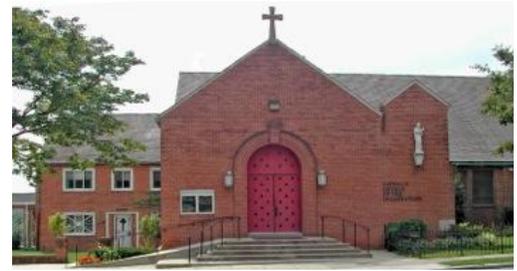


Church of the Incarnation – Sodality

ECHO Newsletter

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Prefect - Elect



Antoinette O. (Toni) Sullivan

I became a Catholic Christian 70 years ago at the age of eight. A neighbor introduced our family to Catholicism and my mother, my sister Michele and I all converted at that time. My father did not become a Catholic until many years later (I was his godmother). I became a member of the Church of the Incarnation when it was on 46th and Browning Place, NE. My husband, Paul, was already a member of Incarnation and I didn't find out until later that we were confirmed at the same time at Incarnation even though I don't remember him.

Paul and I were married at Incarnation in 1960, and were together for 56 years before he passed in December 2016. We raised three children — one daughter and two sons — in PG as well as the Church of the Incarnation.

I worked in the Federal Government for 34 years before retiring in January 1995. Most of my Catholic Christian journey involved teaching and directing CCD because I felt that my talent was to help my children, and the children of Incarnation, learn more about our God and our Catholic faith. Father Ray Bomberger persuaded me to become a Sunday school teacher when my children were preparing for First Communion and Confirmation and I later continued on as the Director of Religious Education at the request of Father Joseph Macek. I assumed that when Father John Carroll came to Incarnation he was going to select someone else as DRE but he decided to keep me in the position until I retired a few years ago. I am currently serving as a Lector and Extraordinary Minister of Holy Communion as I believe these are my talents I am giving back to my faith.

I joined the Sodality at the persistence of Evelyn Jackson and I was trained by her and Irma Warrick and pushed to participate by Janice Burton. Their dedication to our Blessed Mother was inspiring to me. During my time as a Sodalist I have been somewhat involved in Sodality.

Throughout my Catholic Christian journey I have been encouraged by various people to do more in support of my faith. Looking back I believe that God "nudged" me to do things through these various people.

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Photo: Toni Sullivan

This latest "nudge" from God came by way of Denise Wilson who told me I should be Prefect.

I look forward to my term as Prefect of the Sodality of the Church of the Incarnation. I will rely on the advice and counsel of the outgoing Prefect, Kathy Perry, who has done an excellent job, as well as former Prefects. God is so good.



EXECUTIVE BOARD

2018 – 2020

OFFICERS

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Prefect
Vice Prefect
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Treasurer
Corresponding Secretary

Deacon Joseph Bell
Antoinette O. (Toni) Sullivan
Yvette Greene
Kathleen (Kathy) Perry
Barbara A. Luther
Patricia (Pat) Lee



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ECHO – Newsletter
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Denise Wilson
Kathleen (Kathy) Perry
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Deacon Joseph Bell
Janice L. Burton
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Advisory Board

Past Prefects

Dorothy Brown	1964 – 1966; 1972 – 1974
Barbara A. Luther	1990 – 1992; 2010 – 2012
Evelyn C. Thomas	1992 – 1994
Barbara Ford Turner	1994 – 1996
Roberta Bumbray	2000 – 2002
Janice L. Burton	2004 – 2006
Karen F. Somerville	2006 – 2008; 2008 – 2010
Sheila Hall	2012 – 2014
Kathleen (Kathy) Perry	2014 – 2016; 2016 – 2018



