with approximately one in eight women developing the disease in their lifetime. The presentation stressed that early detection through regular screenings significantly increases successful treatment outcomes. Members were also encouraged to consult with healthcare professionals to develop personalized screening plans and to prioritize overall wellness through proper nutrition, physical activity, and healthy lifestyle choices.

As part of this awareness effort, Greensboro Assembly #106 took time to honor Past State Grand Loyal Lady Ruler Phyllis Martin by presenting her with a token of appreciation in recognition of her leadership, service, and continued dedication to the Order. This gesture reflected the assembly's gratitude for her contributions and commitment to the wellbeing of the membership and community.

Additionally, each member in attendance was presented with a pink teddy bear adorned with a breast cancer charm. This symbolic gift served as a reminder of the importance of breast cancer awareness, solidarity with those affected by the disease, and the assembly's ongoing commitment to education and advocacy.

Through this initiative, Greensboro Assembly #106 successfully fulfilled its responsibility to incorporate cancer awareness into its community agenda. The assembly remains committed to supporting health education, promoting preventative care, and honoring those who lead and serve with distinction.

In Peace and Unity,
Shunda Lasster, PLLR

National Breast Cancer Awareness Month

Be informed about breast cancer

2.6
Million

WOMEN WITH A HISTORY
OF BREAST CANCER
ARE ALIVE TODAY



IN 1992, THE PINK RIBBON BECAME
THE SYMBOL OF NATIONAL BREAST
CANCER AWARENESS MONTH



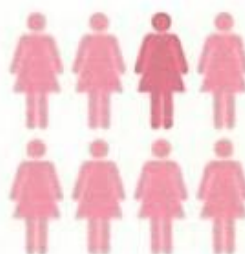
BREAST FEEDING FOR 1
YEAR OR MORE MAY HELP TO
PREVENT BREAST CANCER



MEN MAKE UP 1% OF ALL
BREAST CANCER CASES



WOMEN WHO GAINED 55 POUNDS OR
MORE AFTER AGE 18 HAD ALMOST 50%
GREATER RISK OF BREAST CANCER.



1 IN 8 U.S. WOMEN WILL
DEVELOP BREAST CANCER.

Spread the word!

Learn more about the benefits of annual mammography.

Breast Health



About one in eight women in the U.S. will develop invasive breast cancer during their lifetime.

No.1

Breast cancer is the most common cancer among American women, except for skin cancers.

No.2

Breast cancer is the second leading cause of cancer death in women, exceeded only by lung cancer.

232,670

Estimated amount of new cases of invasive breast cancer diagnosed in women.

2.8 million

Estimated amount of breast cancer survivors in the U.S.

55+

Two of three breast cancers are found in women 55 or older.

Breast cancer survivorship has tripled over the past 60 years.

Risk Factors

GENDER

A woman is 200 times more likely than a man to develop breast cancer.

AGE

Your risk of developing breast cancer increases as you get older, and half of all breast cancers are diagnosed in women older than 60.

GENETICS

About 5 to 10 percent of breast cancer cases are thought to be hereditary, meaning that they result directly from gene defects inherited from a parent.

FAMILY HISTORY

Risk is higher among women whose close blood relatives have this disease. Less than 15 percent of women with breast cancer have a family member with this disease.

WEIGHT

Being overweight or obese increases breast cancer risk.

RACE

Overall, white women are slightly more likely to develop breast cancer than African-American women, but African-American women are more likely to die of this cancer.

Health Tips



■ **BREAST DENSITY**
Having dense breasts makes your chance for breast cancer four times higher.



■ **KNOW YOUR FAMILY HISTORY**
5 to 10 percent of breast cancer is hereditary.



■ **NUTRITION**
Eat five or more servings of fruit and vegetables daily, limiting processed and red meats. Choose whole grains.



■ **SCREENING**
Remember to get annual mammograms and clinical breast exams beginning at 40.



■ **WATCH WEIGHT**
Women who gained 21 to 30 pounds since age 18 were 40 percent more likely to develop breast cancer than those who hadn't gained more than five pounds.



■ **PHYSICAL ACTIVITY**
Women who walk briskly for 1.25 to 2.5 hours a week had 18 percent less risk than women who are inactive.



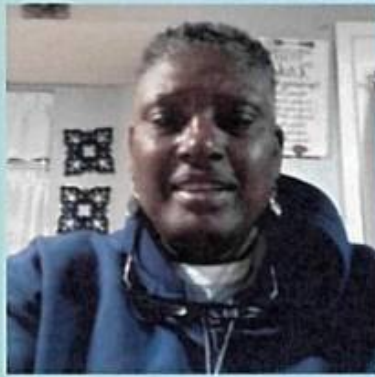
■ **ALCOHOL**
Limit alcohol consumption to no more than one drink a day — any more than that increases risk by 1.5 times compared to someone who doesn't drink.



■ **SUPERFOODS**
City of Hope researchers have discovered that pomegranates, grape seed extract and blueberries all have powerful breast cancer fighting agents.

Symptoms

- Swelling of all or part of the breast
- Skin irritation or dimpling
- Breast or nipple pain
- Nipple retraction (turning inward)
- Redness, scaliness or thickening of nipple or breast skin
- Nipple discharge



Loyal Lady Ruler
Mitzi McClammy

University Assembly 218
Colorectal Cancer
Awareness





University Assembly No. 218
The Order of the Golden Circle, PHA
Organized August 6, 1969

Loyal Lady Ruler Mitzi D. McClammy

For the month of October 2025, the Loyal Ladies shared the Breast Cancer Fact Sheet from the American Cancer Society with others





Breast Cancer Fact Sheet

for Patients and Caregivers



Breast cancer can start in any part of one or both breasts. For women in the US, breast cancer is the most common cancer (after skin cancer) and the second-leading cause of cancer death (after lung cancer).

Risk Factors

Risk factors for breast cancer that you cannot change include:

Sex: Being born female is one of the strongest risk factors for breast cancer. Males can also get breast cancer, but it is much more common in females.

Age: As a person gets older, their risk of breast cancer goes up. Most breast cancers are found in women age 55 or older.

Personal or family history: Someone who has had breast cancer in the past or has a parent, sibling, or child with breast cancer has a higher risk of getting it. Having more than one close blood relative increases the risk even more. However, it's important to know that most people with breast cancer don't have a close blood relative with the disease.

Inheriting gene changes: Certain gene changes (most commonly in *BRCA1* and *BRCA2* genes) can create a higher risk for breast cancer.

Starting menstruation early or having late menopause: There may be a higher risk due to longer exposure to the hormones estrogen and progesterone.

Having dense breast tissue: People whose breasts appear dense on mammograms have a higher risk of breast cancer. Dense breast tissue can also make it harder to see cancers on mammograms.

Having radiation to the chest: Women who were treated with radiation therapy to the chest before age 30 have a much higher risk for breast cancer.

Some benign breast conditions: Certain noncancerous breast conditions can increase the risk of getting breast cancer.

Lifestyle-related risk factors for breast cancer:

- Drinking alcohol
- Excess body weight, especially after menopause
- Not being physically active
- Getting hormone therapy after menopause with estrogen and progesterone therapy
- Never having children or having a first child after age 30
- Certain types of birth control

Prevention

There is no sure way to prevent breast cancer, and some risk factors can't be changed, such as being born female, age, personal or family history of the disease, and inherited gene changes. But there are things a person can do that can help lower the risk for breast cancer. Avoiding or limiting alcohol, getting regular physical activity, and getting to and staying at a healthy weight might help lower risk.

If you have a family history or inherited gene changes, your health care provider may have you see a genetic counselor or recommend certain medicines or procedures. They can help you better understand your risks and make informed decisions about your care.

Screening and Early Detection

Screening is a process used to look for cancer in people who have no symptoms. The earlier breast cancer is found, the better the chances for successful treatment. The American Cancer Society recommends the following for finding breast cancer early in women at average risk:

- **Women ages 40 to 44** should have the choice to start yearly breast cancer screening with a mammogram (x-ray of the breast).
- **Women ages 45 to 54** should get a mammogram every year.
- **Women 55 and older** can switch to a mammogram every two years, or can continue yearly screening. Screening should continue as long as a woman is in good health and is expected to live at least 10 more years.
- Screening MRI and screening mammograms are recommended for certain women at high risk of breast cancer. Talk to a health care provider for more information.
- If you are getting a mammogram for breast cancer screening, you should understand what to expect and what the test can and cannot do. Mammograms can miss cancer (called a false-negative) or look abnormal even though it's not cancer (called a false-positive). Additional tests can be costly and stressful.

Signs and Symptoms

The most common sign of breast cancer is a new lump or mass. While most lumps or masses are not cancer, it is important to have a health care provider check them. Other signs of breast cancer can include swelling of all or part of a breast (even if no lump is felt); skin dimpling (sometimes looking like an orange peel); nipple pain or retraction (turning inward); nipple discharge (other than breast milk); nipple or breast skin that is red, dry, flaking, or thickened; or swollen lymph nodes under the arm or near the collar bone. Have any breast changes checked by a health care provider.



Treatment

Treatment for breast cancer depends on the type and stage of the cancer and results of testing that might be done on the tumor, as well as the person's age, other health problems, and personal choices. If you have breast cancer, talk to your doctor about the best treatment for you.

Living With Breast Cancer

Breast cancer affects a person's quality of life. Physical, social, mental health, spiritual, and money issues can come up at any time.

People with breast cancer may be helped by palliative care at any time. Palliative care focuses on helping manage symptoms, addressing issues, and improving quality of life.

Good communication between a person with cancer and the health care team is important and involves:

- Asking and answering questions
- Working together to set care goals
- Making shared decisions
- Managing side effects and other issues
- Scheduling follow-up tests and care



Visit the American Cancer Society website at cancer.org/cancer/breast-cancer or call us at **1-800-227-2345** to learn more. We're here when you need us.



cancer.org | 1.800.227.2345

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Fig. 090 R2 Rev. 1/25
Models used for illustrative purposes only.





**ORDER OF THE GOLDEN CIRCLE, P.H.A.
LEWIS MINGO ASSEMBLY #316
JACKSONVILLE, NC 28540**



February 22, 2026

To: Illustrious James H. Upchurch, 33°, Deputy for the Orient of North Carolina
State Grand Loyal Lady Ruler, LL Tina Sheppard Jones
State Grand Officers Past and Present
Loyal Lady Rulers Past and Present
Loyal Ladies of the Annie P. Rogers State Grand Assembly Order of the Golden Circle, PHA

Subj: Cancer

Lewis Mingo Assembly #316 is committed to keeping our community informed and educated about health threats that impact our neighborhoods. We recognize that cancer is a significant health concern affecting our community, and we believe that awareness and education are essential tools in the fight against the disease.

Our Monthly Cancer Awareness Program

To ensure that our Assembly members are well-informed and engaged, Lewis Mingo Assembly #316 launched a comprehensive monthly cancer awareness initiative. Each month, we provide detailed cancer reports to our members that include:

- Monthly Cancer Spotlight: Information about which type of cancer is being highlighted
- Educational Facts: Little-known facts about the featured cancer type
- Warning Signs: Important warning signs and symptoms that community members should recognize
- Awareness Color: The designated color associated with that month's cancer awareness campaign

Through this ongoing initiative, Lewis Mingo Assembly #316 demonstrates our dedication to community education, health advocacy, and collective action. By staying informed and visibly supporting cancer awareness efforts, we send a clear message that our community stands together against this disease. Following the distribution of each monthly report, we invite all Assembly members to actively participate in our awareness efforts by:

- Wearing the designated cancer awareness color on the last Friday of each month
- Taking photographs to document their participation and support
- Sharing their commitment to cancer awareness and community health

Sincerely,

Chonita White

Loyal Lady Secretary/Committee Chair



G. Wesley Allen Assembly #324

Sanford, NC 27330

CANCER AWARENESS REPORT 2026

This Cancer Awareness report was presented to three organizations during the month of October: G. Wesley Allen Assembly #324 Order of the Golden Circle, , James Hill Chapter #63 Order of Eastern Star, TOPS (Taking Off Pounds Sensibly) a community weight loss organization, and to the virtual and in-person congregation of Fair Promise AME Zion Church in Sanford, NC by PLLR/Secretary Dr. Joyce Hawkins, a four-time cancer survivor – Breast, thyroid, and the latest diagnosis of Kidney and Liver in June. Pens, Pins, and carnations were presented to each person in all groups, along with attached visual. Candles were lit in memory of those who fought a good fight!!



Breast cancer is the most common cancer in women in the United States, except for skin cancers. It accounts for about 30% (or 1 in 3) of all new female cancers each year.

The American Cancer Society's estimates for breast cancer in the United States for 2026 are:

- About 321,910 new cases of invasive breast cancer will be diagnosed in women.
- About 60,730 new cases of ductal carcinoma in situ (DCIS) will be diagnosed.
- About 42,140 women will die from breast cancer.

Breast cancer mainly occurs in middle-aged and older women. The median age at the time of breast cancer diagnosis is 62. This means half of the women who developed breast cancer are 62 years of age or younger when they are diagnosed. A very small number of women diagnosed with breast cancer are younger than 45.

In recent years, incidence rates have increased by 1% per year. The rise in incidence rates is a little steeper in women younger than 50 (1.4%). This is thought to be due to risk factors of having excess body weight, not having children, or having a first child after age 30.

The American Cancer Society's most recent estimates for kidney cancer in the United States for 2026 are:

- About 80,450 new cases of kidney cancer (50,770 in men and 29,680 in women) will be diagnosed.
- About 15,160 people (10,200 men and 4,960 women) will die from this disease

Some variations in breast cancer can be seen in racial and ethnic groups. For example:

- Black women have the highest death rate from breast cancer. This is thought to be partially because Black women have a higher risk of triple-negative breast cancer, more than any other racial or ethnic group.
- At every age, Black women are more likely to die from breast cancer than any other race or ethnic group.
- White, Asian, and Pacific Islander women are more likely to be diagnosed with localized breast cancer than Black, Hispanic, American Indian, and Alaska Native women.
- Asian and Pacific Islander women have the lowest death rate from breast cancer.

The American Cancer Society estimates for **breast cancer in men** in the United States for 2026 are:

- About 2,670 men will be diagnosed with invasive breast cancer.
- About 530 men will die from breast cancer.
- Fewer than 1% of breast cancers in the US occur in men.
- Male breast cancer can occur at any age. While the overall risk is low, it goes up as men get older. The average age at the time of diagnosis is between 60 and 70 years.

Risk factors for breast cancer that cannot be changed include gender, age race family history and genetic factors personal history dense breast tissue.

Screening methods include self-exam, mammogram, ultrasound, MRI, and biopsies.

With early screening, the relative five-year survival rate is 99 percent. There are currently over 4 million breast cancer survivors in the USA. In 2024, an estimated 310,720 women and 2,800 men will be diagnosed with invasive breast cancer.

If there is a diagnosis and family history for breast cancer, the sons need to be checked as well.

There are a few breast cancer myths:

- an injury can cause breast cancer
- breast cancer is more common in women with bigger breast
- breast cancer only affects middle-aged and older women
- breast pain is a definite sign of breast cancer
- consuming sugar causes breast cancer a lump in your breast means you have breast cancer
- underwear bras cause breast cancer
- exposure to mammograms causes breast cancer
- antiperspirants and deodorants cause breast cancer and
- carrying a cell phone in your bra causes breast cancer

All of these are false.

Breast cancer prevention strategies include: avoiding tobacco, minimizing alcohol intake, exercise, eating a healthy diet, and maintaining a normal weight.

Asking for blood tests that identify the gene would be a great start. Also, ask for the diagnostic mammogram if you have an area in question. The 3D mammogram screenings are 95 % accurate.

Volunteering to be a part of clinical studies would be a first step in fighting this disease. Ask your doctors about the potential treatments.

You are your own best advocate. Take care of yourselves!!

Respectfully submitted,

PLLR/Secretary Dr. Joyce F. Hawkins

Cancer Awareness Chairperson



Women's Home and Overseas Missionary Society

October

Breast Cancer Awareness Month



There are over **4 million** breast cancer survivors in the United States.

When caught in its earliest, localized stages, the 5-year relative survival rate of breast cancer is **99%**.



1 in 8 women

in the United States will develop breast cancer in her lifetime.



