



SOROPTIMIST®

Investing in Dreams

A monthly newsletter brought to you by Soroptimist International of Lincoln

VOL. 5, ISSUE 1

NOVEMBER 2024

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The Power of Gratitude: A Reflection on Giving Thanks



As the year winds down and the holiday season begins, I find myself reflecting on the many blessings in my life. One of the most profound is the opportunity to serve as President of **Soroptimist International of Lincoln**, an organization dedicated to making a difference in our Lincoln community and the lives of women and girls. Gratitude has been my guiding light this year, reminding me of the importance of connection, service, and appreciation.

Why Gratitude Matters

Gratitude is more than saying “thank you”; it’s a mindset and a way of living that can transform our relationships and outlook on life. Research has shown that practicing gratitude can boost mental health, increase resilience, and improve overall well-being. It’s a simple but powerful tool to bring more joy into our lives and the lives of others.

Gratitude for Soroptimist International of Lincoln

As I reflect on the work of **Soroptimist International of Lincoln**, my heart is filled with gratitude for the incredible women I have the privilege to serve alongside. Together, we’ve created scholarships for young women, championed mental health initiatives, and organized programs like *Dream It, Be It!* to inspire the next generation.

The passion and dedication of our members remind me daily of the power of collective action. It’s not just about the projects we complete but about the lives we touch, the hope we inspire, and the connections we build.

This year, I’ve witnessed countless moments of kindness and collaboration that have deepened my gratitude for this organization. From fundraisers that bring our community together to the unwavering support of our members, I am constantly reminded of how lucky I am to be a part of something so meaningful.

A Call to Action

As we move into the holiday season, I encourage you to take a moment to reflect on what you’re grateful for. Show your gratitude through action—whether that’s by joining a cause, supporting someone in need, or simply sharing kind words.

To the women of Soroptimist International of Lincoln: thank you for your tireless efforts, your compassion, and your unwavering belief in the power of women helping women be their best. I am endlessly grateful for you and all we do together to make Lincoln a better place. Let gratitude be our guide as we continue to serve, uplift, and inspire.

Stacy Rea Thomas
President, Soroptimist International of Lincoln
2024—2025

Soroptimist International of Lincoln

<https://soroptimistoflincoln.org/>

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Fundraiser Report: Red Robin Fundraiser – November 12

We are thrilled to share the success of our Red Robin Fundraiser held on Tuesday, November 12! Thanks to the generous support of our community and the hard work of everyone involved, we raised over \$220 to benefit the President's Passion High School Scholarships.

These scholarships focus on promoting mental health awareness among high school students, a cause that is deeply important to our mission. By funding these scholarships, we are helping to empower young women facing challenges and providing them with the resources and encouragement they need to thrive.

Highlights of the Event:

- Community Support:** A great turnout of families, friends, and supporters filled Red Robin, enjoying delicious meals while supporting a meaningful cause.
- Shared Awareness:** The event provided a platform to discuss the importance of mental health awareness and the impact these scholarships will have on the lives of young women in our community.

Fundraising Success:
Through a portion of the evening's proceeds, we surpassed our initial expectations, bringing us closer to our scholarship goals.

Thank You!

We extend our heartfelt gratitude to **Red Robin** for hosting this fundraiser and partnering with us to make a difference. A special thank you to everyone who dined with us, shared the event, and contributed to its success.

Together, we are making strides in supporting mental health awareness and empowering young women to overcome challenges and reach their potential.

Thank you for being part of this journey. Let's continue to work together to inspire change and make a lasting impact in our community!

Ternero Olive Oil & Vinegar Sales



Soroptimist International of Lincoln Presents Olive Oils and Vinegars from Ternero Farms in Lincoln, California.

Your purchase provides educational and career planning opportunities that help women and girls become self sufficient.

Extra Virgin Olive Oil.....\$23 ea

Flavored Olive Oils.....\$25 ea

(Lemon, Garlic, Jalapeno, Herb and Basil)

Vinegars.....\$19 ea

(Fig, Pomegranate and Dark Cherry)

Olive Oils and Vinegars for cooking, salad oils and gift giving.

Call Jean Lund Morrisseau at 916/751-0712. She delivers!



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Visit to the Women's Club of Lincoln



On Tuesday, November 26, Soroptimist International of Lincoln had the honor of presenting at the Women's Club of Lincoln, sharing our mission to empower women and girls through education, mentorship, and opportunity. The event was a wonderful opportunity to connect with like-minded individuals and explore exciting potential collaborations.

One notable connection was with Maureen Sala, Scholarship Chairman for the Women's Club, who expressed interest in partnering with us to establish an S Club at Twelve Bridges High School. This collaboration could provide students with leadership opportunities and a chance to participate in community service projects aligned with our mission.

We also met several representatives from other nonprofits who are eager to discuss future collaborations, opening the door to strengthen our collective impact in Lincoln and beyond.

A heartfelt thank you to Holly Andretti for facilitating this connection and helping to bridge our organizations for greater community engagement. We are deeply grateful for the chance to build relationships that will help us continue to support and inspire women and girls in our community.

Ways to Donate



Soroptimist International of Lincoln club members can suggest monetary donations as a meaningful way to mark special occasions or express sentiments.

For birthdays, members can invite friends and family to donate to the club in lieu of gifts, such as, "In celebration of Taylor's birthday, we invite you to contribute to Soroptimist's mission of empowering women."

Anniversaries offer another opportunity, for example, "In honor of their 30th wedding anniversary, the Thomas' have requested donations to support local women with their educational pursuit."

Donations can also be made in honor of someone's achievements, like, "In honor of Sarah's promotion, we're supporting Soroptimist scholarships for young women."

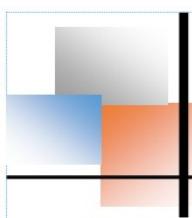
For memorials, a heartfelt gesture could be, "In memory of Lisa, we're collecting donations in lieu of flowers to support mental health initiatives for women and girls and other Soroptimist International of Lincoln programs."

Lastly, in times of sympathy, a thoughtful example is, "In sympathy for the Smith family's loss, the family asks for a donation to Soroptimist International of Lincoln."

Donations can be sent via Venmo (@SoroptimistInternational-ofLin) or by check to P.O. Box 354, Lincoln, CA 95648.

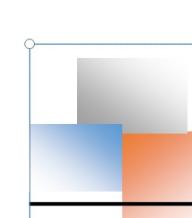
When donating, please add a note of the special occasion or sentiment you are expressing so that we

November & December 2024 Calendar



NOVEMBER 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Election Aide Fundraiser
3 Election Aide Fundraiser	4 Election Aide Fundraiser	5 Election Aide Fundraiser	6 Speakers Meeting @ Noon Round Table Pizza	7	8	9
10	11 Red Robin Fundraiser	12 Board Meeting @ 5pm MultiMedia Room Sun City	13	14	15 Live Your Dream Deadline	16
17	18	19	20 Business Meeting @ 5:30pm Via Roma	21	22	23
24	25	26	27	28 Thanksgiving	29	30



DECEMBER 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7 Christmas Parade @ 3:30pm
8	9	10 Board Meeting @ 5pm MultiMedia Room Sun City	11	12	13 Holiday Party @ 5pm Jill Messenger's House	14
15	16	17	18 Chamber Breakfast @7:30—9:00am	19	20	21
22	23	24 Christmas Eve	25 Christmas	26	27	28
29	30	31				



Membership



Just for Fun



Board, Business
or Operations
Mtg



Fundraiser



Holiday