

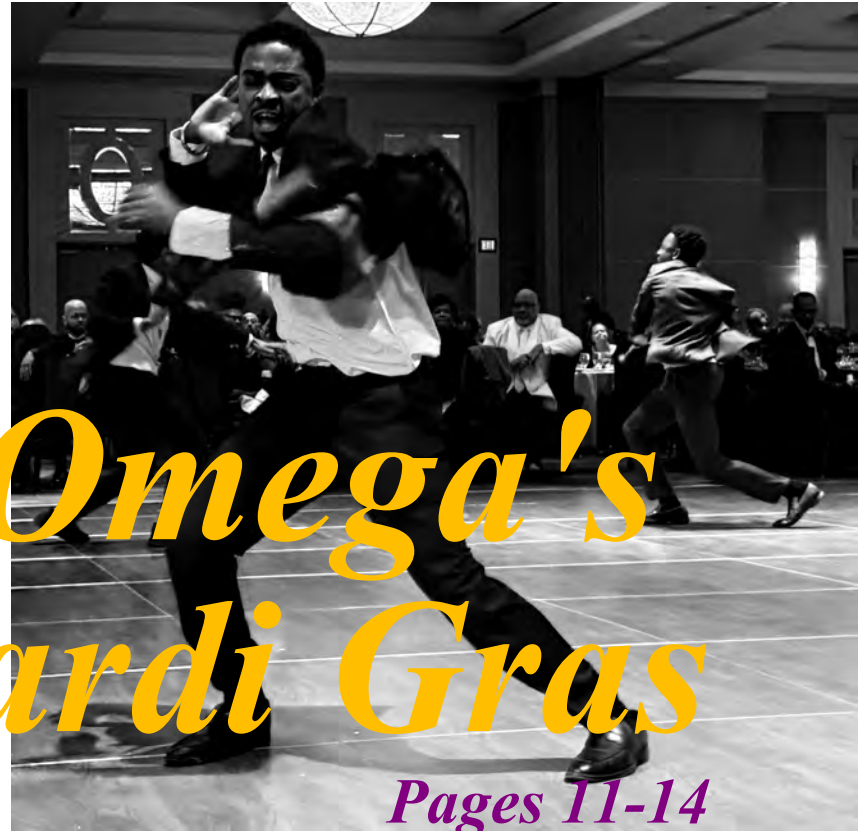


ALPHA OMEGA CHAPTER NEWSLETTER

February 2026
www.alphaomegachapter.org

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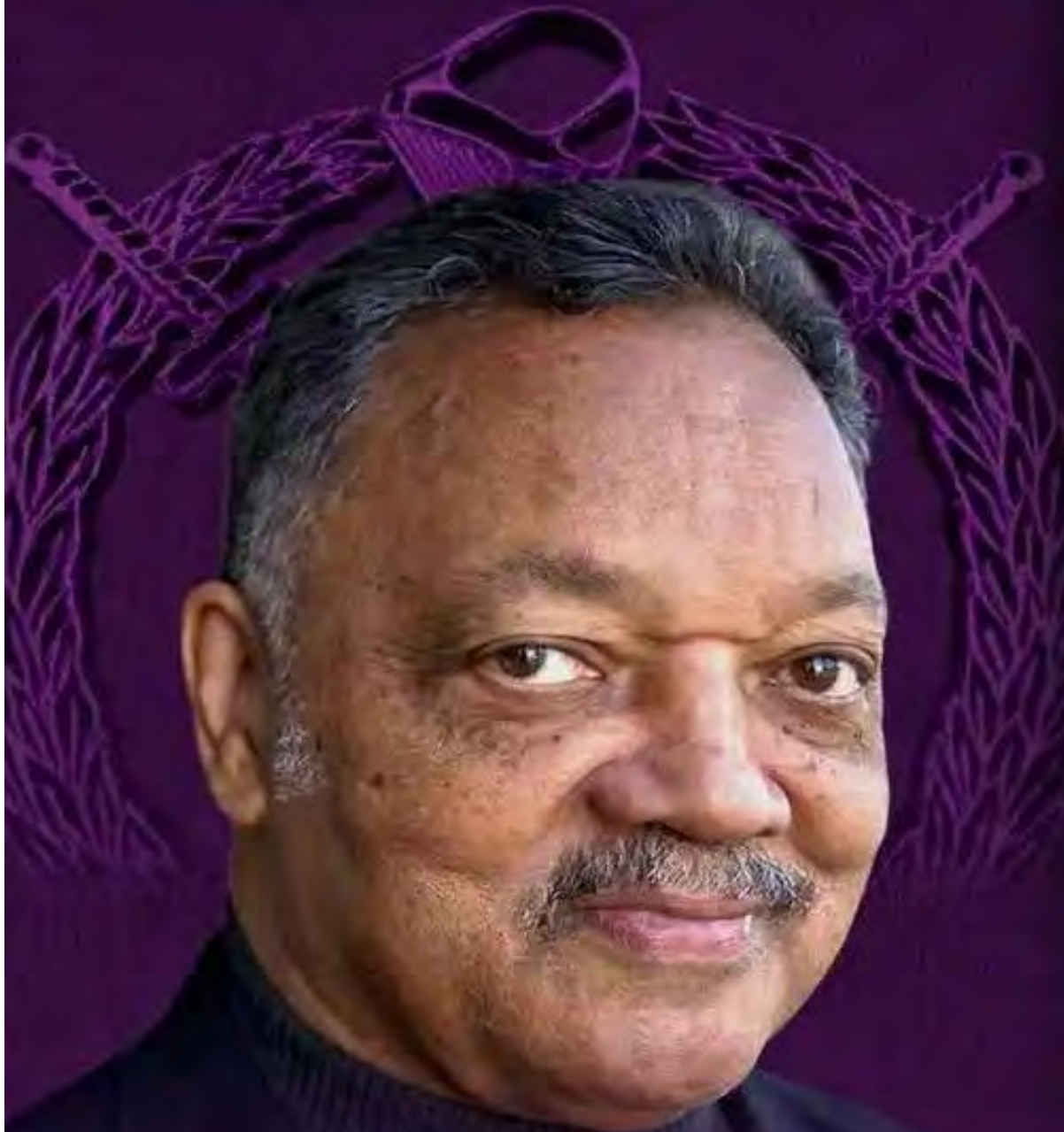
Alpha Omega's 66th Mardi Gras

Pages 11-14

Photo by Brother Patrick Edmond



At the 66th Alpha Omega Chapter's Mardi Gras on Feb. 7, 2026 (clockwise from top), Brother Judge Herbert B. Dixon Jr., accepts the Mardi Gras King's crown from Brother Henry D. Toney, Mardi Gras King at Alpha Omega's 2024 Mardi Gras, Brothers of Alpha Chapter set out a hop during the festivities, Brother Richard Jackson comes dress for the affair, and Alpha Chapter Queens are escorted by the Omega Men D'Nyah Jefferson-Philmore and Mark Marotta, Mackenzie McIntyre and Noah Fitzgerald, and Janasia Blake and Baxter Barber. For more about the gala, see pages 11-14.



When we Wear the Gloves...

**BRO. REV. JESSE LOUIS
JACKSON, SR.**

FIFTEENTH 2ND VICE GRAND BASTILEUS

Alpha Omega salutes Brother Jesse Jackson for a life of service, keeping hope alive

The following statement from Alpha Omega Chapter was posted on social media following the news of the death of our beloved Bro. Rev. Jesse L. Jackson, Sr. on Tuesday, Feb. 17.

