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The Arete

a publication of alpha delta chi

Welcome to the Arete!

The Arete is the quarterly online newsletter of Alpha Delta Chi, distributed to actives, alumnae, parents, and anyone interested in activities, highlights, and other news regarding Alpha Delta Chi nationwide. The National Board has recently selected an editor and a committee of writers to reestablish the issuance of the newsletter. This marks the first issue since Fall 2015. An archive of previous issues is available online on [here](#).

Moving forward, each upcoming issue will have one or two feature stories highlighting activities and events, an alumna spotlight, an active spotlight, and an advice/devotional column called "Wonders and Wisdom." In the future, we will include more information from chapters along with National Board updates. Do you have a spotlight nomination or a story you'd like to share? Please submit it [here](#)!

Meet the Arete Team



Haley "Journey" Goddard

National Board Jr. Secretary

Active Chapter: Pi, University of Colorado Boulder

Pledge Semester: Fall 2013

Current Hometown: San Diego, CA

Current Job: Water/Wastewater Engineer



Arete Editor

Active Chapter: Sigma, Georgia Tech

Pledge Semester: Spring 2008

Current Hometown: Atlanta, GA

Current Job: Campus Minister at Georgia Tech

Christian Campus Fellowship



Kandice "Krio" Haag

Arete Writer

Active Chapter: Delta, San Diego State University

Pledge Semester:

Current Hometown: San Diego, CA

Current Job: Storage Facility Co-Owner, Birth Doula

Interested in becoming a writer? Please email info@alphadeltachi.org for more information! Actives and alumnae welcome!

AGO Pismo Flag Football 2017

The Kappa Chapter of Alpha Gamma Omega hosted their 25th Annual Pismo Flag Football Tournament on Saturday, October 14th. The tournament takes place at Pismo State Beach every October. 7 ADX active teams and one ADX alumnae team participated this year, equating to a total of 130 women. Pi Chapter drove 2,330 miles (36 hours) to come all the way from Colorado to play! It was an awesome weekend filled with Christian fellowship and fun.

The alumnae "All Star" team included Jessica "Rose Veranda" Benson (Beta), Nicolette "Disco Dance Party" Conte (Epsilon), Brianna "I Have a Hobbit of Eatin' Strawberries in the Shire" Calvin (Epsilon), Scarlett "Razzmatazz" Siemens (Theta), Alyssa "Samsara" Kilambi (Iota), Chelsea "Blu" Morrow (Iota), Kelly "Malibu" Arnett (Iota), Zoe "Swing Velvet" Peszek (Pi), and Haley "Journey" Goddard (Pi), under the brilliant coaching of Elle "Cadence" Freeman (Theta). Despite our "setback" in age, the alumnae went undefeated during pool play. Active teams advanced to tournament play in the afternoon, and ADX Delta Chapter won the final



(Left to Right) Jessica, Zoe, Haley, Elle, Kelly, Alyssa, Scarlett, and Chelsea on the alumnae team at Pismo!





.... for a killer catch and a touchdown by Alyssa!

Active Spotlight: Elise Delaware



Elise “Beanie” Delaware

Pi Chapter – University of Colorado Boulder

Pledge Semester: Fall 2014

Major: Speech, Language, and Hearing Sciences

Hometown: Louisville, CO

Elise “Beanie” Delaware is a senior in Pi chapter. During Spring 2016 through Fall 2017, she was given an amazing opportunity as the first ADX to serve on a Panhellenic Executive Board. During her term, she left quite an impact on the Greek community, launching several philanthropic

of the Year for CU.

Q: What did you do on the Panhellenic Council?

A: During my time on the Panhellenic Executive Board, I served as the Director of Philanthropy and Service. My main responsibilities included overseeing the planning and execution of philanthropy events in the spring and fall for each sorority chapter on campus, as well as coordinating events to support our national Panhellenic philanthropy, Circle of Sisterhood.

Q: How did you get the position?

A: Prior to applying and interviewing to be apart of the board, as Philanthropy chair of ADX, I was extremely adamant about encouraging ADX members to participate and support the larger Panhellenic community. These efforts didn't go unnoticed, so much so that the Panhellenic Board at the time voted to allow associate chapters (i.e. ADX) to participate in certain roles on the Board. Once this opportunity opened up, I prayed about it a ton and eventually just applied, not thinking it'd go anywhere. I was thrilled and terrified when I received an interview, which involved fourteen active board members asking me questions about my passions, flaws, and everything in between. By the end of the week, I was notified that I had been chosen for the position.