Breast cancer signs and symptoms

You might know to be on the lookout for lumps. However, breast cancer doesn't always present that way. You really need to look for any changes that aren't normal for you. Thickening or swelling of any part of the breast, pain, and redness can all be signs. Pay attention to any changes to the skin on your breast too. Think irritation, dimpling, redness or flakiness. And any pulling in, pain, discharge or flaky skin on the nipple? Those are also signs to look out for. Again, it's really important to know how your breasts normally look and feel. And if you notice any changes, talk to your doctor right away.

RISK FACTORS

- Genetic mutations inherited changes to certain genes increase risk of breast cancer
- Women who are overweight or have obesity have a higher risk of getting breast cancer than those at a healthy weight.
- Some forms of hormone replacement therapy taken during menopause can raise risk for breast cancer when taken for more than 5 years. Certain birth control pills also have been found to raise breast cancer risk.
- Having a family history of breast cancer may increase risk for breast cancer.



ANNIE P. ROGERS STATE GRAND ASSEMBLY
ORDER OF THE GOLDEN CIRCLE



Loyal Lady Tina Sheppard-Jones
State Grand Loyal Lady Ruler

CAREGIVERS



University Assembly No. 218
The Order of the Golden Circle, PHA
Organized August 6, 1969

Loyal Lady Ruler Mitzi D. McClammy

Caregivers Recognition



We thank our Loyal Ladies in University Assembly #218 who are caregivers for loved ones. These special Loyal Ladies are resilient, patient, kind, and giving.

We Honor and Salute

- LL Beverly West
- LL Shelia Webb
- LL Mary Dortch Williams
- LL Cheryle Roberts
- PLLR JoAnn Mitchell
- LL Sandra Roberts
- LL Beverly Richardson
- LL Elaine Laws
- LL Cynthia Wilkerson
- LL Brenda Purnell

CAREGIVERS & SENIORS REPORT

Members of the Assembly presented our eldest member 100 yrs young, with Christmas Cards made in a specially designed box.



**Boyer Assembly lovingly serves
breakfast to the Seniors of the
SE Adult Day Care Center,
honoring their wisdom,
celebrating their legacy, and
embracing them with the care
and respect they so richly
deserve.**





Boyer Assembly and Consistory worked together to pack and deliver meals to our "seasoned" members.



Boyer Assembly enjoyed celebrating Valentine's Day with cards and candy with the seniors at the Southeast Adult Day Care Center in Raleigh, NC





Alexander Assembly #228
Order of the Golden Circle, PHA

Caregivers and Senior Club

All plays a part in life we are seniors and we might need caregivers to someone that may be in your family. I was a caregiver to my mother. Be there each morning fix her breakfast from Bojangles every morning. This was what she would eat. Grilled chicken sandwich with Bo rounds and a cup of coffee. She was so satisfied with her meal each day and the love we provided to her.

You help with their chores helping them with their clothes. Wash off and a good shower at the end of the week. Always whomever parents showing love and compassion? We don't know if or when we might be in the same shape.

Peace and Unity

PLLR Jerwanda Tice



Lewis-Mingo Assembly #316
Order of the Golden Circle, PHA
Jacksonville, NC

November 3, 2025

To Illustrious James H. Upchurch, 33°, Deputy for the Orient of North Carolina
State Grand Loyal Lady Ruler, LL Tina Sheppard Jones
State Grand Officers Past and Present
Loyal Lady Rulers Past and Present
Loyal Ladies of the Annie P. Rogers State Grand Assembly Order of the Golden Circle, PHA

Subj: Military Spouses/Caregivers

Location: Montford Point Marine Association Camp Lejeune Chapter 10
148 Brynn Marr Rd., Jacksonville, NC 28546

On November 1, 2025, members of the Lewis-Mingo Assembly #316, participated in a community outreach effort to support the spouses and caregivers of our military service members. As part of our ongoing commitment to service and appreciation for those who support our nation's armed forces, our organization donated 25 spa care bags designed to provide comfort, relaxation, and a small token of gratitude.

The spa bags were thoughtfully assembled to promote self-care and stress relief for individuals who play a vital role in supporting military personnel. Each bag included a variety of items typically associated with relaxation and personal care, such as bath products, lotions, and other soothing essentials. These items were selected to encourage caregivers and spouses to take time for themselves while managing the responsibilities that often accompany military family life.

Military spouses and caregivers frequently carry a significant emotional and practical burden while supporting their loved ones who serve. Whether managing households during deployments, providing emotional support, or assisting with recovery and rehabilitation, their dedication and resilience are essential. Recognizing this significant role, the members of Lewis Mingo Assembly #316 sought to show appreciation and encouragement through this donation.

This project also served as an opportunity for members to work together in the spirit of fellowship and service. We collaborated to gather supplies, assemble the spa bags, and ensure that each one conveyed a message of care and gratitude. The effort reflected the values of the Order of the Golden Circle: community support, compassion, and respect for those who sacrifice for our country.

The donation of these 25 spa bags was a small but meaningful gesture intended to brighten the day of military spouses and caregivers and remind them that their dedication does not go unnoticed. Lewis Mingo Assembly #316 remains committed to supporting community initiatives and honoring the individuals and families who stand behind our military. Through service projects such as this, Lewis-Mingo Assembly #316 continues to strengthen community bonds and demonstrate appreciation for those who give so much support to our nation.



On Wings of a Dove,

LLR Libbi M. Beano

ANNIE P. ROGERS STATE GRAND ASSEMBLY
ORDER OF THE GOLDEN CIRCLE



Loyal Lady Tina Sheppard-Jones
State Grand Loyal Lady Ruler

CLASSROOMS IN NEED

PLLR Kimberly Alston
Chairperson



ANNIE P. ROGERS STATE GRAND ASSEMBLY
ORDER OF THE GOLDEN CIRCLE

LL Kimberly Alston
State Grand Loyal Lady Inner Guard
399 Opie Frazier Road
Henderson, NC 27537
(252) 767-6641
kim.alston65@yahoo.com

March 17, 2026

To: SGIG James H. Upchurch 33 , Deputy for the Orient of North Carolina
LL Tina Sheppard Jones, Annie P. Rogers State Grand Loyal Lady Ruler
LL Antoinette Burwell, APRSGA Reports Committee Chairperson
Past State Grand Loyal Lady Rulers
APRSGA Organizers/Overseers, APRSGA Officers, Loyal Lady Rulers, Loyal Ladies

RE: APRSGA 2026 Classrooms In Need Report

"To God be the glory for the great things He has done!"

Greetings,

I greet you in the name of our Lord and Savior, Jesus Christ. One of the most important commitments of the Annie P. Rogers State Grand Assembly is community service. It is our obligation and duty as Loyal Ladies of this organization to do what we can to be of assistance to the youth in our local communities.

As part of this effort, each Assembly has been asked to adopt a school with a high percentage of 'at risk' students and assist them annually with school supplies (i.e. pencils, paper, crayons, weekend bag, etc.), sponsor a student on field trips and/or tutor. The Assemblies are asked to donate items at least twice per year (August/September and January).

The Assemblies listed below have submitted the activities they have completed for the Classrooms In Need initiative for the year 2025. Their submitted reports are also attached to this report.

Greensboro Assembly #108
Lewis Mingo Assembly #316

University Assembly #218
Herbert Bell Shaw Assembly #337

On behalf of the Annie P. Rogers State Grand Assembly, we thank you for your efforts and commend you for taking part in shaping our youth communities!

Respectfully Submitted,

PLL R Kimberly A. Alston
PLL R Kimberly A. Alston - Chairperson
Classrooms In Need Committee

Committee Members: LL Linda Sledge #30, Co-Chairperson, LL Annette Powell #276, LL Barbara Wall #324, LL Claretta Adams #35



GREENSBORO ASSEMBLY #106
ORDER OF THE GOLDEN CIRCLE, PHA
From the desk of the Loyal Lady Ruler

Sharlenceia K. O'Neal

4388 Candace Ridge Ct. Greensboro NC 27406
Annie P. Rogers State Grand Assembly Report 2025
Classrooms in Need Initiative Impact Report

On behalf of Greensboro Assembly #106, it was truly both an honor and a privilege to participate in the Classrooms in Need Initiative. Serving our schools and supporting our scholars' remains at the heart of our mission, and throughout 2025, our Assembly was proud to engage in meaningful service efforts that uplifted students, educators, and families.

As part of our commitment, Greensboro Assembly #106 adopted Jefferson Elementary School for the year. Through this partnership, we consistently supported the school by providing essential supplies and resources to meet ongoing classroom and student needs. Jefferson Elementary serves approximately 730 scholars from Pre-K through 5th grade, many of whom rely heavily on school-based support to meet both academic and basic daily needs.

In February, Greensboro Assembly #106 made a \$100 monetary donation to Jefferson Elementary School. These funds were intentionally designated to create immediate and lasting impact by:

- Assisting with outstanding lunch balances, ensuring that all scholars have access to nutritious meals regardless of financial hardship.
- Supporting the school's food pantry, helping to provide canned goods and non-perishable food items for families in need.

In March, our members proudly participated in Read Across America Day at Jefferson Elementary School, Activ8 STEM Academy, and a local daycare center. Throughout the day, members read aloud in classrooms, fostering a love for literacy and creating joyful, meaningful moments of connection with students. This experience was deeply rewarding, as we witnessed firsthand the excitement and engagement that reading brings to young learners.

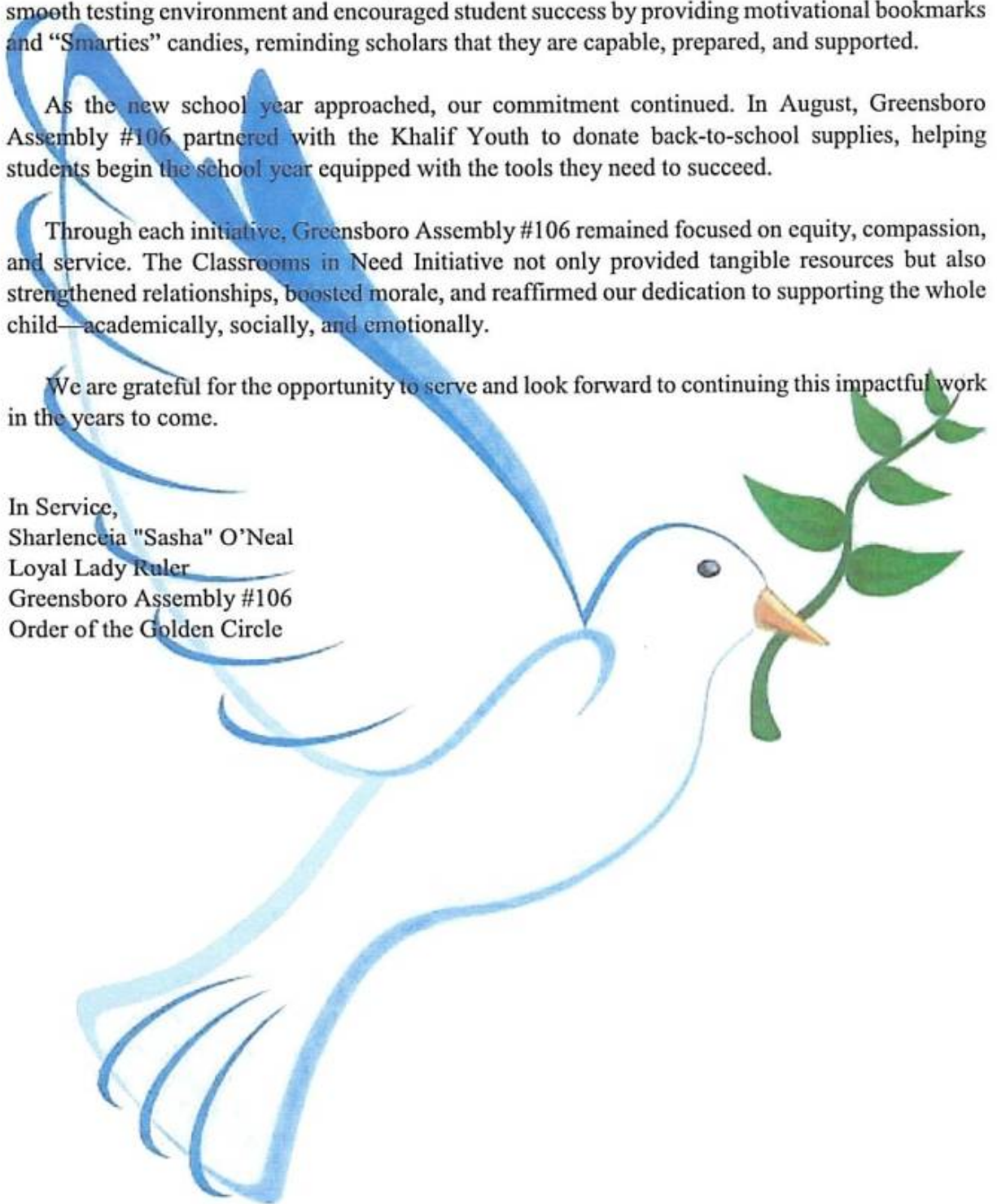
In May, Greensboro Assembly #106 continued its support by assisting with End-of-Grade (EOG) testing at Jefferson Elementary School. Members volunteered as proctors to help ensure a smooth testing environment and encouraged student success by providing motivational bookmarks and “Smarties” candies, reminding scholars that they are capable, prepared, and supported.

As the new school year approached, our commitment continued. In August, Greensboro Assembly #106 partnered with the Khalif Youth to donate back-to-school supplies, helping students begin the school year equipped with the tools they need to succeed.

Through each initiative, Greensboro Assembly #106 remained focused on equity, compassion, and service. The Classrooms in Need Initiative not only provided tangible resources but also strengthened relationships, boosted morale, and reaffirmed our dedication to supporting the whole child—academically, socially, and emotionally.

We are grateful for the opportunity to serve and look forward to continuing this impactful work in the years to come.

In Service,
Sharlenceia "Sasha" O'Neal
Loyal Lady Ruler
Greensboro Assembly #106
Order of the Golden Circle



MISSION

JES VISION
Living & Learning
the JES MARY with Purpose™

JES MISSION
Living & Learning for the Common Good with purposeful
students with the academic skills and habits of
character to support their limitless potential.