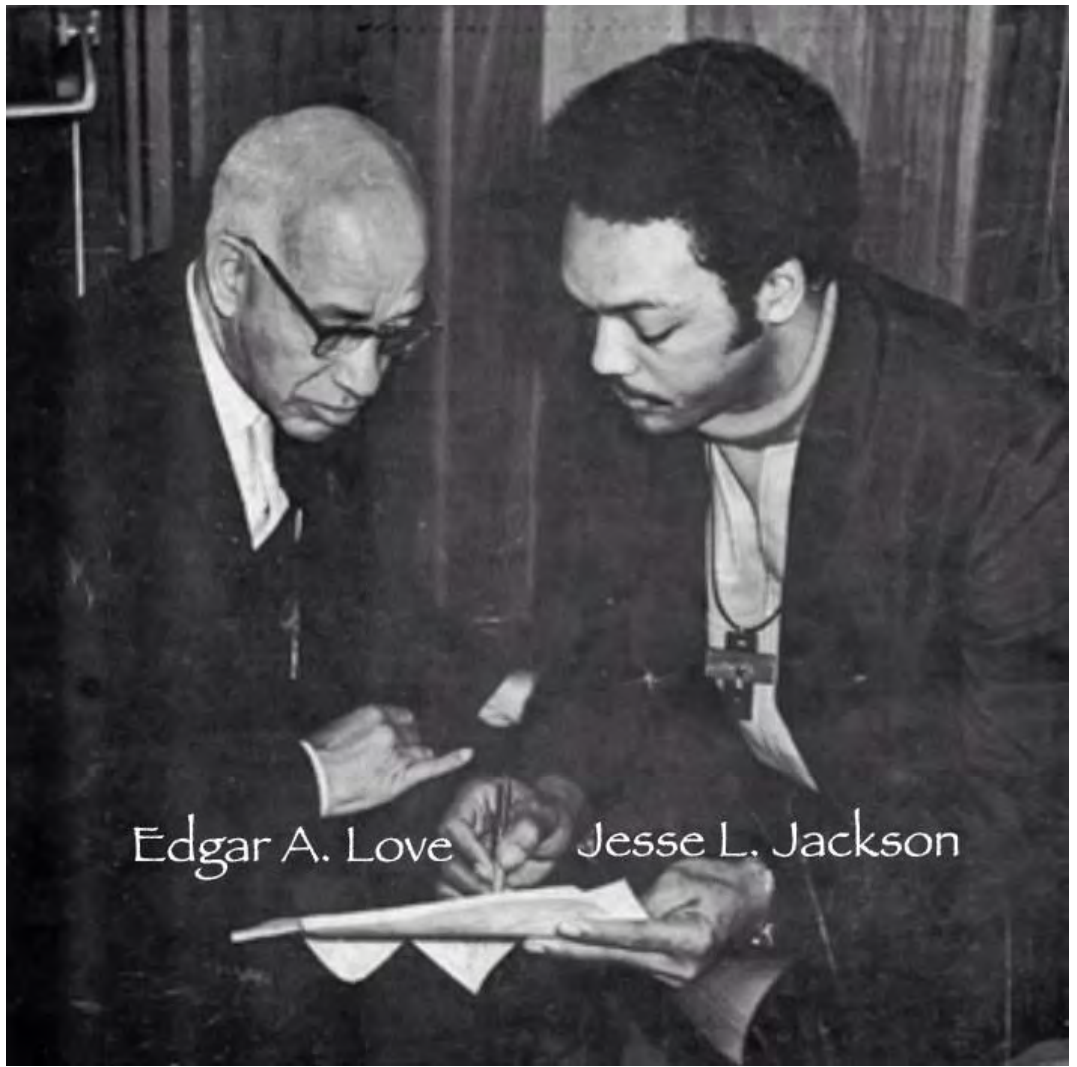
By Brother Barry Hudson
Alpha Omega Chapter
Communications & PR Chair

The Brothers of Alpha Omega Chapter, Omega Psi Phi Fraternity, Inc. are saddened by loss of our brother, the incomparable Reverend Jesse L. Jackson, Sr., who entered Omega Chapter on Feb. 17, 2026. We extend our sincere condolences to his family, friends, colleagues and the communities he impacted.

Brother Reverend Jackson, a Spring 1960 initiate of Pi Psi Chapter, was an icon who skillfully moved from the streets of America advocating for racial equality and civil rights to the board rooms of corporate America demanding economic parity and justice. He made us believe that we were all **SOMEBODY** and to, that we must **KEEP HOPE ALIVE**. He truly embodied our fraternity's Cardinal Principles of Manhood, Scholarship, Perseverance and Uplift.

Brother Reverend Jackson believed that the idea of America, and that our country could be a place of justice and equality for everyone -- something he fought for everyday.

The Men of Omega Psi Phi Fraternity, Inc., will never forget his contributions to our fraternity, the communities he fought for, and his world changing accomplishments. Thank you Brother Reverend Jackson for all you did and the legacy that you leave behind. The world is a better place thanks to your work.