Q: What was your favorite part about the position?

A: The best part of this position was having the opportunity to meet so many incredible sorority women and hear all of their stories, passions, and aspirations. It is so easy for college students to get stuck in the same group of friends and participating on the Board pushed me to make connections across sorority houses. I could not be more grateful for that opportunity.

Q: What was the biggest challenge?

A: The biggest challenge for me during the year was constant pioneering as I worked with the campus Greek Life advisers towards figuring out exactly how an associate member would fit onto the Board. This included determining where to draw the boundaries for my participation, particularly with formal recruitment procedures, and how to incorporate ADX into more Panhellenic events.

Q: Did your perspective about ADX and/or the Panhellenic community change in any way?

presence that strictly enforced the rules and made decisions that involved ridiculous themes and t-shirts and that the women apart of it were so different from the women in ADX. As I began to learn more about its purpose and goals, I quickly realized how much passion the Panhellenic community has for its women and their success and that all sorority women have so much in common with one another. Although the Panhellenic community at CU has over 3,000 women, I found it so easy to love and be loved by many of my newfound friends. For years prior to serving on the Board, I felt as though ADX was the outsider chapter; but I realized how eager others were to learn about what ADX is and rope us into their community. It was incredibly humbling to see how quick these college-aged women were to reach out and welcome others in.

Q: Are there any insights you gained regarding ADX's relationship with the Panhellenic community? How do (or how can) both parties benefit from each other?

A: We [ADX], as the "lights on the hill," can bring so much light and grace to our campus, especially to the Panhellenic community because being sorority women is all about loving one another and lifting each person up. Through Christ, we have an incredible capability to do this, because He gives us strength when the coffee is just not enough (and all other times too, of course). Being part of this community also gives us the opportunity to broaden our awareness of the amazing accomplishments that are happening on campus and allows us to help support them.

Q: Do you have aspirations/plans now that were inspired by your experience on Panhellenic?

A: My main goal while on the Board was to inspire selflessness and a spirit of servant-hood through raising awareness toward our philanthropy organization, Circle of Sisterhood. I am continually advocating for women's education to the point of even exploring employment opportunities with this organization. I had no idea I was so passionate about women's education and empowerment, and I am so very grateful to the Panhellenic Board for awakening this in me.

Q: Anything else you would like to share about your experience?

A: ADX chapters who have been given the opportunity to be associated with Panhellenic shouldn't be discouraged from participating. Some groups may come across as exclusive, but most are super awesome and welcoming and excited to

Wonders & Wisdom

“Be Satisfied with Me”, A Prayer by St. Anthony of Padua

Everyone longs to give themselves completely to someone,
To have a deep soul relationship with another,
To be loved thoroughly and exclusively.
But God, to a Christian, says,
“No, not until you are satisfied, fulfilled and content
With being loved by Me alone,
With giving yourself totally and unreservedly to Me,
With having an intensely personal and unique relationship
With Me alone.
Discovering that only in Me is your satisfaction to be found,
Will you be capable of the perfect human relationship
That I have planned for you.
You will never be united with another until you are united With Me alone,
Exclusive of anyone or anything else,
Exclusive of any other desires or longings.
I want you to stop planning,
Stop wishing,
And allow Me to give you the most thrilling plan existing,
One that you cannot imagine.
Please allow Me to bring it to you.
You just keep watching Me, expecting the greatest things.
Keep experiencing the satisfaction that I Am.
Keep listening and learning the things I tell you.
You just wait.
That’s all.
Don’t be anxious. Don’t worry.
Don’t look at the things you think you want;
You just keep looking off and away up to Me,
Or you’ll miss what I want to show you.

I'll surprise you with a love far more wonderful than any
You could dream of.
You see, until you are ready and until
The one I have for you is ready
(I am working even at this moment to have you both ready at the same time),
Until you are both satisfied exclusively with Me
And the life I prepared for you,
You won't be able to experience the love that
Exemplified your relationship with Me.
And this is the perfect love.
And dear one, I want you to have this most wonderful love,
I want you to see in the flesh a picture of your
Relationship with Me,
And to enjoy materially and concretely
The everlasting union of beauty, perfection and love
That I offer you with Myself.
Know that I love utterly.
I Am God.
Believe it and be satisfied.

A special thank you to Harper Brown and Kimberly Rivera from Pi Chapter for
sharing this piece!