THE JES WAYS

WORDS

MOUTH

EYES

EAR

HEAR

GIVE ME 9

ASTOR IL

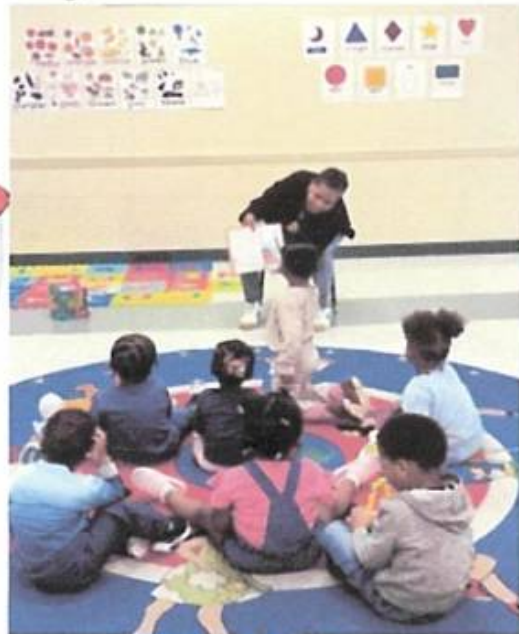




Read Across America



Brightwood Elementary



EWO Early Childhood
Development Center

Dr. Seuss

Read Across America

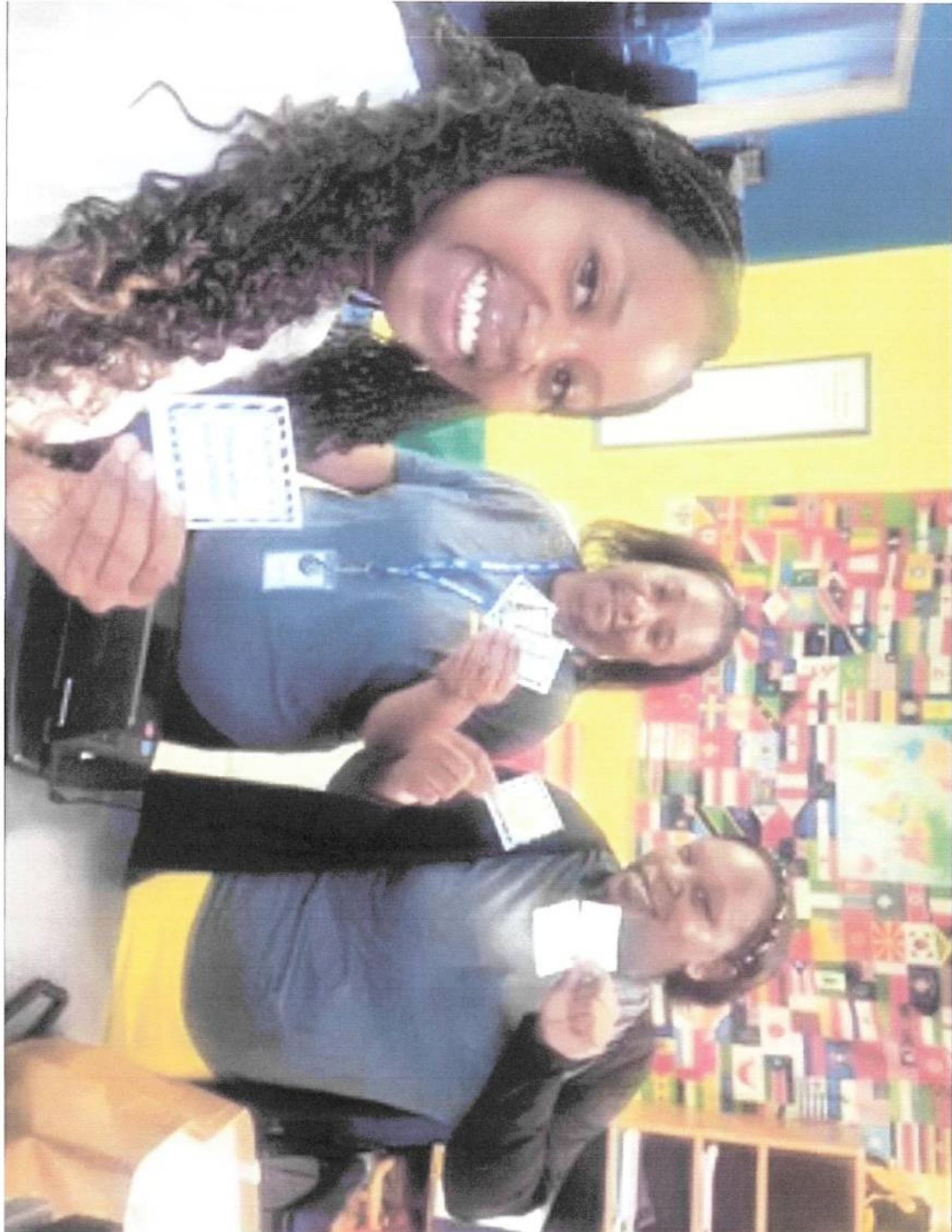


Activ8 STEM Academy



Jefferson Elementary







**University Assembly No. 218, The Order of the Golden
Circle PHA
Organized August 6, 1969
P.O. Box 1398
Durham, NC 27702-1398**

Date: January 21, 2026

Subject: University Assembly No. 218 – 2025 Classrooms in Need APRSGA Report

Greetings PLLR Kimberly A. Alston and Committee,

In alignment with the directives of the APRSGA and the longstanding mission of our Order, University Assembly No. 218 remains steadfast in its commitment to uplifting and supporting the youth within our local communities. As Loyal Ladies, we recognize our duty to serve, to give generously, and to stand as a consistent source of encouragement for students—particularly those attending schools with high percentages of at-risk scholars who benefit most from structured community support.

Throughout the 2025 reporting period, January 1 through December 31, University Assembly No. 218 executed multiple service initiatives designed to provide essential school supplies, strengthen educational environments, and contribute to community safety and youth development. These efforts reflect our Assembly's dedication to academic enrichment, community partnership, and the well-being of children and families across Durham County.

The following initiatives documents our Assembly's outreach activities for the 2025 calendar year, including collaborative school supply donations, classroom support initiatives, and participation in community safety programs. **Photographs and supporting documentation are included under each initiative to verify and illustrate the impact of our work.**

Eastway Elementary School – March 26, 2025

On March 26, 2025, University Assembly No. 218 conducted a community outreach initiative by donating and delivering school supplies to Eastway Elementary School, located at 610 N. Alston Avenue, Durham, NC 27701. Eastway Elementary, under the leadership of **Principal Dr. Jackaline Teel**, serves approximately **591 Pre-Kindergarten through Fifth-grade students** representing a wide range of cultural and linguistic backgrounds.

University Assembly 2025 Classrooms in Need APRSGA Report

This service activity directly supported the school's mission to embrace, empower, and equip its students for academic and personal success. The Assembly's contribution provided essential classroom materials, strengthened our partnership with the local educational community, and demonstrated our ongoing commitment to youth development and educational uplift.

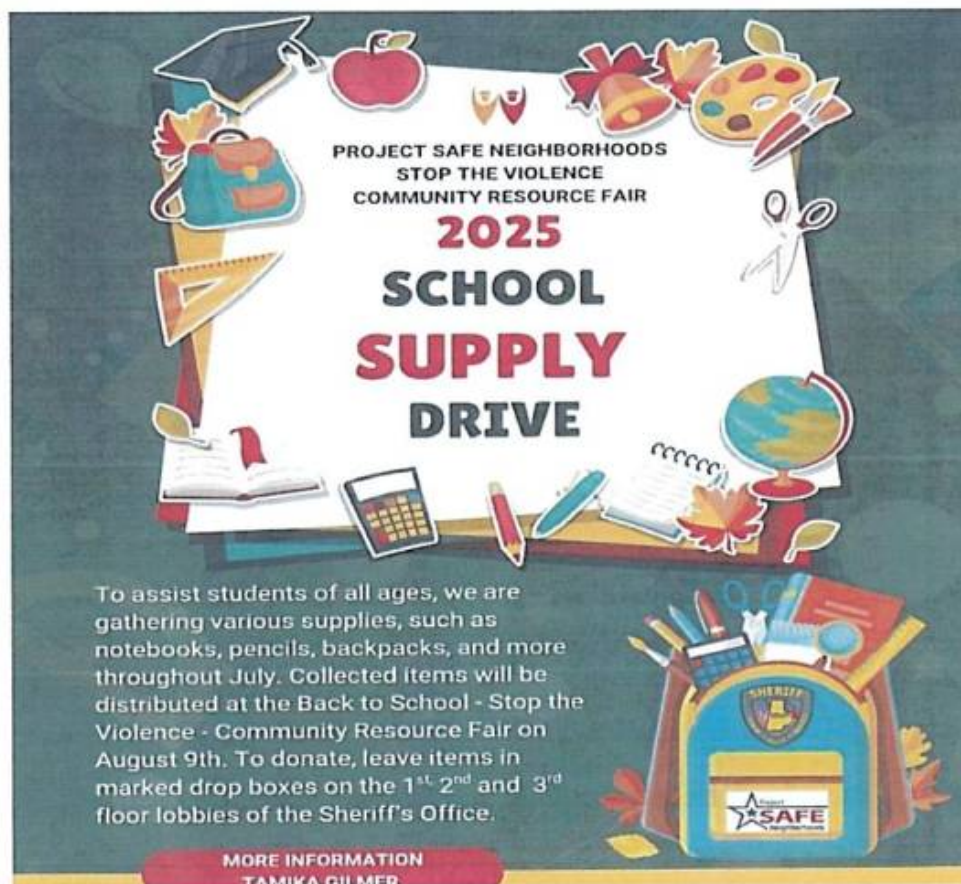


Durham County Sheriff's Office – Stop the Violence Initiative – August 9, 2025

On August 9, 2025, University Assembly No. 218 partnered with fellow Durham Masonic Houses to support the Durham County Sheriff's Office through a collective donation toward the purchase of bookbags for the Sheriff's **"Stop the Violence" Bookbag Donation Initiative**. This effort was part of our broader collaboration with the Sheriff's Office in support of **Project Safe Neighborhood's 3rd Annual Stop the Violence—Ceasefire Community Event**.

The **Project Safe Neighborhood (PSN)** program, an initiative within the Durham County Sheriff's Office, provided a detailed wish list outlining specific needs for the event. University Assembly No. 218, along with our Masonic partners, contributed resources to help fulfill these needs and ensure that students received essential supplies as they prepared for the new school year.

This initiative strengthened our Assembly's commitment to community safety, youth support, and collaborative service with local law enforcement and Masonic bodies.



University Assembly 2025 Classrooms in Need APRSGA Report

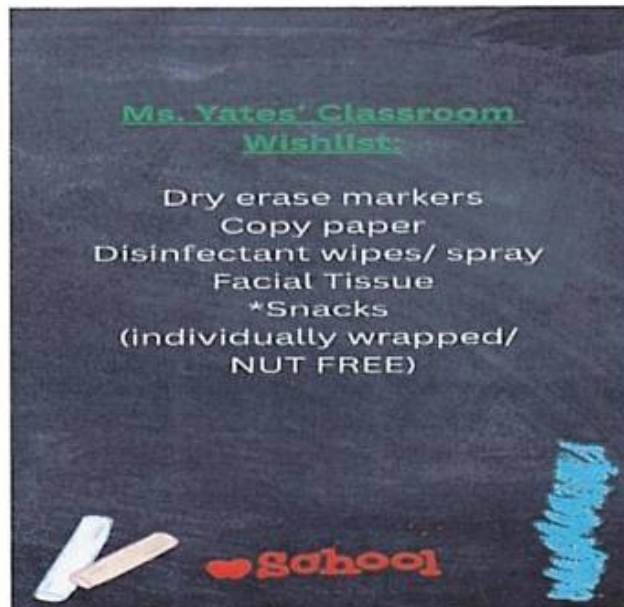


Pearsontown Elementary School – September 9, 2025

On September 9, 2025, University Assembly No. 218, in partnership with Boyd and Hodge Court No. 2 Heroines of Jericho, Maria Court No. 1 Cyrene Crusaders, and Turner Mears No. 8, conducted a collaborative community outreach initiative at Pearsontown Elementary School in Durham, North Carolina. The team presented a comprehensive set of classroom supplies to **Ms. Eboné Yates' 3rd-grade classroom**, supporting instructional needs and enhancing the learning environment for her scholars.

The donated items included **216 pencils, 8 bottles of hand sanitizer, Clorox and Lysol disinfectant wipes, 20 headphones, a luggage bag filled with copy paper, and an office supply store gift card** for future classroom purchases. We were honored to have **Upper Piedmont Organizer/Overseer Tiffany Lathan** participate in this initiative and contribute to the donation effort.

Ms. Yates and her scholars expressed sincere gratitude and appreciation for the support provided.



University Assembly 2025 Classrooms in Need APRSGA Report



University Assembly 2025 Classrooms in Need APRSGA Report

University Assembly No. 218 remains fully committed to the mission, standards, and expectations set forth by the A.P.R.S.G.A. Our efforts throughout the 2025 calendar year reflect our dedication to educational uplift, community partnership, and the continued support of at-risk youth within Durham County. We are honored to serve, to give, and to stand as a consistent resource for the children and families who benefit from our outreach.

We respectfully submit this report, along with all supporting documentation and photographs, as a testament to our Assembly's work and our unwavering commitment to the principles of our Order. It is our sincere hope that these efforts will continue to strengthen our community and inspire ongoing service in the years ahead.

Please acknowledge receipt of this report.

Peace and Unity,

Respectfully submitted,

Mitzi D. McClammy

PLLR Mitzi D. McClammy, (2023-2025)

University Assembly #218 Order of the Golden Circle, PHA



**ORDER OF THE GOLDEN CIRCLE, P.H.A.
LEWIS MINGO ASSEMBLY #316
JACKSONVILLE, NC 28540**



February 22, 2026

To: Illustrious James H. Upchurch, 33°, Deputy for the Orient of North Carolina
State Grand Loyal Lady Ruler, LL Tina Sheppard Jones
State Grand Officers Past and Present
Loyal Lady Rulers Past and Present
Loyal Ladies of the Annie P. Rogers State Grand Assembly Order of the Golden Circle, PHA

Subj: Classroom in Need Report

Lewis Mingo Assembly #316 works hard to serve our community in meaningful ways. We believe in giving back and supporting those who make a difference in our community.

Supporting Our Teachers

We want to make sure that our teachers are taken care of. Teachers work tirelessly to educate our children, and we believe they deserve our support and appreciation.

This Year's Contribution

This year, we provided school supplies to several deserving teachers at Hunters Creek Middle School. We provided items that the teacher could use daily. We made sure to support one teacher per grade level and one teacher in the Encore program. We provided items that included:

- Dry-erase markers
- Post-it notes
- Pencils and Pens
- Box of tissues
- Hand sanitizer

We know that teachers often use their own money for classroom supplies, so we wanted to help lighten the burden. Lewis Mingo Assembly #316 will continue to look for ways to support our community and especially our dedicated educators. When we take care of our teachers, we're investing in our children's future.

Sincerely,

Chonita White

Loyal Lady Secretary/Committee Chair



**Herbert Bell Shaw Assembly #337
Order of the Golden Circle, PHA
Classroom Service Report**

To:

SGIG James Upchurch, 33°, Illustrious Deputy of the Orient of North Carolina
SGLLR Tina Sheppard Jones, Annie P. Rogers State Grand Assembly
PLLR Tiffany L. Lathan, State Grand Organizer and Overseer of the Upper Piedmont Area
LL Verginald Drumwright, Loyal Lady Ruler of Herbert Bell Shaw Assembly #337

From:

Loyal Lady Vivian Furges and Loyal Lady Brenda Breeze

Subject: Classroom Service Project – School Supply Donations

Herbert Bell Shaw Assembly #337 proudly completed a Classroom Service Project in support of students and educators within our local community. Members gathered and organized a generous collection of school supplies to be distributed to area schools. These donations reflect our continued commitment to uplifting youth, supporting education, and serving through community outreach.

Donation Delivery Schools

1. Carolina Community Academy
2. Early Intervention Program
3. Earl Bradsher Preschool Center



Project Support and Delivery

Members worked together to ensure supplies were properly organized and prepared for distribution.

Scheduled Delivery Date

Delivery was scheduled for October 16, 2025.

Closing

Herbert Bell Shaw Assembly #337 remains dedicated to service, education, and community impact. We are grateful for the opportunity to support our local schools and make a meaningful difference in the lives of children and families.

Respectfully submitted,
Loyal Lady Vivian Furges and Loyal Lady Brenda Breeze

ANNIE P. ROGERS STATE GRAND ASSEMBLY
ORDER OF THE GOLDEN CIRCLE



Loyal Lady Tina Sheppard-Jones
State Grand Loyal Lady Ruler

DENTAL

PLLR Nikki G. Tucker
Chairperson



University Assembly # 218
The Order of the Golden Circle, PHA
Organized August 6, 1969

Loyal Lady Ruler Mitzi D. McClammy

Dental Health 2025

University Assembly #218 provided for the dental health care needs of the senior citizen residents at St. Joseph's Place located at 506 Hope Avenue, Durham NC 27707. On July 11, 2025, the Loyal Ladies partnered with the Sir Knights of Turner Mears Commandery #8 and the Princesses of Maria Court #1 to deliver 32 bags filled of dental care products for each resident. The majority of the bags were filled with items for those wearing dentures, while a few bags were prepared for those still having their teeth. The 32 bags had the following items:

- alcohol free mouthwash to rinse and kill bacteria
- a soft toothbrush to brush their gums, tongue, and cheeks
- denture cleaning tablets to remove stains and kill bacteria
- bath case and brush to keep the dentures clean
- toothpaste and floss for those few without dentures

The committee also prepared materials on how to maintain good dental health being sure to address each of the items in the dental health care bag. We were blessed to share these tips to assist 32 senior citizens in having what they needed to be dental healthy.

Peace and Unity

LL Antoinette Burwell

LL Antoinette Burwell
Dental Health Care Chairperson
University Assembly #218



MAINTAIN GOOD DENTAL HEALTH



Rinse – Use Alcohol Free Mouthwash to rinse after meals to help with dry mouth and to kill bacteria, prevent plaque buildup, and freshen breath. Alcohol can crack and discolor dentures and lead to dry mouth.

Brush – Use Soft Bristled Toothbrush to brush your gums, tongue, cheeks, and remaining teeth.



Soak - Whenever your dentures are not in your mouth, they should be submerged in denture cleaner or a glass of warm (NEVER HOT) water.

Clean - Denture cleaning tablets are a convenient way to remove stains, kill bacteria, and freshen dentures. When dropped into water, the tablets create an effervescent (bubbling) solution that helps loosen debris and stains from the denture surface.