Honoring Black History: Recognizing the Omega Psi Phi Fraternity, Inc., as 'a first'



Photo by Brother Barry Hudson

DC News Now filmed a segment Jan. 23, 2026 that aired in February during Black History Month about the Omega Psi Phi Fraternity, Inc., as the first international fraternity founded on the campus of a historically black college and university. Brother Barry Hudson, Alpha Omega's chairman of its Communications and Public Relations Committee, coordinated the segment, which Alpha Omega Basileus Wendell Bugg, Brother Robert Warren, Esq., and Brother Mark Marotta, of Alpha Chapter, were interviewed by Mark Hall, of D.C. News Now. If you missed the full interview on DC News Now, view it out at the DC News Now website at https://www.dcnewsnow.com/video/full-interview-first-black-fraternity-founded-in-dc/11499075/?fbclid=IwY2xjawQMTcJleHRuA2F1bQlXMQBzcnRjBmFwcF9pZBAyMjIwMzIxNzUg4MjAwODkyAAEeKLSw11sxXW_SUGzlib6E1axLz7PjAxXyCygCixC0K7WUtweO2dkaEti70bg6s_aem_9b0Hdrs6hXXBHoJaTXzelg

History making Brother Charles Bolden speaks at the Dunbar High School

Brother Charles Bolden, of Alpha Omega Chapter, the first Black NASA administrator and a pioneering astronaut, discussed his adventures in space and trailblazing career with students at the Dunbar High School in Washington, D.C. on Feb. 19, 2026.

Appointed by President Barack Obama, Brother Bolden served as the 12th NASA Administrator from 2009 to 2017, overseeing the agency's transition to a new era of space exploration, including Martian exploration and commercial partnerships.

A retired Marine Corps Major General and astronaut, Brother Bolden logged over 680 hours in space across four shuttle missions from 1986 to 1994. His historic space missions included piloting the 1990 Hubble Space Telescope deployment (STS-31) and commanding the first joint U.S.-Russian shuttle mission (STS-60) in 1994.

Brother Bolden graduated from the U.S. Naval Academy in 1968 and flew more than 100 missions over North Vietnam, Laos, and Cambodia during his career as a Marine pilot flying the A-6 Intruder following his graduation.

Brother Bolden has shared that his interest in space travel was fueled by watching movies as a kid about Flash Gordon flying to Mars while sitting in the balcony where Black people had to sit separately while he was growing up in a time of racial segregation in his home state of South Carolina.

He has also shared his thrill of watching lightning storms from the mesosphere to the heartbreak of the Challenger disaster in which he lost colleagues and friends, including Fraternity Brother Ronald McNair.



Bolden said that while serving as a Marine pilot in 1969, becoming an astronaut and going into space was the last thing on his mind.

"Many years later, it took the encouragement of another mentor of mine, the late, great Dr. Ron McNair, astronaut, for me to even believe in myself to apply to the astronaut program," he shared. "Obviously, that changed my life."

"The Space Shuttle brought diversity to an incredibly technical program. We've had people like me who have gone to space who would have never done that had it not been for the Space Shuttle era."

Brother Bolden has frequently shared that looking at Earth from orbit fundamentally changed his perspective. "From space, the political boundaries and national lines that define maps on Earth simply do not exist." He emphasizes that there is only one human race living on one fragile planet. "And this vantage point fosters a sense of collective responsibility for the environment and for each other, moving beyond divisions of country or race."



