



“Do you want to fast this Lent?”

Fast from hurting words and say kind words ~ Fast from sadness and be filled with gratitude~ Fast from anger and be filled with patience~ Fast from pessimism and be filled with hope~ Fast from worries and have trust in God~ Fast from complaints and contemplate simplicity~ Fast from pressures and be prayerful~ Fast from bitterness and fill your hearts with joy ~ Fast from selfishness and be compassionate to others~ Fast from grudges and be reconciled ~ Fast from words and be silent so you can listen.” *In the words of Pope Francis*

Arizona - The mother of Kendra Sabol’s (Beta Gamma) son-in-law died suddenly in her home on February 25. Her spouse lives in Tucson, Arizona and she was 62 years old. She shared three grandchildren with Kendra. Cards can be sent to Jason and Melissa Vizcarra 1812 Geeting Pl. Placentia, CA 92870

Colorado – Bobbi Hawkinson, past Colorado State President, fell last week injuring her arm. She had to have a rod put in her arm, after a few days stay in the hospital she will have 21 days in a nursing home in Akron, CO for rehab. She needs some cheering up, please send cards to Bobbi Hawkinson 549 Ash Avenue Akron, CO 80720

Idaho – Cleoria Glenn’s Great Grandson, Sawyer (2 years old) is in the hospital with RSV. (RSV is a syncytial virus that causes respiratory tract infections) The RSV may be complicated by his asthma. Sawyer is the little boy who was born prematurely after his mom was in a car accident. Right now, they cannot keep his oxygen levels high enough to get him off the oxygen. Sawyer is the grandson of Cynde, Cleoria’s daughter that was previously in ESA. Please keep Sawyer and his family in your thoughts and prayers to protect him and give him strength for a speedy recovery. Cleoria’s and Cynde Kessel-Madrid’s address is 6221 W Ustick Rd Boise, ID 83704 Karlie Schuyler, Mom address is 879 New Summer Ave Kuna, ID 83634

Indiana – BJ Voll’s great nephew Ryker is in Riley Hospital with HSP complicated by his kidney disease and GI issues. He is a fighter like his Great Granny! Thoughts and prayers are appreciated. BJ also wants to thank everyone from the bottom of her heart for the outpouring of love, support, messages, emails, cards and prayers for her mom during the past few months as she struggled and then went to heaven.

Kansas - As of Friday, February 21, Pam Mitchell, Zeta Epsilon – Overland Park, is in the hospital with pneumonia and vertigo. Please pray for her healing and rest while she's in the hospital. Email: plmitchell1222@gmail.com Home address: 1365 E. 155 St., Olathe, KS. 66062

The brother of Lana Anderson (Delta Delta – Ulysses), Bruce Limper was diagnosed with prostate cancer. It is slow growing, but he has a very serious infection that he is being treated with IV's for 10 days. He lives in North Carolina. Prayers are powerful!! Thank you very much!!

Sherry Biddle's father-in-law Raymond Biddle died Monday evening, February 24, 2020. Sherry is a member of Alpha Delta, Winfield. Sherry's address is 1518 Frankfort, Winfield KS 67156.

Karen Osborne, Beta Beta Andover, husband Larry had hip replacement surgery Feb. 25th. He is recovering nicely. Please keep them both in your prayers. Address 2223 North Grant Road Andover, Kansas 67002

Diane Stowell, Beta Beta Andover, husband Gene had to have a pacemaker installed Feb. 25th. Working through some complications. Please keep them both in your thoughts and prayers. Address: 647 Daisy Lane Andover, Kansas 67002

Oklahoma – Darla Wilson/Kappa Theta #5414 Guthrie OK, was hospitalized but is now home recovering from a hematoma. Darla Wilson PO Box 453 Guthrie, OK 73044

Janet Guiles/Kappa Theta #5414 Guthrie OK, had shoulder surgery on February 18th. Janet Guiles 13228 W. County Rd 74 Crescent, OK 73028

Hali Simmons, Beta Gamma #0391 chapter, had an emergency room admittance last Friday. She had a procedure to remove runaway stones and then a few days later the gall bladder was removed. After several days in the hospital she is ready to be at home with her 7-yr old son to recuperate and heal. Appreciate your good thoughts and prayers for recovery. Cards can be sent to Hali Simmons, 3933 S. 123rd East Place, Tulsa, OK 74146

Cindy Pingleton has been experiencing health issues for the past few months. She is waiting on a referral with a neurosurgeon. Please keep Cindy in your thoughts and prayers. She can be emailed at pingletonjc@sbcglobal.net or Cindy Pingleton 2535 Herford Lane McAlester, OK 74405

Sandy Lackey's (OK State Council Sec. VP/Educational Director) husband Bob (who is also a member of ESA) has been admitted to the VA Hospital in Muskogee with an Ear Abscess this weekend. Bob Lackey 33794 E 743 Way Wagoner, OK 74467

Jan Thomas (Former OSB Social Worker), Delta Lambda member had surgery on her knee. She is now on Facebook and I am sure would love to hear from her OK ESA Sisters as she is recovering. Jane Moved to OKC, I don't know her address but her phone number is 405-498-2214.

Carolyn Womack, Kappa Alpha #5393 Tulsa, OK lost her last remaining sister, Fern, last week. Carolyn Womack 10335 E 113th Pl S Bixby, OK 74008

Peggy Schoenhals' husband Gary is still hospitalized and will need additional surgery after a colon rupture a few months ago. He went back into the hospital for a reversal and suffered a leakage in the intestinal tract. Our dear Peggy has experienced a lot of family illness and crisis over the past couple of years. Even though she is strong in her faith a little encouragement from her ESA family would be appreciated. Peggy and Gary Schoenhals 30813 E. 65th St. South Broken Arrow, Ok. 74014 peggyschoenhals@gmail.com

Dianne Nail husband Nick lost two brothers just days apart this week. Please keep the family in prayer as they memorialize their loved ones. Dianne and Nick Nail 7501 S. 4th St. Broken Arrow, Ok 74011 dmnail@cox.net

Texas – Sharon Campbell Past Texas Pres recently had surgery and would appreciate cards and notes of encouragement. She is recovering a little day by day. Sharon Campbell 502 CR 2930 Pittsburgh TX 75686

Kym Searcey's husband Russell lost his mother Feb 22. Cards may be sent to Russell & Kym Searcey 3738 Lemon Drive Grand Prairie TX 75052

Claudell Wert's son Kevin Wert died Saturday February 22,2020. He fought a long hard fight against cancer. Kevin had gone into remission for over a year and he and his wife Dot, enjoyed cruising on several occasions. Claudell has been an ESA Gamma Nu member over 20 years and our heart goes out to her in the loss of her son. Cards may be sent to Mrs. Claudell Wert 27266 Jimmy Lane Conroe, Tx 77385

Patricia Gale, IC Chaplain 2019-2020

ESA—All Heart

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