Maintain - A denture bath case and brush are essential for maintaining the cleanliness and longevity of dentures. The case provides a hygienic way to store and soak these items, while the brush helps remove food particles and debris that can harbor bacteria and cause odors.

Regular cleaning with the denture bath and brush helps eliminate harmful bacteria that can cause oral and systemic diseases.

Watch your mouth for changes. Check for:

- Signs of irritation, such as swollen, red, or bleeding gums.
- Unusual sores, red or white patches, or lumps in gums, cheeks, or tongue.
- Yellowed teeth (a sign of poor oral hygiene) or loose teeth (a sign of gum disease).



Maria Court #1
Order of Cyrene Crusaders
Prince Hall Affiliated



University Assembly #218
Order of the Golden Circle
Prince Hall Affiliated



Turner Mears Commandery #8
Order of Knights Templar
Prince Hall Affiliated



James T Diggs Assembly #308

Order of the Golden Circle, PHA

Dental Awareness Report

For our dental awareness, we provided young people with 50 toothbrushes and 50 toothpaste.



ANNIE P. ROGERS STATE GRAND ASSEMBLY
ORDER OF THE GOLDEN CIRCLE



Loyal Lady Tina Sheppard-Jones
State Grand Loyal Lady Ruler

EYE CARE

PLLR Nellie Wright-Jones
Chairperson



Loyal Lady Nellie Wright-Jones, PLLR
Post Office Box 680174
Charlotte, North Carolina 28216
nelliewright@gmail.com
(704) 299-2117

April 2026

To the State Grand Loyal Lady Ruler, Loyal Lady Tina Sheppard-Jones, Past State Grand Loyal Lady Rulers, Officers, and Members -

Greetings:

We are once again encouraging our Loyal Ladies to take great care of their eyes. The eyes are the window to the soul and to the world. Please encourage your family members and your friends to get their eyes checked as well. We sometimes take our vision for granted, but when we lose our sight, we become dependent on others for just about everything.

This year, we only had three Assemblies to send in an Eyecare Report. They are LEWIS-MINGO #316, JACKSONVILLE, NC; UNIVERSITY ASSEMBLY #218, DURHAM, NC; and HENDERSON ASSEMBLY #195, HENDERSON, NC.

Thank you to the Assemblies that participated. Keep up the great work and stay encouraged!

In Peace, Unity, and Sisterly Love,
LL Nellie Wright-Jones, PLLR
George Washington Carver Assembly #172
Gastonia, North Carolina
State Grand Loyal Lady Herald



Loyal Lady Nellie Wright-Jones, PLLR
Post Office Box 680174
Charlotte, North Carolina 28216
nelliewright@gmail.com
(704) 299-2117

To the State Grand Loyal Lady Ruler, Loyal Lady Tina Sheppard-Jones, Past State Grand Loyal Lady Rulers, Officers, and Members -

Greetings:

EYES

The eyes are often referred to as the windows to the soul. They're not just organs for vision, but also powerful communicators that convey a wealth of information about our emotions and personality. Our eyes can reveal a lot about us, even when we're not consciously aware of it. The muscles around our eyes, specifically the orbicularis oculi muscle, allow us to convey happiness, sadness, anger, and a range of other emotions. That's why they say the eyes are the windows to the soul.

Eyes are sensory organs that allow us to see by capturing light and converting it into electrical signals that the brain interprets as images. They are complex systems with various parts working together to focus light and transmit visual information.

How your eyes work:

1. Light enters your eye through the pupil.
2. The cornea and iris help focus light onto the lens.
3. The lens focuses light onto the retina at the back of your eye.
4. The retina converts light into electrical impulses.
5. The optic nerve carries impulses to your brain.
6. Your brain processes the signals and produces an image.

What can your eyes do:

1. Tell you the size, shape, color, and texture of an object.
2. Let you know how close it is, whether it's standing still or coming toward you, and how quickly it's moving.
3. Give depth perception and 3D vision.
4. Give you color vision.

Parts of the Eye and their function:

1. Cornea – The clear, outermost layer of the eye that helps focus light.
2. Pupil – The black, circular opening in the center of the iris that allows light to enter the eye.
3. Iris – The colored part of the eye, containing muscles that control the size of the pupil, regulating the amount of light entering the eye.
4. Lens – A transparent, bean-shaped structure located behind the iris that focuses light on the retina.
5. Retina – The light-sensitive layer at the back of the eye that converts light into electrical signals, which are then sent to the brain via the optic nerve.
6. Sclera – The white outer coating of the eye.
7. Vitreous humor – The clear gel that fills the inside of the eye.

Other eye facts:

1. The human eye is considered the second most complex organ in the body.
2. The eye has muscles that adjust to let you focus on things that are close up or far away.

Other important Eye Structures and Functions:

1. Conjunctiva: A thin, transparent membrane that covers the outer surface of the eye and the inner surface of the eyelids.
2. Eyelids: Flap-like structures that cover and protect the eyes, helping to prevent foreign particles and debris from entering.
3. Eyelashes: Short hairs that surround the eyelids, helping to filter out dust and debris.
4. Tears: Lubricate and clean the eyes, protecting them from infection.
5. Extraocular Muscles: Six muscles that surround each eyeball and enable the eyes to move in various directions.

Common Eye Conditions – from A to Z

1. Age-Related Macular Degeneration
2. Amblyopia (Lazy Eye)
3. Anophthalmia and Microphthalmia
4. Astigmatism
5. Behcet's Disease
6. Bietti's Crystalline Dystrophy
7. Blepharitis
8. Blepharospasm
9. Cataracts
10. Central Retinal Vein Occlusion (CRVO)
11. Central Visual Impairment (CVI)
12. Coloboma
13. Color Blindness
14. Convergence Insufficiency

15. Corneal Conditions
16. Diabetic Retinopathy
17. Dry Eye
18. Farsightedness (Hyperopia)
19. Floaters
20. Glaucoma
21. Grave's Eye Disease
22. Idiopathic Intracranial Hypertension
23. Low Vision
24. Macular Edema
25. Macular Hole
26. Macular Pucker
27. Nearsightedness (Myopia)
28. Ocular Histoplasmosis Syndrome (OHS)
29. Pink Eye
30. Presbyopia
31. Rare Diseases
32. Refractive Errors
33. Retinal Detachment
34. Retinitis Pigmentosa
35. Retinoblastoma
36. Retinopathy of Prematurity
37. Usher Syndrome
38. Uveitis
39. Vitreous Detachment

Please protect your eyes. Using your cellphone for a short time can cause your eyes to become blurry. Take breaks away from the phone. Take breaks from the television and especially the computers. Allergic reactions to animals, scents, trees, etc. can also affect your eyes. Diabetes can/does affect your eyes. Don't just brush off symptoms from your eyes. If you wear glasses and/or contact lenses, you see an optometrist. Every couple of years, one needs to see an ophthalmologist. He/She is a medical doctor who can treat all diseases of the eyes and can-do surgery of the eyes.



LLR Delphina Livingston

Eye Health Care Report 2025

The following information was sent out to Henderson Assembly #195 in February 2025 by the Loyal Lady Ruler :

Why Contact Lens Fittings Are Important

Wondering why you need an exam *and* a contact lens fitting when you visit the eye doctor? Finding the right fit for your contact lenses is just as important as determining the correct prescription for the lenses. Fit issues can lead to discomfort and could even prompt you to stop wearing your contacts. Fortunately, problems can be easily avoided with contact lens fitting.

Your Corneas Are As Unique As You Are

Buying shoes online is always a gamble. A stylish pair of shoes may have plenty of positive reviews and come in your size yet are incredibly uncomfortable when they finally arrive on your doorstep. Other factors beyond size, like width and arch type, affect the fit of shoes. In fact, most people have to try on several pairs of shoes before finding the perfect pair.

The same type of process applies to fitting contact lenses. Contact lenses rest on the corneas, the clear rounded tissue that covers your iris and pupil.

Every cornea is unique. Some curve more than others or are irregularly shaped. Contact lenses that are too flat or too curved for your eyes are bound to be uncomfortable and may not provide the crisp, clear vision you expect from your contacts. Poorly fitting lenses rub against your cornea or move every time you blink, causing irritation that may make you wonder if contact lenses are worth the trouble.

During a contact lens fitting, your optometrist measures the size of your pupil and iris and the curvature of the cornea. Your eye doctor uses that information to select contact lenses that best fit your eyes. At the end of the fitting, you'll be given a trial pair of contact lenses to try for a few weeks. Although the first trial pair of contact lenses is the ideal option for many people, others may need to try another brand or type of contact lenses.

Your Comfort Depends on Your Contact Lens Fitting

In addition to determining the curvature of your cornea, your eye doctor also evaluates your tear film. If your eyes tend to be dry, contact lenses designed to retain moisture and keep tears from evaporating too soon may be the best option.

During the fitting, your optometrist also considers other factors such as:

- **Protein Buildup.** Proteins in tears cling to contact lenses, causing irritation and worsening dryness. If protein deposits tend to build up on your lenses quickly, your optometrist may recommend daily disposable lenses rather than extended-wear lenses. Daily disposable lenses are worn once and thrown out, while extended-wear lenses are cleaned every night and worn for a week to a month before being replaced.

- **Refractive Errors.** Your eye doctor will suggest contact lenses that provide the clearest vision for refractive errors, like myopia (nearsightedness), hyperopia (farsightedness) and astigmatism. For example, if you have astigmatism, you may need to order contact lenses that fit the irregular shape of your cornea.

Wondering why your near vision has become blurry? If you're over 40, you may have presbyopia. The age-related vision condition only affects near vision and is the reason people need reading glasses. If presbyopia is an issue for you, you may benefit from multi-focal contact lenses that combine multiple prescriptions in one contact lens. Multi-focal contact lenses provide sharp near, far, and intermediate vision.

Nothing Stays the Same Forever

During your annual comprehensive vision examination and contact lens fitting, your eye doctor looks for changes in your eyes that could affect the fit, comfort, and acuity (visual sharpness) of your lenses. For example, astigmatism tends to worsen with age.

Fifty-five percent of people with astigmatism experienced changes starting in their mid-40s, while 41% didn't have any changes until their mid-50s, according to research published in Review of Optometry in 2023. A new prescription and new contact lenses could improve your vision and accommodate the change in the shape of your cornea.

Dry eyes can also become a problem as you get older. The American Optometric Association notes that dry eyes are a normal part of aging and affect most people over 65. Switching to contact lenses with a higher moisture content could help you avoid irritation due to dry eye.

Report submitted by PLLR Gwendolyn H. Russell,
Henderson Assembly #195
Valley of Henderson, Orient of North Carolina



University Assembly # 218
The Order of the Golden Circle, PHA
Organized August 6, 1969

Loyal Lady Ruler Mitzi D. McClammy

Eye Care 2025

University Assembly #218 provided for the eye care needs of the senior citizen residents at St. Joseph's Place located at 506 Hope Avenue, Durham NC 27707. On July 11, 2025, the Loyal Ladies partnered with the Sir Knights of Turner Mears Commandery #8 and the Princesses of Maria Court #1 to provide each of the 32 senior citizen residents with sunglasses.

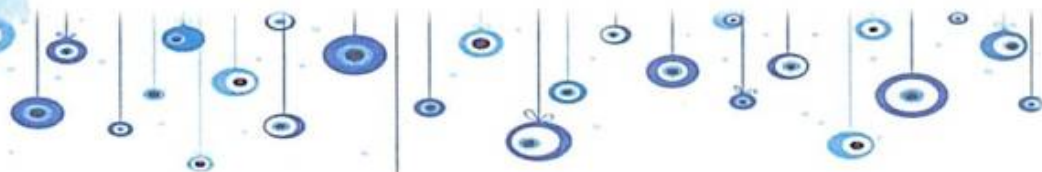
We also prepared and distributed materials to each resident on how to maintain good eye health. We were blessed to share these tips to assist 32 senior citizens in having what they needed to be eye healthy.

Peace and Unity

LL Antoinette Burwell
LL Antoinette Burwell
Eye Care Chairperson
University Assembly #218



MAINTAIN GOOD EYE HEALTH



Impact of Lifestyle on Eye Health:

Regular exercise – Controls diabetes and high cholesterol which negatively impact eyes

Sunglasses – Protect from sun's harmful UV rays



Protective Eyewear – Wear safety glasses when engaging in activities that could cause eye injuries

Screen Breaks – Every 20 minutes look at something 20 feet away for 20 seconds to reduce eye strain

Good Eye Hygiene – To prevent eye infections, wash your hands, avoid sharing towels & washcloths, remove makeup before bed

Quit Smoking – Smoking increases the risk of age related eye diseases and can damage the optic nerve

Good Diet and Nutrition - Antioxidants – Foods like leafy greens protect your eyes from damage caused by free radicals; **Vitamins & Minerals** – Get enough Vitamin A, C, E, Zinc, Omega-3-fatty acids (foods for Omega 3s are salmon and tuna; foods for Vitamin A are sweet potatoes and carrots)



Turner Mears Commandery #8
Order of Knights Templar
Prince Hall Affiliated

University Assembly #218
Order of the Golden Circle
Prince Hall Affiliated



Maria Court #1
Order of Cyrene Crusaders
Prince Hall Affiliated



**University Assembly No. 218
The Order of the Golden Circle, PHA
Organized August 6, 1969**

Loyal Lady Ruler Mitzi D. McClammy

Glaucoma



**For January 2025, University Assembly #218
Learned about Glaucoma and the Loyal
Ladies were encouraged to make a regular
eye examination**

January is Glaucoma Awareness Month

January is National Glaucoma Awareness Month, an important time to spread the word about this sight-stealing disease.

More than 3 million people in the United States have glaucoma. The National Eye Institute projects that this number will reach 4.2 million by 2030, a 58 percent increase.

Glaucoma is called "the sneak thief of sight" since there are no symptoms and once vision is lost, it's permanent. As much as 40% of vision can be lost without a person noticing.

Glaucoma is the leading cause of irreversible blindness. Moreover, among African American and Latino populations, glaucoma is more prevalent. Glaucoma is 6 to 8 times more common in African Americans than Caucasians.

Over 3 million Americans, and 80 million people worldwide, have glaucoma. Experts estimate that half of them don't know they have it. Combined with our aging population, we can see an epidemic of blindness looming if we don't raise awareness about the importance of regular eye examinations to preserve vision. The World Health Organization estimates that 4.5 million people worldwide are blind due to glaucoma.



Don't forget your regular eye examinations!!



Lewis-Mingo #316
Order of the Golden Circle
Jacksonville, NC

Oct. 16, 2025

To: Illustrious James H. Upchurch, 33°, Deputy for the Orient of North Carolina
State Grand Loyal Lady Ruler, LL Tina Sheppard Jones
State Grand Officers Past and Present
Loyal Lady Rulers Past and Present
Loyal Ladies of the Annie P. Rogers State Grand Assembly Order of the Golden Circle, PHA

Subj: Eyecare
Project: Community Donation of Eyeglass Readers
Location: Finders Keepers (Onslow Victims Center)
1241 Hargett St. Jacksonville, NC 28540

Community service plays a vital role in supporting the health and well-being of local residents. One meaningful initiative that Lewis-Mingo Assembly #316 decided to do was to donate readers to community members who struggle with vision but may not have access to affordable eye care. This project aimed to help individuals read more comfortably and improve their ability to perform everyday tasks.

As people age, it is common for their vision to change, making it harder to read small print. Many individuals cannot easily afford prescription glasses or regular eye exams. To help address this need, Lewis-Mingo Assembly #316 donated over 50 pairs of readers. These readers will be distributed for free to those in need. Our goal was to provide simple vision support that could make daily life easier for community members.

Providing free readers is a simple but powerful way to improve quality of life for individuals who experience vision challenges. This donation demonstrates how community service and volunteer efforts can make a meaningful difference in people's everyday lives.



One Wings of a Dove,

LLR Libbi M. Beane

ANNIE P. ROGERS STATE GRAND ASSEMBLY
ORDER OF THE GOLDEN CIRCLE



Loyal Lady Tina Sheppard-Jones
State Grand Loyal Lady Ruler

FEAST-A-RAMA

PLLR Mariea S. Alston
Chairperson

W. W. LAWRENCE ASSEMBLY #30
ORDER OF THE GOLDEN CIRCLE
AASR – PHA
P. O. Box 13321
NEW BERN, NC 28560

Date: February 28, 2026

To: SGIG James H. Upchurch, Deputy for the Orient of North Carolina
PLLR Tina Sheppard-Jones, State Grand Loyal Lady Ruler
State Grand Organizers and Overseers
State Grand Officers, Past and Present
Loyal Lady Rulers and Loyal Ladies

Subject: FEAST-A-RAMA COMMITTEE REPORT

FOR THE PERIOD JANUARY 1, 2025 TO DECEMBER 31, 2025; THE
FOLLOWING REPORT IS SUBMITTED.