Photos from Brother Akinyele Calhoun

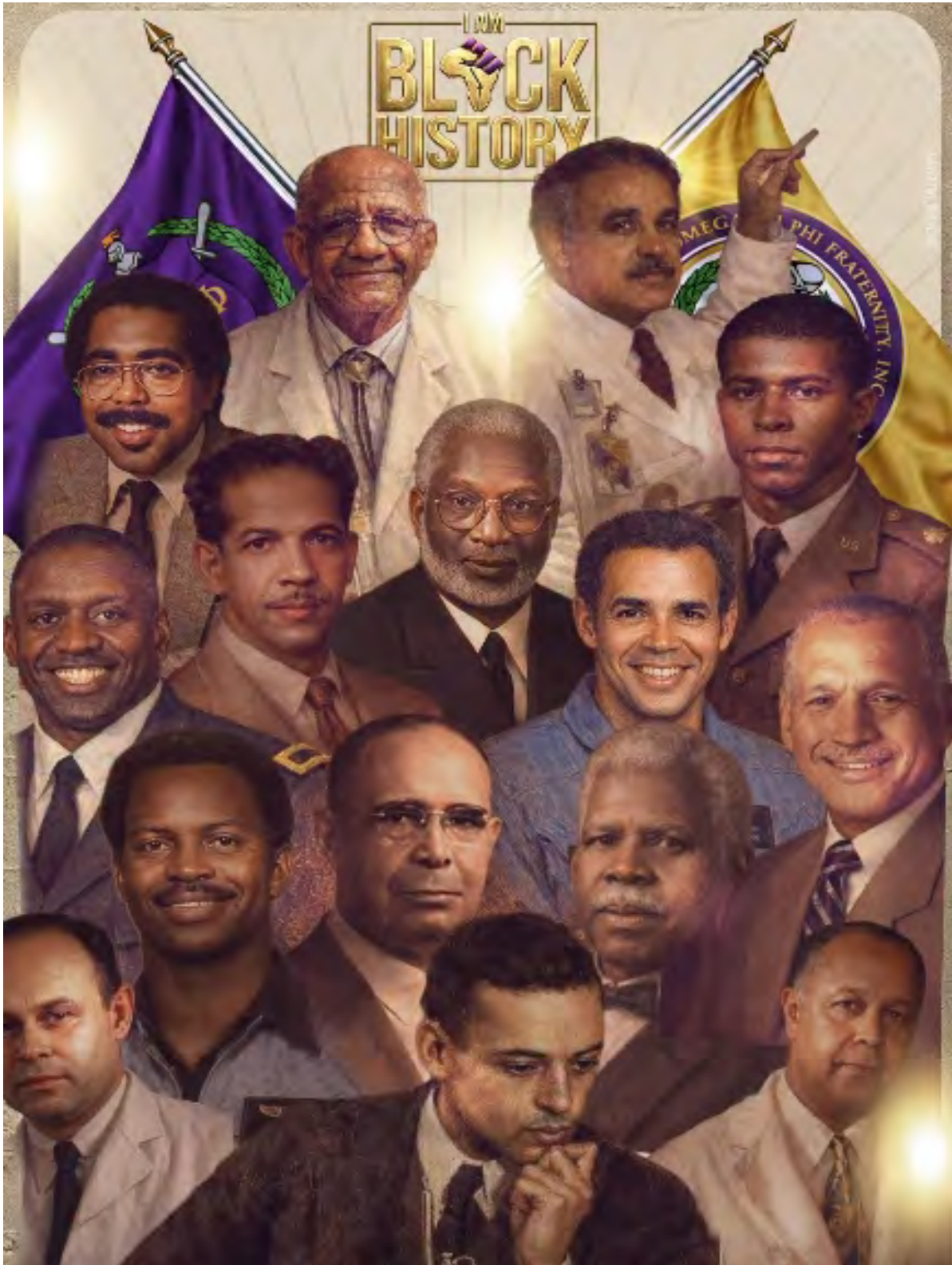
History making Brother Charles Bolden speaks at the Dunbar High School



'Many years later, it took the encouragement of another mentor of mine, the late, great Dr. Ron McNair, astronaut, for me to even believe in myself to apply to the astronaut program. Obviously, that changed my life.'

Brother Charles Bolden

Omega Titans of Science



Omega Titans of Science include (from top left) Dr. William Conan Davis, Dr. Julian Haywood, (second row) Dr. Walter E. Massey, (third row) Dr. Lincoln Diuguid, Dr. David Satcher, Maj. Robert Lawrence, (fourth row) Lt. Gen. Raymond Scott Dingle, Col. Frederick D. Gregory, (fifth row) Dr. Ronald McNair, Dr. W. Montague Cobb, Dr. Hildrus Poindexter, Maj. Gen. Charles Bolden, (sixth row) Dr. Charles Drew, Dr. Ernest Everett Just, and Dr. Percy Julian.



Photos by Brother Barry Hudson

Brothers hold annual Talent Hunt auditions

On Feb. 21, 2026, talented DMV high school students auditioned for the Washington, DC Area Chapters of the Omega Psi Phi Fraternity, Inc. 2026 Talent Hunt Competition at the University of the District of Columbia's Theatre of the Arts on the Van Ness Campus.. As always, some amazing artists displayed their talents to the committee with hopes to qualifying for the final competition scheduled for Saturday, March 7, 2026 at 3:30 p.m. in the same location. The Omega Psi Phi Fraternity, Inc., initiated the Talent Hunt in 1945 and the first competition was held on April 19, 1946, in Charlotte, NC. It was created to provide exposure and scholarships to Black students who had limited opportunities to showcase their talents in visual and performing arts. All Brothers are encouraged to attend the entertaining Talent Hunt on March 7.

