



Hello Dear Eastern Star Sisters and Brothers!

I hope this letter finds all of you well and safe. We are experiencing strange times now. Covid-19 has us all homebound and worried. We are all concerned with what the future may hold. In this cloud of uncertainty and isolation lies a silver lining... Can you find it?

It is different for us all, yet we share similar aspects of this “silver lining”. We now have time to connect more with our family and friends. We are able to spend time with those in our own homes that might not have had the attention because of work and other obligations. We have been given the gift of time. Let us use it wisely. Let us use this time to reconnect with sisters and brothers that we might have let fall to the side because of “life” getting in the way. Let’s get back to the basics of life and OES.

I would like to direct your attention to the first speech of the Worthy Matron during initiation. How do you share the principles of our Order? How are you helping your fellow sisters and brothers through the labyrinth of life? This is a time to reach out beyond ourselves and find how we can help others even more than before, albeit through social distancing guidelines. Let’s try our hardest to “provide for the welfare of others”. Yet, please pay attention to your sisters’ and brothers’ personalities and needs. Pride is something that none of us want to admit to, yet we all have. Instead of asking, “What do you need?” Ask “how can I help you?”

How do we do this? We are up for any and every suggestion! The elected line officers have been meeting via Zoom, and additional expanded meetings will be occurring soon for anyone who wants to participate. If you do not have access to Zoom, you should be able to call in with your phone using the designated number.

We can use this time to discuss how we can assist each other through these extenuating circumstances. On Monday, the District 1 Worthy Matrons, Worthy Patrons and Grand Officers met via Zoom. We met as a small group to focus on what has been done so far and where we need to be for our membership. Our main question is “How do we communicate most effectively with our members?”

Given that Chapters are currently unable to meet, we are unable to disseminate information that would usually be announced during regular meetings. What do we do now?

CDC COVID-19 Website:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

NM Department of Health COVID-19 Website:

<https://cv.nmhealth.org>

Walmart App to Order Groceries from Home:

https://play.google.com/store/apps/details?id=com.walmart.grocery&hl=en_US

How to Use the Walmart App:

<https://www.youtube.com/watch?v=sJcvfd-DU-II>





Tammra Miller, Worthy Matron of Turquoise #71, has set up a calling tree and has assigned her officers with 3 to 5 names of other members to call. Worthy Grand Patron Don has suggested that we use this calling tree to get back into contact with members who are no longer coming to chapter, in the hopes that it might inspire them to reengage with the fellowship that the Order of the Eastern Star provides.

We have to be aware of who uses social media, email and text messaging. Jaime McCullough, Grand Warder, has said that they have been using group text messages to keep in contact in the Aztec/Farmington/Durango area. Who knows how this outreach of human (voice) contact might affect the membership? We hope that it will be positive! Catching up with out-of-town members might encourage them to join or visit a chapter near them, if they haven't done so already, and return to Star. We can make this positive. It just takes some initiative and follow-through.

When contacting fellow members, please ask if they have access to social media and remind them that we have a new "members only" Facebook page and a beautifully redesigned web page. If they have any trouble logging in, and you cannot help, please direct them to a Grand Officer and we will assist. Sabrina has her hands full!! We want to know how everyone is doing and we want to make sure that everyone stays in the loop. "We are locked in, not locked down." – Don S.

I also implore you to be aware and receptive to the possible feelings of loneliness, despair, anxiety and depression that our sisters and brothers might be facing. These feelings might be exacerbated with the current climate. Pay attention to social media posts, texts, etc. Look out for each other and reach out to them! "Social Distancing" does NOT equal "Social Isolation".

Let's all embrace new ways of connecting with each other. We can enjoy fellowship with one another via online platforms. Sandia Mountain Lodge #72 here in Albuquerque has been holding Zoom meetings strictly for fellowship between brothers and family members to bridge the divide of social distancing. Words of advice for Zoom or Phone meetings:

- Look into Bluetooth head-phones or ear buds – they help if you want to walk around and hear what is being said but not having to struggle to hear in front of your computer. Check out the internet and have them delivered to your door.
- Be aware of your microphone settings. Consider muting your microphone if you are not talking. This will reduce background noise and interference and improve sound quality for us all.
- Include your pets. The kitties like being in our laps while we all engage from our spots of seclusion.
- Have a list of who needs prayers and cards. If they have a different address than what is in the white book, please provide.

As more information is available, we will pass it on to you. Stay home, stay safe, and stay healthy. We can work together to flatten the curve while caring for one another. Hugs to all!

Beth KcKown
Associate Grand Matron