The Loyal Ladies of W. W. Lawrence #30 delivered bag lunches to the New Bern Towers Senior Housing Units on February 14, 2025. The lunches were 2 hot dogs, chips, cookies and water. We served those on-site and left the remainder to be shared later.

Photos below:

Olivia Boyd/es/
OLIVIA BOYD
LOYAL LADY RULER

Pamela Y. Woods/es/
PAMELA Y. WOODS
LOYAL LADY SECRETARY



BUILDING MANAGER



LUNCHES



DELIVERY WITH A SMILE



Zack Alexander Assembly No. 35
Order of the Golden Circle
Charlotte, NC 28216
LLR Thelma Evans

2026 Feast-A-Rama Report

Zack Alexander Assembly No. 35 gathered at 2:00 p.m. on Thursday, February 26, 2026, at **Reeder Memorial Baptist Church Missions Place Food Pantry** on Beatties Ford Road to carry out our annual Feast-A-Rama Blessings to support individuals and families in need.

Six Golden Circle members participated in delivering non-perishable items to the pantry. Together we sort and organized the donations on the shelves to ensure that the Mission Place Food Pantry Coordinator could easily prepare bags for their clients. After completing our service, we enjoyed a time of fellowship and took group photos to commemorate the day.

Prior to the event on January 13, 2026, we received communication from the Missions Place Food Pantry outlining the most needed to support the community effectively.

Upon arrival we were warmly greeted by **Ms. Sherry Ashford**, the Administrative Assistant of the Missions Place Food Pantry. She provided a tour of the facility and encouraged us, both as a group and individually, to contact her regarding future volunteer opportunities. She expressed sincere gratitude for our continued support and offered blessing for our effort.

Zack Alexander #35 Feast-A-Rama Report
Submitted by:
LLP Sandra Y. Pickens on 2/28/2026





**GREENSBORO ASSEMBLY #106
ORDER OF THE GOLDEN CIRCLE, PHA
From the desk of the Loyal Lady Ruler**

Sharlenceia K. O'Neal
4388 Candace Ridge Ct. Greensboro NC 27406
Feast-A-Rama Report 2025

Greensboro Assembly #106 Community Impact Report
Feast-a-Rama Contribution to Jefferson Elementary School

On behalf of Greensboro Assembly #106, it was both an honor and a privilege to visit Jefferson Elementary School today and present a \$100 donation to support the school's nutrition program. This contribution is a reflection of our commitment to service and community support through the Golden Circle's Feast-a-Rama initiative.

Jefferson Elementary School serves approximately 730 scholars from Pre-K through 5th grade, many of whom rely on the school's resources to meet their daily nutritional needs. The funds provided by Greensboro Assembly #106 will be allocated in two impactful ways:

Assisting with Outstanding Lunch Balances – Ensuring that all scholars have access to meals, regardless of financial hardships.

Supporting the School's Food Pantry – Providing essential canned goods and non-perishable food items to assist families in need.

At Greensboro Assembly #106, we believe in the power of collective giving and making a tangible difference in the lives of those we serve. Today's donation is not just about financial support; it is about standing with our schools and ensuring that every scholar has access to the nourishment they need to succeed academically and personally.

We extend our sincere gratitude to the leadership and staff of Jefferson Elementary School for their warm welcome and for allowing us the opportunity to support their mission. It is our hope that this contribution brings relief to families and sustains the incredible work being done at the school each day.

We look forward to continuing our outreach efforts and upholding the values of service and philanthropy within our community.

In Service,
Sharlenceia "Sasha" O'Neal
Loyal Lady Ruler
Greensboro Assembly #106
Order of the Golden Circle

Greensboro Assembly #106 proudly donated \$100 to Jefferson Elementary School to help cover lunch balances and provide funding for the school's nutrition program. Committed to supporting our community and ensuring students have the resources they need! #CommunitySupport #GivingBack

FEAST-A-RAMA



JEFFERSON
ELEMENTARY
2025

HENDERSON ASSEMBLY NO. 195
Order of the Golden Circle
P. O. Box 3182
Henderson, North Carolina 27536

“ An Ausiliary of the United Supreme Council of the ancient and Accepted
Schottish Rite of Freemasonry, Prince Hall Affiliation, Southern Jurisdiction,
U.S.A., Inc.”



LL Delphenia Livingston
Loyal Lady Ruler

LL Renita Shields
Loyal Lady Secretary

February 10, 2026
FEAST-A-RAMA REPORT

The members of Henderson Assembly No. 195 performed our community service on Wednesday, February 10, 2026 at St. Paul's Presbyterian Church Soup Kitchen in Louisburg, North Carolina from 10:00 AM until 1:00 PM. We provided a spaghetti luncheon with a tossed salad, roll, a cookie, lemonade and tea were also available. The Loyal Ladies served sixty plates to the community doing this lunch period. Our community service and membership servers four counties, Franklin, Granville, Vance and Warren Counties.

Loyal Ladies who attended and prepared the luncheon were, Loyal Lady Ruler Delphanie Livingston, Loyal Lady Associate Ruler Barbara Terrell, Past Loyal Lady Ruler Mary Myers, (93 years old), Past Loyal Lady Ruler Charlotte Evins, Past Loyal Lady Ruler Kimberly Alston, Past Loyal Lady Ruler Michelle Bullock and Past Loyal Lady Ruler Onnie Mitchell-Burrell.

Mrs. Phyllis Perry was elated with the luncheon and is requesting that we consider returning next year and provide the spaghetti lunch again because the recipients thoroughly enjoyed receiving it.

Respectfully Submitted,

Onnie Mitchell-Burrell

Onnie Mitchell-Burrell
Feast-A-Rama Chairperson

**St. Paul Presbyterian Church Soap Kitchen
Loyal Lady Ruler Delphenia Livingston
Henderson Assembly No. 195
February 11, 2026
FEAST-A-RAMA**



Loyal Lady Ruler Delphenia Livingston



Pictured Left to Right:

Past Loyal Lady Ruler Mary Myers (93 years old)

Loyal Lady Ruler Delphenia Livingston

Past Loyal Ruler Onnie Mitchell-Burrell, Chai



Pictured Left to Right:

PLLR Onnie Mitchell-Burrell, PLLR Charlotte Evins, LLR Delphenia Livingston,

Phyllis Perry, Director of Saint Paul Presbyterian Church Soup Kitchen

PLLR Kimberly Alston, PLLR Mary Myers

Henderson Assembly No. 195



Pictured Left to Right:

LLAR Barbara Terrell, PLLR Onnie Mitchell-Burrell, PLLR Charlotte Evins,

LLR Delphenia Livingston,

Phyllis Perry, Director of Saint Paul Presbyterian Church Soup Kitchen

PLLR Kimberly Alston, PLLR Mary Myers, PLLR Michell Bullock

Henderson Assembly No. 195



EDWARD EVANS ASSEMBLY #196
ORDER OF THE GOLDEN CIRCLE, PHA
P.O.BOX 94
FAYETTEVILLE, NC 28302

Feast A Rama Report

March 11, 2025

Greeting Loyal Lady Ruler and Loyal Ladies,

The Edward Evans Assembly held the Feast A Rama on February 14, 2025, at the Lodge located at 531 Hillsboro Street, Fayetteville, NC.

Due to miscommunication, residents were not notified that Edward Evans Assembly would be joining them for lunch. Two residents and the office manager attended the event.

They enjoyed Bojangles Chicken, green beans, corn, candied yams, Hawaiian rolls, assorted desserts, tea, and lemonade. Leftover food was left with the residents, who expressed their gratitude for the meal.

Additionally, I would like to inform the Loyal Ladies who participated in this event that \$8.00 is being returned to the Assembly.

Loyal Ladies who attended were, Loyal Lady Ruler Jennifer Williams, PLLR Sylvia Williams, PLLR Bernadine Coleman, PLLR Scharma Holloway, PLLR Darsella Fraizer, LLP Simone Finley, and LLG Tracy Lacey.

Love and Unity

Tracy Lacey Loyal Lady Guide

















University Assembly # 218
The Order of the Golden Circle, PHA
Organized August 6, 1969

Loyal Lady Ruler Marilyn M. Clements

Feast-A-Rama 2026

University Assembly #218 held its Feast-A-Rama event on Saturday, February 21, 2026, at St Joseph's Place, 506 Hope Avenue, Durham, NC 27707. The Loyal Ladies collaborated with The Durham Consistory 218 to provide senior residents with an enjoyable day featuring fellowship, quality food, and entertainment.

The program opened with PLLR Mitzi D. McClammy's welcome and LL Warrenda Roberson's invocation, followed by an explanation of the Feast a Rama. LLR Marilyn Clements presented on Heart Health Month. Zeta Amicae of Morrisville-RTP donated senior residents gift bags containing a fan, bottle opener, and heart pendant. LLR Marilyn Clements then introduced members of Durham Consistory 218 and University Assembly 218.

LL Joyce Burgman offered a blessing over the meal, after which residents enjoyed a catered luncheon featuring baked spaghetti, tossed salad, rolls, beverages, and dessert. Ample food was available, allowing those who wished to take portions back to their rooms. Subsequently, several rounds of bingo were held, with prizes awarded to the winners. The event was well received by all participants. Closing remarks were delivered by Durham Consistory #218 and University #218 Loyal Lady Ruler, Marilyn M. Clements, and the program concluded with a benediction from LL Warrenda Roberson.

University Assembly #218 welcomed members from Durham Consistory #218. Twenty seniors attended the day's events, supported by four Loyal Ladies who helped ensure another successful year of community engagement with Durham's senior citizens.

Peace and Unity,

LLR Mariflyn Clements
LLR Marilyn Clements
Feast-A-Rama Committee
University Assembly #218



University Assembly #218
Feast A Rama



Welcome
Past Loyal Lady Ruler Mitzi D. McClammy

Invocation
Loyal Lady Warrenda Roberson

The Occasion
Loyal Lady Elaine Laws

Introduction of Guests
Loyal Lady Ruler Marilyn Clements

Health Awareness
Loyal Lady Sandra Roberts

Grace
Loyal Lady Debbie Hilliard

Lunch Is Served

Binqs
Feast-A-Rama Committee

Remarks
Commander-in-Chief Glenn O. Ford (Durham #218)
Loyal Lady Ruler Marilyn Clements (University #218)

Closing Prayer
Loyal Lady Cheryle Roberts

02/21/2026
12:00 pm
St. Joseph's Place
506 Hope Avenue
Durham NC





Feasterama Report 2026

Boyer Assembly No. 219

Boyer Assembly No. 219 joyfully observed another memorable Feasterama, a cherished tradition that allows us to honor, uplift, and remain connected to the Loyal Ladies who have paved the way for our continued service. This year's celebration held special meaning as we dedicated our efforts to recognizing our **Golden Doves**—our Loyal Ladies aged 75 and above—whose grace, wisdom, and steadfast commitment continue to inspire our Assembly.

In keeping with our mission of love and benevolence, we ensured that every Golden Dove was remembered. Those who were unable to attend or leave their homes were visited individually by the Loyal Ladies assigned to them. These personal visits allowed us to offer not only a meal, but also fellowship, encouragement, and the reassurance that they remain an essential part of our fraternal family.

This year, Feasterama took on a more intimate focus. While many years have been dedicated to serving the broader community, this season we turned inward and lovingly “took care of our own.” It was a meaningful reminder that charity begins at home, and that nurturing our elders strengthens the entire Assembly.

A particularly joyful moment was our visit with **Past Loyal Lady Ruler Blanche Mitchell**, who at **100 years old** continues to be a radiant example of dedication and longevity. She was delighted to receive her Feasterama visit and expressed heartfelt appreciation for the Loyal Ladies who came to see her.

Meals were thoughtfully selected from each Golden Dove's favorite restaurants, including Kentucky Fried Chicken, Bojangles, and several local establishments known for their delicious Soul Food. These personalized dinners added a special touch, ensuring that each honoree received something familiar, comforting, and prepared with care.

Feasterama 2026 was a beautiful expression of unity, gratitude, and sisterly love. Boyer Assembly No. 219 remains committed to honoring our Golden Doves and ensuring that their legacy continues to guide our work in the community and within our Order.



Golden Doves





February 21, 2026

To Illustrious James H. Upchurch, 33°, Deputy for the Orient of North Carolina
State Grand Loyal Lady Ruler, LL Tina Sheppard Jones
State Grand Officers Past and Present
Loyal Lady Rulers Past and Present
Loyal Ladies of the Annie P. Rogers State Grand Assembly Order of the Golden Circle, PHA

Subj: Feast A Rama

Greetings,

God's word says, "Feed the flock of God which is among you, taking the oversight thereof, not by constraint, but willingly. 1st Peter 5:2

The members of Lewis Mingo Assembly # 316 held our annual Feast A Rama event. It was held from 12pm to 2pm. We hosted at our assembly in Jacksonville, NC.

We welcomed and fed 20 people from the surrounding community, the menu consisted of: Homemade vegetable soup, hotdogs with chili, onions, assorted chips, assorted cakes, pop, and water. The fellowship was amazing. It was indeed an honor and our privilege to give back to our community.



On wings of a dove,

Respectfully submitted,

LLR Libbi M. Beane

Feast of Rama Community Service Report

Assembly:	Herbert Bell Shaw Assembly #337
Location:	Roxboro, North Carolina
Service Project:	Feast of Rama Donation Drive
Recipient Organization:	Christian Help Center of Roxboro

Purpose of the Service Project

In observance of the Feast of Rama, Herbert Bell Shaw Assembly #337 demonstrated its continued commitment to charity and community outreach through a food donation initiative benefiting families in need within the Roxboro community.

Project Overview

As part of the Feast of Rama celebration, members of Herbert Bell Shaw Assembly #337 collected and donated peanut butter and boxes of cereal to support the ongoing mission of the Christian Help Center of Roxboro. This service effort was organized and led by Loyal Lady Alice Murphy, who coordinated the donation drive and encouraged member participation. Through collective support and generosity, the Assembly successfully gathered essential food items to assist individuals and families experiencing food insecurity.

Community Impact

The donated items will help supplement food supplies distributed by the Christian Help Center, providing nutritious meal options for community members in need. This initiative reflects the Assembly's dedication to service, compassion, and the principles of charity embodied in the Feast of Rama observance.



Assembly members LL Jamie Royster, LL Lavern MuDiwa, LL Daphne Oliver and LL Alice Murphy loading donations for the Christian Help Center.

Acknowledgements

Herbert Bell Shaw Assembly #337 extends sincere appreciation to Loyal Lady Alice Murphy for her leadership and commitment in heading this donation drive. Gratitude is also extended to all members who contributed and supported this meaningful community service effort.

Conclusion

The Feast of Rama service project stands as a testament to the Assembly's spirit of unity and benevolence. Herbert Bell Shaw Assembly #337 remains committed to uplifting the community through acts of kindness, service, and charitable outreach.

Respectfully Submitted,

LL Alice Murphy, Chair

ANNIE P. ROGERS STATE GRAND ASSEMBLY
ORDER OF THE GOLDEN CIRCLE



Loyal Lady Tina Sheppard-Jones
State Grand Loyal Lady Ruler

HEART HEALTH

HENDERSON ASSEMBLY NO. 195
Order of the Golden Circle
P O Box 3182
Henderson, NC 27536

"An Auxiliary of the United Supreme Council of the Ancient and Accepted Scottish Rite of Freemasonry, Prince Hall Affiliation,
Southern Jurisdiction, U.S.A., Inc."



LL Delphenia Livingston
Loyal Lady Ruler

LL Renita Shields
Loyal Lady Secretary

TO: SGIG James H. Upchurch, 33°
Deputy for the Orient of North Carolina

LL Tina Sheppard Jones
SGLLR Annie P. Rogers State Grand Assembly
All State Grand Officers, Past and Present
Loyal Lady Rulers and Loyal Ladies

HENDERSON ASSEMBLY #195 2025 WOMEN AND HEART DISEASE REPORT

Women and Heart Health were discussed during the Assembly Meeting. Numerous loyal ladies supported and participated in the Go Red For Heart on Friday, February 7, 2025, during the American Heart Association's movement. We encouraged our family, friends and co-workers to wear red on the first Friday to raise awareness that heart disease and stroke can happen at any age. Nearly 45% of women over age 20 are living with some form of cardiovascular disease.