***The Washington, D.C. Chapters
Omega Psi Phi Fraternity, Inc.,***

Talent Hunt

March 7, 2026 at 3:30 p.m.

***University of the District of Columbia
Van Ness Campus Theatre of the Arts***



THE WASHINGTON AREA CHAPTERS OF THE OMEGA PSI PHI FRATERNITY, INC.

ALPHA • ALPHA OMEGA • DELTA THETA • KAPPA PSI • OMICRON GAMMA



PRESENTS

The Annual Memorial Service

Theme

“Never Forgotten”

Saturday, March 14, 2026

**New Bethel Baptist Church
1739 9th St NW Washington DC**

Service: 9:11 a.m. - 10:00 a.m.

Luncheon: 10:00 a.m. - 11:00 a.m.





2026 St. Jude campaign underway

By Brother "EJ" Johnson
Alpha Omega Chapter
Keeper of Records and Seal

The Alpha Omega Chapter's 2026 "St. Jude Power of Giving" campaign for St. Jude Children's Research Hospital is underway.

Donations help St. Jude Children's Research Hospital find cures and save children's lives. We are asking each brother to visit the following link and help by donating \$100.

The link created to make your donations is at https://fundraising.stjude.org/site/TR?px=8796074&fr_id=164038&pg=personal. Our chapter's goal is to raise \$7,000, and we need your support to reach it. To do so we ask

that each brother to do these three things:

- Kick start the fundraising campaign by donating at least \$100;
- Once weekly, utilize your personal social media applications by posting the Word attachment at <https://mail.google.com/mail/u/0/#search/Keeper+of+Records+and+Seal/FMfegzQfBsjtkdslXhxdKzLTDLntHhW> and sending it to your family and friends;

- Get a family member and a friend to match your donation.

Let's continue to make a difference by supporting research and treatment that is literally saving the lives of so many children.

Donation Guidelines: All donations must be made online (https://fundraising.stjude.org/site/TR?px=8796074&fr_id=164038&pg=personal) via credit card or electronic payment. Do not mail checks.

Fundraising Strategies: The key to success is engaging Brothers to solicit donations from friends, family, and community members. See attachment

Campaign Deadline: **June 30, 2026**

If you have any questions or need additional information, please contact our chapter's point of contact, Brother Eric "EJ" Johnson, at aqkrs1911@gmail.com or by telephone at 202-600-0050.

Alpha Omega's 66th Mardi Gras

Alpha Omega Chapter and the Alpha Omega Social Action and Scholarship Foundation hosted their 66th Mardi Gras on Feb. 7, 2026 at the Bethesda North Marriott, bringing out families, friends, fun, and funds for a worthy cause -- fundraising for their social action and scholarship efforts. For more about the gala, see <https://afro.com/alpha-omega-mardi-gras-ball/>. For more information about the Alpha Omega Social Action and Scholarship Foundation, visit <https://aosasf.org/>.



Alpha Omega's 66th Mardi Gras



*Laissez les bons temps
rouler" (Let the good
times roll)*

Alpha Omega's 66th Mardi Gras



Alpha Omega's 66th Mardi Gras



*Beads and bling: It's a
Mardi Gras thing*



International Undergraduate Summit 2026

Alpha Omega Chapter Brothers joined with other Third District Brothers at the Omega Psi Phi Fraternity, Inc.'s International Undergraduate Summit (IUGS) 2026, held Jan. 28-Feb. 1, 2026, at the Marriott Marquis in Atlanta, Georgia. The summit brought together undergraduate brothers, advisors, and national leaders for a powerful experience focused on leadership development, brotherhood, professional growth, and service.