A WOMAN OF STRENGTH

She rejoices in God with a grateful heart and a joyful spirit
She possesses the ability to genuinely say to another woman:
"I admire your qualities and attributes"
She is blessed with the gift of giving and a willingness to help others
She consoles others even though she too is hurting
She learns from her mistakes and acknowledges that she too is not perfect
She speaks with words of wisdom and not malice
From the mouths of destruction, her smile remains unshaken
She lifts her head and continues to walk in the midst of turmoil
She inspires other women to be the best they can be
With her life experiences, she touches the lives of a multitude
She remains determined to be the best person she can be
She smiles every time she says "I LOVE YOU"
She has the courage to take the fall for another
She is not too proud to say "I need you"
When her tears fall, she prays faithfully
When others turn their back on her, she still continues to pray faithfully
She is humble enough to admit when she is wrong
Through betrayal and talk, she remains secure in knowing who she is
She is loving enough to say "I forgive you"
She is at peace with herself without having the need to prove herself to anyone
She values her self-worth and reminds other women of theirs
She is not pretentious but instead she presents herself just as
She is...

A WOMAN OF STRENGTH!

Author: Unknown

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Honey Bun Cake

- 1 Box - yellow cake mix
- 3 Eggs
- 3/4 cup of oil
- 1 cup milk
- 1 cup brown sugar
- 3/4 cup raisins
- 1 TBSP cinnamon
- 1 cup chopped nuts
- 1 cup powdered sugar
- 3 TSP milk
- 1 TSP vanilla

Mix cake mix, eggs, oil and milk together. Pour into greased oblong 9x12 or 13x9x2 baking pan
Mix brown sugar, raisins, nuts cinnamon together, sprinkle over batter and use knife or spatula to swirl
mixture into batter. Bake at 300 degrees for 50 minutes. Mix powdered sugar and vanilla, together.
Drizzle over cake, after cake has cooled.

Submitted by: Mary Brigham

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God daughter of Clara Tyson

Editor's Message

Barbara Ann Archie Luther



All of you know that I do not talk about myself or my origins. So here goes - - - I'm GRITS (Girl Raised in the South). Born in Concord, NC and raised in Kannapolis, NC where the major industry was textiles, making your sheets, towels, etc. in the original "Cannon Mills" in Kannapolis. I am the second of six siblings, 3 brothers, and 2 sisters. Some of you thought I was an only child! My primary and secondary education was in total segregation. My high school class was the last class to graduate from an all-black high school due to integration. I celebrated with classmates a 50th reunion in July 2017. I furthered my education at Durham College with a degree in Business Administration. I met my husband in Washington, DC and we have one son. This union ended in divorce. I've also been blessed with a daughter-in-law and three grandsons. I am

a Catholic convert after receiving training and inception as a Catholic at Immaculate Conception, 8th & N Streets, NW, WDC, with the late Monsignor Joshua Mundell. My former religious was of the Baptist faith in Kannapolis, NC.

The late Evelyn C. Jackson encouraged me to become a Sodalist. My membership began in 1986. Since joining the Sodality, I have been Secretary, Prefect – twice, Program chairperson – twice, worked with the Ways and Means committee, various temporary committees, and now, your Treasurer elect. Should you view other ministries and organizations at Incarnation, you would see my name associated with, CYO, Ministers of Hospitality, Lector, the 75th Anniversary committee, East of the River Revival committee, Parish Council representative, Parish directory committee, Parish web committee and many, many other involvements within our Parish. Thus, I saved the best for last – the ECHO newsletter, which I created and posted my first issue dated April 07, 2013. The ECHO newsletter began as a pilot as a way to share information about the Incarnation Sodality, and also, to introduce our Sodalists into modern time. So, now after a little more than five years as your editor, I am passing this entity on to my sister Sodalists. I do believe that one or more of you have the passion and the talent to create and inspire in keeping the ECHO alive. You would not be in this alone. I am willing to assist anyone in keeping the ECHO active. However, the time has come for change and I must relinquish the ECHO newsletter in hopes of new and more interesting and collaborative ideas.

Thanks to all who were my feature articles (first page), including submissions of photos, poems, recipes and articles of interest. An enormous thank you to my dear Sodalists, for allowing me to let the creative juices flow!

"If there is no change – there is no growth"

(Photo: Larry Anthony, Kannapolis, NC)