This moment is to raise awareness and urge everyone to commit to better health habits and well-being for all women by wearing red and spreading awareness.

We discussed hypertension (high blood pressure) is a leading risk factor for heart disease and stroke. However, the preventative ways mentioned are physical activity, educating about healthy living, including healthy eating, taking medicine as prescribed, and quitting smoking. Despite increases in awareness, only about half of women recognize that heart disease is their number 1 killer. Heart disease is the leading cause of death for African American and white women in the United States.

Although some women have no symptoms, others may have a dull and heavy or sharp chest pain or discomfort, pain in the neck, jaw, or throat and pain in the upper abdomen or back. These symptoms may happen when you are resting or when you are doing regular daily activities. Women also may have other symptoms, including nausea, vomiting and fatigue. Sometimes heart disease may be "silent" and not diagnosed until you have other symptoms

or emergencies, including Heart attack, Arrhythmia or Heart failure: Shortness of breath, fatigue, or swelling of the feet, ankles, legs, abdomen, or neck veins.

To lower your chances, you need to know your numbers. First, by maintaining good blood pressure, blood glucose, total cholesterol and body mass index in order to lower your risk for heart disease and stroke. If you are a smoker, quit smoking. Make healthy food choices. Did you know being overweight or obesity raises your risk of heart disease. Limit how much alcohol you drink. Manage your stress levels and get plenty of rest.

Take time out of your busy schedule and have your annual routine physical and talk to your doctor or health care team about your results. It could save your life.

This report is humbly submitted on the 5th Day of February 2026.

Peace and Unity,

LL Delphenia Livingston

LL Delphenia Livingston
Loyal Lady Ruler

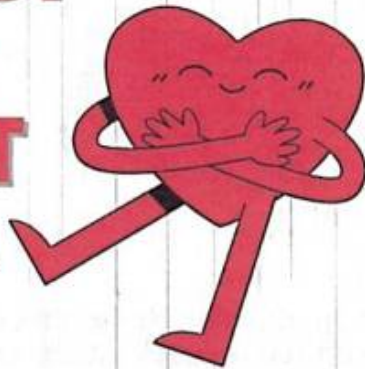
LL Renita Shields

LL Renita Shields
Loyal Lady Secretary

TAKE CARE OF YOUR HEART

FEAST-A-RAMA
FEB. 22, 2025

Here's How



Heart Disease Make That Change Today

Here's How

YOU'RE NEVER TOO OLD TO MAKE CHANGES

Your heart is one of the hardest working muscles in your body. It's constantly pumping blood. Research shows making healthy lifestyle changes – even later in life – may stop and actually reverse heart damage.

MAINTAIN A BALANCED DIET

Eating fruits, vegetables, proteins, and whole grains can support heart health

MAKE SNACKING WORK FOR YOU

A common myth about snacking is that it's not good for you, but healthy snacking is possible. It's what you eat and how much you eat that matters. Remember everything in moderation.

GO TO SLEEP

If you average less than 8 hours of sleep a night, you could be putting your heart at risk.

GET A CHECKUP

Doctors offer screenings and preventive care. Knowing your risk and your blood pressure can help you make lifestyle changes in areas that need improvement. Also attending regular check-ups with healthcare providers is one of the best practices for monitoring heart health.

TAKE YOUR MEDICATIONS

Staying consistent with prescribed medications is a good way to keep good heart health.

GET YOUR HEART PUMPING

Physical inactivity, high blood pressure, and smoking are risk factors for heart disease. So, be the exception rather than the rule. Exercise for a healthier heart.

Heart Healthy Recipes

Roasted Salmon with Pesto Vegetables

2 bell peppers, thinly sliced
1 small red onion, thinly sliced
2 tbsp. olive oil
4 6-oz skinless salmon fillets
Kosher salt
Black pepper
¼ cup pesto

Heat oven to 450°F. On a rimmed baking sheet, toss the peppers and onion with the olive oil. Nestle salmon fillets in the mixture. Season with ¼ tsp salt and ¼ tsp black pepper. Roast until the salmon is opaque throughout and the vegetables are tender, eight to 10 minutes. Serve topped with the pesto.

Egg White Omelet

4 tsp extra virgin olive oil
1 small onion, finely chopped
Salt
1 10-oz pkg frozen chopped spinach, thawed (with all excess water squeezed out)
4 plum tomatoes, finely chopped (about 1 ½ cups)
Freshly ground black pepper
12 egg whites
2 tbsp water
Nonstick cooking spray

In a skillet or pan, heat oil over medium heat. Add the onion and a pinch of salt and cook for 3 to 5 minutes or until onion is softened. Add the spinach, cook and stir until hot. Add the tomatoes and pepper to taste and cook and stir for 1 minute. Remove from heat, cover and keep warm.

In a medium bowl, whisk the egg whites, water and a pinch of salt until frothy.

Lightly coat a medium nonstick skillet or omelet pan with cooking spray and heat skillet over medium heat. Add one-fourth of the egg white mixture, swirling to evenly cover the bottom of the pan. Cook for 1 ½ to 2 minutes or until set, using a rubber scraper to lift eggs up occasionally, letting runny egg flow underneath.

Spoon one-fourth of the spinach mixture onto half of the omelet, fold over and slide onto a plate. Repeat with remaining egg whites and spinach mixture to create four omelets.

Grilled Peaches with Yogurt and Honey. When peaches aren't in season, try swapping them for some heart-healthy blueberries or raspberries.

¼ cup fat-free vanilla Greek yogurt
1/8 tsp cinnamon
2 large ripe peaches, cut in half (pit removed)
2 tbsp honey

Combine yogurt and cinnamon. Grill the peaches, covered on low or indirect heat until soft (about 2-4 minutes on each side). Drizzle with honey and serve each slice with 1 tbsp of the yogurt mixture.

Heart Healthy Exercises Can Down Sitting Down

Before exercising regularly, you should seek medical guidance from your doctor or physical therapist, who can advise you on what activities may suit your medical conditions, needs, and capabilities.

Resistance bands

Using a resistance band with repetitive, sharp motions can build and strengthen muscles.

Shoulder retractions

Sit straight and raise your arms to a 90-degree angle at shoulder level. Push both arms straight out in front of you, extending as far as possible without locking the joints. Bend the elbows and pull your arms back until your elbows are slightly behind your torso, squeezing the shoulder blades together and then repeat the motion.

Knee lifts

You can do knee lifts to build strength in your legs. You can do this simply by lifting your knees as high as possible.

Arm raises

Arm raises are excellent exercise because it's easy, and you can add weights for strength training.

ANNIE P. ROGERS STATE GRAND ASSEMBLY
ORDER OF THE GOLDEN CIRCLE



Loyal Lady Tina Sheppard-Jones
State Grand Loyal Lady Ruler

HOMELESS INITIATIVES

PLLR Verginald Drumwright
Chairperson



GREENSBORO ASSEMBLY #106
ORDER OF THE GOLDEN CIRCLE, PHA
From the desk of the Loyal Lady Ruler

Sharlenceia K. O'Neal

4388 Candace Ridge Ct. Greensboro NC 27406
Annie P. Rogers State Grand Assembly Report 2025
Homelessness Initiative Impact Report

On behalf of Greensboro Assembly #106, it was truly both an honor and a privilege to participate in the Homelessness Initiative, an effort rooted in compassion, service, and a commitment to supporting families during times of need.

As part of this initiative, Greensboro Assembly #106 actively served the community by feeding individuals and families at Pathways Shelter, ensuring that those experiencing housing insecurity were met with dignity, care, and a warm meal. Through collaboration with the Khalif Youth, we also supported families residing at the shelter by donating back-to-school backpacks filled with essential school supplies for school-aged children. This effort helped ensure that students living in the facility were prepared and confident as they returned to school.

In addition to providing school supplies, Greensboro Assembly #106 prepared and served a complete meal consisting of spaghetti, salad, and garlic bread, creating a welcoming and nourishing experience for families at the shelter. This shared meal not only addressed immediate nutritional needs but also fostered a sense of community and encouragement for those we served.

Further extending our outreach, Greensboro Assembly #106 donated a Thanksgiving meal to a family in need, ensuring they were able to celebrate the holiday with warmth, nourishment, and hope. This act of service reflected our dedication to supporting families beyond immediate shelter needs and honoring the importance of togetherness during meaningful times of the year.

Through the Homelessness Initiative, Greensboro Assembly #106 demonstrated a steadfast commitment to service, collaboration, and uplifting families facing hardship. We are proud of the impact made through these efforts and remain dedicated to continuing this work in support of our community.

In Peace & Unity,
Sharlenceia "Sasha" O'Neal
Loyal Lady Ruler
Greensboro Assembly #106
Order of the Golden Circle





EXIT





HENDERSON ASSEMBLY NO 195
Order of the Golden Circle
P.O. Box 3182
Henderson, NC 27536

An Auxiliary of the United Supreme Council of the Ancient and Accepted Scottish Rite Freemasonry, Prince Hall Affiliation,
Southern Jurisdiction, U.S.A., Inc.,"



Delphenia Livingston
Loyal Lady Ruler

LL Renita Shields
LL Secretary

TO: SGIG James H. Upchurch, 33
Deputy of Orient of North Carolina

February 20, 2026

LL Tina Shepherd Jones
SGLLR Annie P. Rogers State Grand Assembly

All State Grand Officers, Past and Present
Loyal Lady Rulers and Loyal Ladies

HENDERSON ASSEMBLY #195 2025 HOMELESS REPORT

The homeless in Franklin County, NC is a growing concern, with recent data indicating hundreds of individuals are affected. Emergency services and local nonprofits provide resources, including temporary shelter, financial aid and food assistance through agencies like Care & Share.

Homelessness in North Carolina is rising, with over 11,600 people identified in the 2024 PIT count, a 19% increase from 2023. Key causes include high rent, lack of affordable housing, and racial inequalities. Resources include Coordinated Entry, **NC 211** and organizations like the **NC Coalition to End Homelessness**, while offering shelter and rapid rehousing.

In a neighboring county i.e. it was documented that in Henderson, N.C. in 2024, it was called to the attention of Henderson Assembly #195 there were more than 100 displaced men, women and children, being housed at a local motel in Henderson, N.C. Currently, Vance County experiences significant housing instability with a high eviction filing rate of over 20%. This is often caused by low wages despite lower rent costs.

Throughout 2025 Loyal Lady Ruler participated in support of the homeless. There were 85 individual bottles of lotion donated to the Granville County homeless shelter for males and females. In December of 2025 there were 96 pairs of socks donated.

This report is humbly submitted on the 21st Day of February 2026

Peace and Unity,

Delphenia H. Livingston

LL Delphenia H. Livingston

Renita F. Shields

LL Renita F. Shields



**University Assembly No. 218, The Order of the Golden
Circle PHA
Organized August 6, 1969
P.O. Box 1398
Durham, NC 27702-1398**

Date: January 21, 2026

Subject: University Assembly No. 218 – 2025 Homelessness Report

Greetings LLR Verginald Drumwright and Committee,

University Assembly No. 218 embraced the Homelessness Committee's request to support individuals and families experiencing homelessness by carrying out thoughtful and compassionate outreach efforts throughout the 2025 calendar year. Members approached this work with intention and a deep sense of stewardship, recognizing that homelessness affects people in complex and deeply personal ways. With this understanding, the Assembly sought to offer both practical assistance and a visible expression of care, dignity, and human connection.

A significant portion of the Assembly's efforts focused on providing essential items that address immediate daily needs. Members prepared hygiene kits for both men and women, ensuring each contained personal care items that promote cleanliness, comfort, and self-care—necessities often out of reach for those without stable housing. The Assembly also provided seasonal essentials such as socks, gloves, scarves, and other cold-weather accessories, offering warmth and protection during the months when vulnerable individuals face the greatest risk from harsh conditions.

In addition to direct donations, University Assembly No. 218 supported local shelters and food assistance programs by contributing pantry items, assisting with meal preparation, and responding to specific needs identified by shelter staff. These collaborative efforts strengthened relationships with community partners and ensured that resources reached individuals and families most in need. Members remained attentive to emerging needs throughout the year, adding projects as appropriate and demonstrating flexibility and a genuine commitment to service.

Collectively, these initiatives reflect the Assembly's dedication to showing compassion, respect, and consistent support for those experiencing homelessness. Through each act of service, University Assembly No. 218 upheld the values of the APRSGA and demonstrated the impact that caring, intentional outreach can have within the community.

University Assembly No. 218 – 2025 Homelessness Report

May 27, 2025 – Community Sock Drive Donation

On May 27, 2025, University Assembly No. 218 delivered and donated **227 pairs of socks** to the Community Sock Drive held at **Mt. Olive AME Zion Church**, located at 1515 West Club Boulevard, Durham, NC 27705. Socks are among the most requested items in shelters, and this donation directly supported the comfort and well-being of individuals experiencing homelessness.



University Assembly No. 218 – 2025 Homelessness Report

July 12, 2025 – Non-Perishable Food Donation for the Blessing Box & Pantry

On July 12, 2025, the Assembly donated and delivered **non-perishable food items** to Mt. Olive AME Zion Church for their **Blessing Box and community pantry**. These items helped ensure that individuals and families facing food insecurity had access to essential nourishment. The church expressed sincere appreciation for t Assembly’s kindness and generosity in supporting the community.



Help us stock the blessing box at Mt. Olive AME Zion Church!

Hosted by University Assembly #218
Local Lady Ruler Mabel McCamery

The blessing box is a food pantry stocked with canned goods and non-perishables that feeds the community.

July 10, 2025
11:00 AM
1515 W. Club Blvd
Durham, NC 27705

CONTACT LAR MARLYN CLEMENTS TO
PURCHASE FOOD FOR THE BLESSING BOX

919-606-0944
MarlynClements



July 26, 2025 – Care Packages for Durham Rescue Mission Women’s Shelter

On July 26, 2025, University Assembly No. 218 Candidates Community Service—**Loyal Lady Deidre Terry, Loyal Lady Ebone’ Yates, and Loyal Lady Brenda Baker**—completed a community service project by preparing and delivering **care packages** to the **Durham Rescue Mission Women’s Shelter**. These packages included personal care items and essentials intended to provide comfort, dignity, and encouragement to women in crisis.

A collage featuring a dark blue background with the text "RESCUE MISSION" and "GOOD SAMARITAN INN" in large, light blue letters. There are four circular inset photos with yellow borders: one showing a group of people, one showing a building exterior, and two showing people interacting. To the right, there is a white text box with a blue border containing the following text:

Candidates for University Assembly #218, Deidra Nolan-Terry, Ebone Yates and Brenda Baker completed a community service project on July 26, 2025. Care bags with essential toiletries and socks along with a bag of clothes were provided to the Durham Rescue Mission Women's Shelter.

We are grateful to contribute to the mission of University Assembly #218 and look forward to continuing this journey of faith and service.

THE LOYAL THREE

September 29, 2025 – Non-Perishable Food Donation to VA Hospital Blessing Box

On September 29, 2025, University Assembly No. 218 participated in a **Durham Joint Masonic community outreach effort** and donated and delivered **non-perishable food items** to the **VA Hospital Blessing Box**, supporting homeless and needy veterans and their families. This initiative provided essential nourishment to individuals facing food insecurity and demonstrated the Assembly's continued commitment to honoring and assisting those who have served our country.



October 25, 2025 – Feeding the Hungry Community Outreach

On October 25, 2025, Candidate **LaQuonta Howell** led a community outreach effort focused on **feeding the hungry** and providing direct support to individuals experiencing homelessness. This initiative demonstrated compassion in action and reflected the Assembly’s commitment to making a meaningful difference in the lives of those most in need.

Making a Difference In Our Community!

On the truck packaging bags for distribution



Folks in line to get other food, fresh vegetables, bread and drinks from the truck after having received bags of meat, fruit, cheese, and canned goods



LaQuonta Howell



October 25, 2025 for my University Assembly #218 Community Service



Thank you to my friends for coming out to volunteer!!

What better way to spend a Saturday morning, than to give of myself to assist those in need. As I do so many weekends, I volunteered at Grace Outreach to feed the hungry and those just needing a hand up.

I packaged bags on the truck and handed them out to the people. There are so many folks in need and I am glad I can serve them one person at a time to make a difference in another person's life.

University Assembly No. 218 – 2025 Homelessness Report

November 18, 2025 – Joint Masonic Donation of Winter Essentials

On November 18, 2025, University Assembly No. 218 participated in a **Durham Joint Masonic community outreach effort**, donating and delivering **scarves, gloves, hats, and other cold-weather essentials** to individuals experiencing homelessness and to families of veterans. These items provided warmth and protection during the colder months and reinforced our Assembly's dedication to serving vulnerable populations with dignity and care.



University Assembly No. 218 – 2025 Homelessness Report

University Assembly No. 218 is honored to support the Homelessness Committee's request to assist individuals and families experiencing homelessness within our community. Through each of these initiatives, our Assembly demonstrated compassion, consistency, and a sincere commitment to uplifting those in need. We respectfully submit this documentation as evidence of our service and our continued dedication to the mission and values of our Order.

Please acknowledge receipt of this report.

Peace and Unity,

Respectfully submitted,

Mitzi D. McClammy

PLLR Mitzi D. McClammy, (2023-2025)

University Assembly #218 Order of the Golden Circle, PHA

HOMELESS INITIATIVES



Boyer donated water and toiletries to the AME Mens Shelter during the hot summer months.

Boyer donated vegetables for Thanksgiving meals to the AME Mens Shelter





James T Diggs Assembly #308
Order of the Golden Circle, PHA

Homeless Initiative

For the homeless and needy, we carried food and paper goods to the shelter on two (2) occasions.





**ORDER OF THE GOLDEN CIRCLE, P.H.A.
LEWIS MINGO ASSEMBLY #316
JACKSONVILLE, NC 28540**



February 22, 2026

To: Illustrious James H. Upchurch, 33°, Deputy for the Orient of North Carolina
State Grand Loyal Lady Ruler, LL Tina Sheppard Jones
State Grand Officers Past and Present
Loyal Lady Rulers Past and Present
Loyal Ladies of the Annie P. Rogers State Grand Assembly Order of the Golden Circle, PHA

Subj: Homelessness Report

Lewis Mingo Assembly #316 recognizes that addressing homelessness is a complex, long-term challenge that requires sustained commitment, collaboration, and compassionate action. We understand that meaningful progress in combating homelessness cannot be achieved overnight. Still, we remain steadfast in our belief that every effort- no matter the scale- contributes to positive change in our community.

The Power of Collaborative Action

We recognize that by partnering with established organizations and pooling resources, we can achieve far greater results than any single entity could accomplish alone. By providing nourishment to those experiencing homelessness, we affirm the dignity and worth of every community member and take concrete steps toward building a more passionate society.

In pursuit of this mission, Lewis Mingo Assembly #316 established a strategic partnership with Rho Sigma Alpha to address food insecurity within our local homeless population. This collaboration represents a meaningful step toward providing immediate relief and demonstrating community care. Our Assembly's involvement involved:

- Monetary Donations: Providing financial contributions to support the initiative
- Supply Procurement: Funding the purchase of ingredients and materials necessary for sandwich preparation
- Community Distribution: Supporting the preparation and distribution of sandwiches to individuals experiencing homelessness in our local area

We remain dedicated to identifying and pursuing additional opportunities to address homelessness and other pressing community needs. Lewis Mingo Assembly #316 will continue to seek partnerships, mobilize resources, and engage our members in meaningful service that makes a measurable difference in the lives of those in need.

Sincerely,

Chonita White

Loyal Lady Secretary/Committee Chair

ANNIE P. ROGERS STATE GRAND ASSEMBLY
ORDER OF THE GOLDEN CIRCLE



Loyal Lady Tina Sheppard-Jones
State Grand Loyal Lady Ruler

RECRUIT
&
RECLAIM

LL Debra A. Purcell
Chairperson



**ANNIE P. ROGERS STATE GRAND ASSEMBLY
ORDER OF THE GOLDEN CIRCLE**

LL Debra A Purcell
STATE GRAND LOYAL LADY SECRETARY

March 25, 2026

RECRUIT AND RECLAIM

“To God be the glory for all the great things He has done!”

To: SGIG James Upchurch 33, Deputy of the Orient of North Carolina
State Grand Loyal Lady Ruler Tina Sheppard-Jones
State Grand Officers, Past and Present
Loyal Lady Rulers, Past and Present
Loyal Ladies

I greet you in the name of our Lord and Savior, Jesus Christ. One of the most important aspects of the Annie P. Rogers State Grand Assembly is membership. It is our obligation and duty as Loyal Ladies of this organization to do what we can to retain and increase our membership. We must also encourage Loyal Ladies who have become inactive to rejoin our Order. Loyal Lady Rulers and their Assemblies are encouraged to design programs and events to attract (or re-attract) ladies to join our body.

In 2025, the following assemblies added new members:

W.W. Lawrence #30	Boyer #219
Wilmington #63	Alexander #228
King Solomon #64	James T. Diggs #308
Greensboro Assembly #106	G Wesley Allen #324
Carpenter's #164	Allen Mingo #325

Please remember, *“the success of our organization rests on our ability to grow!”*

Respectfully Submitted,

LL Debra Purcell

LL Debra Purcell
State Grand Loyal Lady Secretary
Reidsville Assembly No. 224
(336) 613-5784
debra.purcell1@gmail.com

ANNIE P. ROGERS STATE GRAND ASSEMBLY
ORDER OF THE GOLDEN CIRCLE



Loyal Lady Tina Sheppard-Jones
State Grand Loyal Lady Ruler

SENIOR CLUB

PLLR Carol Johnson
Chairperson



ANNIE P. ROGERS STATE GRAND ASSEMBLY
Order of the Golden Circle
Senior Club Committee - 40 Plus Years

TO: SGIG James H. Upchurch, 33rd
Deputy for the Orient of North Carolina

Loyal Lady Tina Sheppard Jones
SGLLR Annie P. Rogers State Grand Assembly

All State Grand Officers, Past and Present
Loyal Lady Rulers and Loyal Ladies

Date: April 10, 2026

Each year, the Committee seeks meaningful ways to honor and recognize those Loyal Ladies who have been members for 40 plus years. ***"We Stand on Your Shoulders."***

They are the foundation of our Order, the glue that continues to hold us together and the sweetness that sustains us. Loyal Ladies, we encourage you to continue visiting those who are sick, shut-in, or residing in nursing facilities. A simple call, card, or thoughtful gift can bring comfort and joy.

The Committee has met and is planning what we hope will be a memorable occasion for the State Grand Assembly. We understand that all honorees may not be able to attend; therefore, State Grand Loyal Lady Ruler Tina S. Jones has instructed the Committee to ensure that all gifts are sent to those whose names were submitted.

We sincerely hope they will enjoy the gifts and recognition, and more importantly, feel the depth of our gratitude for the many sacrifices made to bring us to this point.

May God continue to bless each of you with strength, grace, and abundant favor. We pray for continued health, joy, and peace over our 40 plus Loyal Ladies, and that their legacy of service will forever inspire generations to come.

Submitted by: 2026 40+ Senior Club Committee
PLLR Carol Johnson (35) – Chair
PLLR Claretta Adams (35)
PLLR Nellie Wright-Jones (172)





*University Assembly No. 218
The Order of the Golden Circle, PHA
Organized August 6, 1969*

Loyal Lady Ruler Mitzi D. McClammy

Support of Senior Citizens

University Assembly #218 made a monetary donation to the Durham Center for Senior Life in support of senior citizens. Their mission is to enrich the lives of older adults 55+ by promoting healthy, active, and independent lifestyles. They serve over 250 older adults each day through free services, resources, classes, events, and more.



Dear Mitzi D. McClammy, Loyal Lady Ruler,

This email is to notify you that Mitzi McClammy recently made a donation in honor of University Assembly #218, Order of the Golden Circle. The donation was made to Durham Center for Senior Life on Dec 03, 2025 to the following fund: General.

Sincerely,
Your friends at Durham Center for Senior Life

ANNIE P. ROGERS STATE GRAND ASSEMBLY
ORDER OF THE GOLDEN CIRCLE



Loyal Lady Tina Sheppard-Jones
State Grand Loyal Lady Ruler

VETERANS

PLLR Bernadine A. Coleman
Chairperson



Illustrious James H. Upchurch, 33°, Deputy for the Orient of North Carolina
State Grand Loyal Lady Ruler, LL Tina Sheppard Jones
State Grand Officers Past and Present
Loyal Ladies Rulers Past and Present
Loyal Ladies of the Annie P. Rogers State Grand Assembly, Order of the Golden Circle,
PHA

RE: Veterans

The following, named Loyal Ladies, are Veterans of the Armed Forces and will attend the Annie P. Rogers State Grand Assembly.

- | | |
|------------------------------|--|
| 1. LL Toye Allen | Zack Alexander Assembly #35 |
| 2. LL Catherine Cunningham | Zack Alexander Assembly #35 |
| 3. SGO/O Rose Nelson | Zack Alexander Assembly #35 |
| 4. PLLR Marion Greene | King Solomon Assembly #64 |
| 5. LL Sara Wade | George Washington Carver Assembly #172 |
| 6. PLLR Bernadine A. Coleman | Edward Evans Assembly #196 |
| 7. PLLR Gloria Ferrell | Edward Evans Assembly #196 |
| 8. LL Simone Finley | Edward Evans Assembly #196 |
| 9. PLLR Vera Stukes-Fredrick | Edward Evans Assembly #196 |
| 10. PLLR Yvette Wilkins | Edward Evans Assembly #196 |
| 11. PLLR Sylvia J. Williams | Edward Evans Assembly #196 |
| 12. PLLR Mitzi D. McClammy | University Assembly #218 |
| 13. PLLR Carolyn A. Mills | Lewis Mingo Assembly #316 |

Respectfully Submitted,

Bernadine A. Coleman

PLLR Bernadine A. Coleman
PLLR Sylvia J. Williams

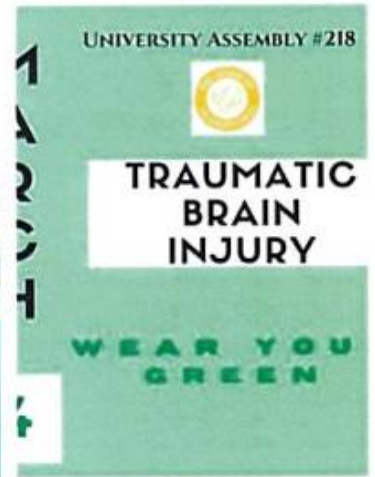


University Assembly No. 218
The Order of the Golden Circle, PHA
Organized August 6, 1969

Loyal Lady Ruler Mitzi D. McClammy

March 4, 2025

Going Green for Traumatic Brain Injury In Support of Veterans





University Assembly No. 218
The Order of the Golden Circle, PHA
Organized August 6, 1969

Loyal Lady Ruler Mitzi D. McClammy

SUPPORT OF VETERANS

On September 29, 2025, the Loyal Ladies joined with other Masonic houses in Durham to donate to Veterans non-perishable food for the Blessing Box at the VA Medical Center. These Blessing Boxes are a convenient, dignified way for the Veterans to access non-perishable foods, as well as toiletries and other essentials.





James T Diggs Assembly #308

Order of the Golden Circle, PHA

Veterans and Seniors Report

Our veterans and seniors were awarded with food during Thanksgiving and goody bags at Christmas.





Oct. 16, 2025

Lewis-Mingo #316
Order of the Golden Circle
Jacksonville, NC

To: Illustrious James H. Upchurch, 33°, Deputy for the Orient of North Carolina
State Grand Loyal Lady Ruler, LL Tina Sheppard Jones
State Grand Officers Past and Present
Loyal Lady Rulers Past and Present
Loyal Ladies of the Annie P. Rogers State Grand Assembly Order of the Golden Circle, PHA

Subj: Veterans

Trust in him at all times, you people; pour out your hearts to him, for God is our refuge. Exodus 14:14. The Lord will fight for you; you need only to be still. Proverbs 18:21. Lewis Mingo #316 is committed to supporting our Veterans and appreciate their many sacrifices. This year we donated prepaid cards to The Onslow County Veterans Center. The Vet Center will use the prepaid cards to help veterans make their financial obligations and assist them in times of hardship.



On Wings of a Dove,

LLR Libbi M. Beano

Lewis Mingo Assembly # 316

ANNIE P. ROGERS STATE GRAND ASSEMBLY
ORDER OF THE GOLDEN CIRCLE



Loyal Lady Tina Sheppard-Jones
State Grand Loyal Lady Ruler

YOUTH IN ACTION

PLLR Nikki G. Tucker
Chairperson



Annie P. Rogers State Grand Assembly
Order of the Golden Circle, P.H.A.

Subject: Youth-IN-ACTION

To: SGIG James Upchurch 33°, Deputy for the Orient of North Carolina
PLLR Tina Sheppard Jones, State Grand Loyal Lady Ruler
All SG Officers, Past and Present
LL Rulers and Loyal Ladies

Greetings,

Per the handbook, "Each Assembly is to select a youth within their community to assist where needed. They Loyal Ladies of the Annie P. Rogers State Grand Assembly embrace the diversity of interest and aspiration for the youth of their communities. Loyal Ladies are encouraged to support the youth in their communities."

The committee would like to acknowledge and thank the following assemblies for working with the youth in their communities and submitting their report.

1. Greensboro Assembly #106
2. Lewis Mingo Assembly #316

Thank you for your participation

Sincerely,

Nikki

PLLR Nikki G. Tucker, DDS, MAEd
Chair, Youth-in-Action Committee

Committee Members

LL Annette Powell #276

LL Geraldine Langford #276



GREENSBORO ASSEMBLY #106
ORDER OF THE GOLDEN CIRCLE, PHA
From the desk of the Loyal Lady Ruler

Sharlenceia K. O'Neal

4388 Candace Ridge Ct. Greensboro NC 27406
Youth in Action Initiative Impact Report

On behalf of Greensboro Assembly #106, it was truly both an honor and a privilege to participate in the Youth in Action Initiative, an effort centered on empowering young people through service, mentorship, and meaningful community engagement.

In March 2025, Greensboro Assembly #106 proudly participated in Read Across America at Jefferson Elementary School, our official *Adopt-a-School* for the year. Members visited classrooms throughout the day, reading to scholars and bringing stories to life while dressed in festive Dr. Seuss-themed attire. The excitement and joy expressed by the students reflected the powerful impact of literacy engagement and positive adult presence in their learning spaces.

In May 2025, Greensboro Assembly #106 extended its service to the secondary level by supporting the High Point Central High School Senior Prom. Members assisted by distributing masks, monitoring student activities to ensure a safe and enjoyable environment, and supporting post-event cleanup efforts. This experience demonstrated our commitment to celebrating students' milestones while promoting safety, responsibility, and community care.

Later that month, on May 28, Greensboro Assembly #106 returned to Jefferson Elementary School to encourage academic success by providing motivational EOG bookmarks and "Smarties" candies. This small but meaningful gesture served as a reminder to scholars that they were prepared, capable, and supported as they approached their End-of-Grade assessments.

During June and July, Greensboro Assembly #106 partnered with the Khalif Youth to support preparation for their Youth Gala Day. Members hosted and facilitated multiple line dance practice sessions, teaching choreography, building confidence, and fostering teamwork. Greensboro Assembly proudly opened its building to ensure the youth had a safe and welcoming space to rehearse. These sessions not only supported the gala performance but also strengthened mentorship bonds and promoted positive youth development.

Through each activity, Greensboro Assembly #106 remained steadfast in its mission to uplift, inspire, and invest in the next generation. The Youth in Action Initiative reflects our collective commitment to service, leadership, and creating meaningful opportunities for youth to thrive academically, socially, and emotionally.

We are proud of the impact achieved and look forward to continuing this important work in service to our community.

In Service,
Sharlenceia "Sasha" O'Neal
Loyal Lady Ruler
Greensboro Assembly #106
Order of the Golden Circle





Line Dancing



Dr. Seuss

Read Across America



Activ8 STEM Academy



Jefferson Elementary



Read Across America



Brightwood Elementary



EWO Early Childhood Development Center

BOYER SUPPORTS OUR YOUTH

Boyer Assembly donated
school supplies to Poe
Elementary School in Raleigh,
NC.





Boyer Assembly supports our community's youngest learners by providing snacks to the children at Mayview Learning Center in Raleigh, NC



James T Diggs Assembly #308

**Order of
the Golden Circle, PHA**

Youth Report

We partnered with Beyond Measures Ministries to send Christmas boxes to the youth overseas.





**ORDER OF THE GOLDEN CIRCLE, P.H.A.
LEWIS MINGO ASSEMBLY #316
JACKSONVILLE, NC 28540**



February 22, 2026

To: Illustrious James H. Upchurch, 33°, Deputy for the Orient of North Carolina
State Grand Loyal Lady Ruler, LL Tina Sheppard Jones
State Grand Officers Past and Present
Loyal Lady Rulers Past and Present
Loyal Ladies of the Annie P. Rogers State Grand Assembly Order of the Golden Circle, PHA

Subj: Youth-in-Action

Lewis Mingo Assembly #316 recognizes that today's youth represent the future leaders of our community and our world. With this understanding, we have committed ourselves to providing comprehensive support for young people in our area, addressing both their academic and athletic development.

Our Comprehensive Youth Support Strategy

Our organization takes a holistic approach to youth development by identifying and addressing gaps in both academic and athletic areas. We believe that supporting students across multiple dimensions of their lives contributes to their overall growth, confidence, and success.

Our athletic support spans a diverse range of sports, demonstrating our commitment to all student athletes. Lewis Mingo Assembly #316 has made a significant commitment to attending athletic events and providing tangible support to student athletes. Our efforts include:

- **Event Attendance:** Regular attendance at student athletic competitions to demonstrate community support
- **Nutritional Support:** Providing snacks and beverages to athletes, recognizing that nutrition contributes to peak performance
- **Vocal Encouragement:** Enthusiastically cheering for students to affirm their efforts and demonstrate that their community cares about their success
- **Visible Community Presence:** Creating an environment where students know they have genuine support from caring community members

Through constant attendance, practical support, and genuine encouragement, Lewis Mingo Assembly #316 sends a powerful message to our young people: *their efforts matter, their achievements are valued, and their community stands behind them.* This kind of support fosters confidence, resilience, and a sense of belonging that extends far beyond the athletic field.

Sincerely,

Chonita White

Loyal Lady Secretary/Committee Chair

ANNIE P. ROGERS STATE GRAND ASSEMBLY
ORDER OF THE GOLDEN CIRCLE



Loyal Lady Tina Sheppard-Jones
State Grand Loyal Lady Ruler

SGO&O REPORTS



From the Desk of SGO&O Shirla R. Sewell-Fisher
P.O. Box 14782, Raleigh, NC, 27620 * 252.259.4605 * rebasworld@hotmail.com

To: The Illustrious Deputy for the Orient of North Carolina, SGIG James H. Upchurch
State Grand Loyal Lady Ruler, PLLR Tina Sheppard Jones
Annie P. Rogers State Grand Assembly Officers and Members

Re: 2025 Coastal Area Report

*"Behold, I come quickly: hold that fast which thou hast, that no man take thy crown."
-Revelation 3:11*

Greetings Deputy Upchurch and SGLLR Jones!

I count it all joy to have been blessed to see another year! God is so faithful. The Coastal Area Assembly members continue to carry out the good works of the Order. We are excited to continue to meet in person. A couple of Assemblies had to meet virtually for a couple of months until the Lodges could be repaired to suitable conditions to enter. Our goals for the Coastal Area remain the same; supporting and empowering our members, their families and the communities in which we reside.

SERVICE

The Coastal Area Assemblies continue to work in the community. One of their main focus centers around children and the elderly. We are conscious of the health issues that continued to plague our society in 2025, specifically the flu and COVID as new strands are identified.

I'd like to share some of the activities the Assemblies were involved in during 2025:

W.W. Lawrence #30 / LLR Olivia Boyd – supported NAACP programs, presented 1 scholarship, and donated cups/gloves/scarfs to seniors.

Wilmington #63 / LLR Eva Battle – hosted a Sip & Paint, hosted a pageant for community children, and donated non-perishables and baby items to The Love Center.

J.W. Hood #155 / LLR Sarah Banks – donated food to the food bank, volunteered at the Outer Banks Visual Impaired Fishing Tournament and Currituck High School football games, and donated money to Jamaica after Hurricane Melissa.

Alexander #228 / LLR Rosa Gray – made donations to the Friends of the Homeless Shelter and the Raymond Becton Community Outreach program.

Roanoke #248 / LLR Shantel Moore – participated in the Back-to-School Book Bag Giveaway, sponsored meals for 2 families and sponsored a foster child through Project Elf program at Eastern Elementary School.

Chowan Valley #268 / LLR Vivian Mitchell – donated books, hats & gloves to elementary school; donated puzzles and art supplies to a skilled nursing facility, and provided 10 family meals at Thanksgiving.

Lewis Mingo #316 / LLR Libbi Beane – made monetary donation to Love and Laundry, donated 50+ pairs of readers and clothing to Onslow Victims Center, and participated in Wreaths Across America.

Membership- We continue to struggle with building and in some instances retaining our membership. Some of our Assemblies have gained new members.

W.W. Lawrence Assembly – 1

Wilmington Assembly – 5

J.W. Hood Assembly – 6

Alexander Assembly - 3



Necrology

W.W. Lawrence Assembly – Sondra Hicks
J.W. Hood Assembly – Mary Sharpe
Lewis-Mingo Assembly – Alice Pearson

I am grateful for this opportunity and do not take this responsibility lightly. The following is a summary of my activities.

January – COD/SGA Executive Board meeting
Zoom with Deputy Upchurch
February - York Rite Convention
Visitation w/J.W. Hood Assembly
Conference call for SGA
March - Coastal Area meeting
Cotillion rehearsal
April - APRSGA
Sunrise Service w/Boyer Consistory
May - GCGC LOCOP convention
W.W. Lawrence
Gala Day
June - Coastal & Eastern Region mtg (OES)
GCGC Heroines of Jericho convention
July - GCGC Heroines of Jericho convention
August - Imperial Session
COD/SGA Executive Board meeting
September - Grand Chapter Session (OES)
Coastal Area meeting
October - United Supreme Council
November - Visitation w/W.W. Lawrence Assembly
December - Visitation w/J.W. Hood Assembly
Visitation w/Wilmington Assembly
Visitation w/Alexander Assembly
Visitation w/Lewis-Mingo Assembly

Deputy James H. Upchurch, I thank you for the reappointment to serve as State Grand Organizer and Overseer for the Coastal Area. I remain dedicated to this labor of love and do not take it lightly. I cherish the support of Overseer of the Works, SGIG Herb Caviness, as we work together for the good of the Coastal Area. To State Grand Loyal Lady Ruler, PLLR Tina S. Jones, and Coordinator for the O&O, LL Antionette Burwell, it has been a pleasure working with you.

Peace and Unity

PLLR Shirla R. Sewell-Fisher
State Grand Organizer & Overseer

Mountain Area State Grand Organizer/Overseer

PSGLLR Rose S. Nelson



Stewardship Report

For

2025

March 20, 2026

To: Illustrious James H. Upchurch, 33rd, Deputy for the Orient of North Carolina
State Grand Loyal Lady Ruler, LL Tina Shepard Jones
Other State Grand Officers Past and Present
Loyal Lady Rulers and Loyal Ladies of the Annie P. Rogers State Grand
Assembly Order of the Golden Circle, PHA

Greetings:

“This the day the Lord hath made, I will rejoice and be glad in it.” Psalms, 118:24

I thank Deputy Upchurch and State Grand Loyal Lady Ruler Tina Shepard Jones for the confidence placed in me to lead the Mountain Area in support of the State Grand Assembly.

We in the Mountain Area continue to work within our communities to give needed support to various community service projects. We are down to four active Assemblies in the Mountain. We are small but mighty and we have very hard work ladies that are part of our Mountain Area. All the Assemblies are working along with the Consistories with most projects they are supporting. We have had four Mountain Area meetings this year with great participation and workshops at each meeting. I visited each Assembly for their December meeting and election of officers was completed during this meeting. We continue to move forward in the Mountain area and strive to do the BEST in all that we do.

The Mountain Area is preparing for the upcoming State Grand Assembly and are excited to serve as Hostesses for the SGA/COD. We are looking forward to an outstanding State Grand Assembly. As the Co-Convention Coordinator I am working with GIG Joseph Wiggins to make sure that all our needs are taken care during the State Grand Assembly and Council of Deliberation meetings.

This was a very busy year. I attended all my Assembly meeting and supported all Assembly projects. I served as the Chair of the Scholarship Committee. I attended all State Grand Assembly Executive Board meetings.

Zack Alexander Assembly No. 35, Charlotte, NC, LL Alberta Hall served as Loyal Lady Ruler for 2025. This is my Assembly. I serve as the Scholarship Chairperson. I attended most meetings this year. We did the memorial service for our deceased loyal ladies during the month of February. We also did our Feast - O-Rama event during February with a local church assisting with feeding the homeless. We also did a tribute to our Seniors this year as well as a Past Loyal Lady Ruler celebration. Each PLLR as well as Honorary PLLRs were given gifts to show appreciation of love for our service to the Assembly. We did fundraisers to support the Cotillion as well as our Assembly Scholarship. Congratulations to PLLR Curtina Taylor and her granddaughter Harmony Payton who won for her category at the Gold and White Cotillion at the State Grand Assembly. We also congratulate PLLR Carol Johnson on being awarded the Treasurer of the Year at the State Grand Assembly. We donated school supplies to Shamrock Garden Elementary School and Donated batteries to the Angel's of Hope charity. The Assembly also continues to support the Annual Macie Grady Picnic where the Consistory and Assembly fellowship and honor the memory of Overseer of the Works Macie Grady. The Assembly also did a church sit in this year. During the December meeting, LL Thelma Evans was elected and installed to serve as Loyal Lady Ruler for the incoming year.

King Solomon Assembly No. 64, Winston Salem, NC. LL Hattie Fulton served as the LLR for 2025. Assembly went through challenges during the year. The Masonic Hall went up on the rent, and the assembly had to locate another meeting place which is now meeting at Malloy/Jordan East Winston Heritage Center. Participated in the Feast-A-Roma in February. Supported the fundraisers for the Annie P. Rogers State Grand Assembly. Held fundraisers to support the Cotillion Contestant for the Assembly. The Assembly won the Miss Gold and White Cotillion; Miss Mariah Clinton won for her category. Attended all Mountain Area meetings as well as all Executive Board meetings of the Annie P. Rogers State Grand Assembly. Supported the socks donation to Senior Services as the community service project. Mailed cards and communication to sick and bereaved loyal ladies and their families. During the December meeting, LL April Broadway was elected and installed as Loyal Lady Ruler for the incoming year.

George Washington Carver Assembly No. 172, Gastonia, NC. LL Jamie Moss served as the Loyal Lady Ruler for 2025. The Assembly continued the work of the Assembly. The Assembly made monthly donations to Alliance Youth facility. The participated in several fundraising projects to support the Assembly and local community projects. This Assembly also works closely with their Consistory in many projects. They supported the Gold and White Cotillion with a contestant. In December I did my official visit and held elections for the upcoming year. LL Jamie Moss was elected to serve as the LLR for the upcoming year.

Jno G. Lewis Assembly No. 326- Lexington, NC, LL Deidra Talbert served as the LLR for 2025. Supported all the Mountain Area Meetings as well as the Executive Board meetings of the SGA. Also supported fundraisers sponsored by the SGA. There was no Feast-O-Rama program this year. During the SGA presented the Loyal Ladies with a blue scarf embroidered with Jno G. Lewis. Supported and celebrated Juneteenth with the Catawba County NAACP. One highlight of the fellowship within this Assembly was a brunch hosted by LL Vernice Lindsey, where each Loyal Lady brought a dish. The assembly sat, ate, laughed, and enjoyed one another's company.

I made my official visit during the December meeting but was not able to hold the elections since the financial reports were not in order. I returned to the January meeting. Reports were

completed and received by the Assembly and elections were held. LL Brittany Marshall was elected and installed as the Loyal Lady Ruler for the upcoming year. During the meeting SGLLR Tina Shepard Jones also visited the Assembly.

IN REMEMBRANCE

During the year 2025 the following Loyal Ladies answered the final call and received their Wings. They are gone but not forgotten.

Zack Alexander Assembly No. 35
PLLR Shirley Holley
PLLR Eloise Chambers
LL Paralee Walker

King Solomon Assembly No. 64
LL Chlorics Pinkney Shore

George Washington Carver Assembly No. 172
None

Jno G. Lewis Assembly No. 326
Vern Robinson



I have worked hard to make sure that the Mountain Area has information from the SGA. I am devoted to making the Mountain Area the best WE can be and ensuring that our Area participates in all the programs requested by the SGA. I am also working closely with Comp. Damajo Smith, Overseer of the Works. Our goals are to have all assemblies active in the Mountain Area, increase our community service, raise enough funds to give a Mountain Area Scholarship, and increase our fellowship with one another.

This has been a great year with many joyful moments and great opportunities to learn. I look forward to many more years of service to this great State Grand Assembly.

“But I focus on this one thing, forgetting the past and looking forward to what lies ahead.”
Phil. 3:13

Humbly Submitted,

PSGLLR Rose S. Nelson
State Grand Organizer and Overseer of the Mountain Area



From the Desk of
Past Loyal Lady Ruler Tiffany L. Lathan, PYGCH
APRSGA State Grand Organizer & Overseer Upper Piedmont Area
2401 Pepperfield Drive, Raleigh NC 27604
tiffanyaka1908@yahoo.com; (919) 522-0309

March 28, 2026

Greetings,

First giving honor to my Lord and Savior Jesus Christ. To God be the glory for all that he has done and will do. Jeremiah 29:11 says, "For I know the thoughts that I think toward you, say the Lord, thoughts of peace and not of evil, to give you a future and a hope." Continue to hope and pray for our Nation and each other.

The Upper Piedmont Area will be the Host Area for the 2026 Council of Deliberation/Annie P. Rogers State Grand Assembly Conference at the Embassy Suites Hotel April 16-19, 2026. Boyer Assembly #219 with LL Ruler Jackie Sykes will be the Host Assembly for the conference. The Gold & White Revue pageant will be presented again this year with PLLR Phyllis McLeod chairing this project. We will have Hostesses from all eight (8) Upper Piedmont Assemblies with LL Nicole Williams and PLLR Nikki Tucker will chair this committee. The Memorial Team will have participants from all eight (8) Assemblies with the State Grand Guide PLLR Joann Mitchell as instrumental for this service. For the Cultural Arts program, we will enjoy the Black and Gold Rodeo filled with Bingo, Wheel of Fortune and Boots on the Ground Line Dancing chaired by LL Latoya Whitaker and her team. LL Davieta Warren and Steve Richardson will be manning the Registration. Yes, the Upper Piedmont has been extremely busy in anticipation and preparing for the conference.

As Organizer & Overseer, I attended all area meetings for the Upper Piedmont area for 2025 and 2026 with my counterpart Overseer of the Works SGIG Linwood Lane. In addition, I attended the Coastal Area meeting on December 20, 2025. It is always good to fellowship with other areas.

In the summer of 2025, State Grand Loyal Lady Ruler Tina Sheppard Jones mentioned to me that she wanted to donate to St. Jude hospital in Memphis, Tennessee during the United Supreme Council conference weekend. I spearheaded this project and brought it to fruition for the State Grand Loyal Lady Ruler. A delegation of about 14 Loyal Ladys went to St. Jude Hospital on Friday October 10, 2025, to make the in-person donation. The Loyal Ladys were given a tour of the hospital and had a wonderful time giving back. Deputy James Upchurch was so proud of the Loyal Ladys from North Carolina. Thank you to ALLLL that contributed and donated to such a worthy organization.

The Annual Year End Reports were due on or before December 31, 2025. All Assemblies submitted their annual reports in a timely fashion. I am excited to report that all eight (8) Upper Piedmont Area Assemblies are active and working. I am so proud of all the work they continue to do and the numerous community service projects they complete such as feeding the homeless; toiletry drives, clothing for Women Shelters, cleaning supplies to shelters, back to school supplies, snacks for daycares and after school programs to name a few.

I would like to personally thank Deputy James Upchurch for giving me the opportunity to be the Upper Piedmont State Grand Organizer & Overseer. This position has afforded me the opportunity to collaborate with some amazing individuals in our order as we work to move the Golden Circle and respective assemblies forward. All the Loyal Lady Rulers in the Upper Piedmont have served their positions with love and gratitude.

I often say, "*Live everyday to the fullest because tomorrow nor today is promised.*" We must live everyday to the fullest and continue to love and pray for one another. I bid you a wonderful 2026 conference and want you all to be blessed and stay beautiful.

Peace & Unity,

Past Loyal Lady Ruler, Tiffany Lathan (Boyer #219) PYGCH

Tiffany L. Lathan

State Grand Organizer & Overseer Upper Piedmont Area

Tiffanyaka1908@yahoo.com (919) 522-0309