**Register for the
93rd Annual
Third District
Meeting at
<https://3rddistrictportal.org/event/db6daa32-ed29-4349-8f7a-8fa46eeab3c2>**




93rd ANNUAL THIRD DISTRICT MEETING

APRIL 9th - 12th, 2026

HOSTED BY GAMMA XI CHAPTER

~ REGISTRATION ~



February is Heart Health Month -- take care of yours

Submitted by Brother Quincy Handy
Alpha Omega Chapter Health Initiatives Chair

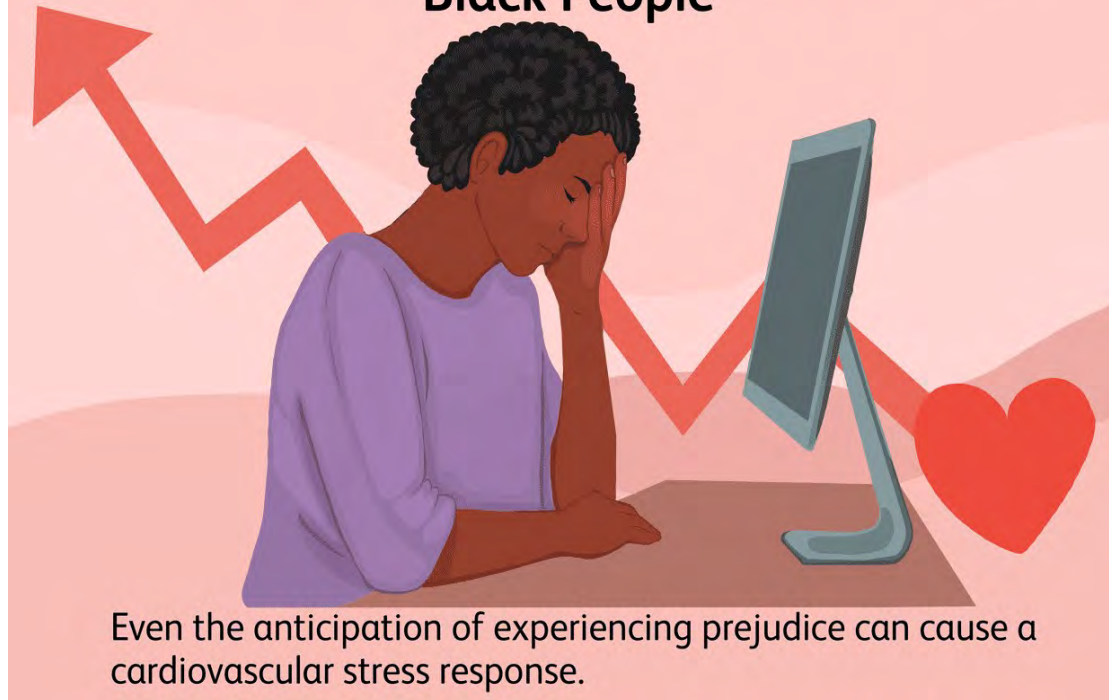
February marks American Heart Month, a dedicated time to focus on your cardiovascular health.

Heart disease remains the leading cause of death in the United States followed by cancer. While these statistics affect everyone, Black and Brown communities face a disproportionate burden. Data from the Centers for Disease Control and Prevention (CDC) shows that Black Americans are 26 percent more likely to die from heart disease than White Americans, with even wider gaps for those under age 50. Recognizing these disparities helps you take proactive steps to manage your unique risks and improve your long-term health outcomes.

Managing your weight and nutrition provides a strong defense against cardiovascular issues. High blood pressure, high cholesterol, and diabetes serve as primary risk factors that often stem from unhealthy eating patterns. You protect your heart by choosing whole foods over processed items and monitoring your sodium intake. Maintaining a healthy weight reduces the strain on your heart and lowers your risk of preeclampsia and other complications. Consistent physical activity further strengthens your heart and improves your circulation, helping you combat a family history of early heart disease.

Prevention requires identifying personal risks like smoking, age, or a family history of heart conditions. If doctors diagnosed your father before age 55 or your mother before age 65, your risk increases significantly. Women must also monitor their blood pressure closely if they have a history

How Stress Impacts Heart Disease Risk in Black People



of preeclampsia. Regular check-ups allow you to track your numbers and address prediabetes before it progresses. By focusing on these controllable factors, you build a foundation for a longer, healthier life for yourself and your family. Safeguarding your community also involves preparing for emergencies. Learning CPR gives you the skills to save a life when every second counts. Because heart disease impacts Black and Brown men and women at higher rates, your ability to perform CPR provides a critical safety net for those around you. Taking a familiarization course like Compress and Shock or a certification course through the American Heart Association or the Red Cross, for example, empowers you to act with confidence if called to serve during a cardiac event. Prioritize your heart health by committing to better habits and gaining the knowledge to help others in need.

(References: <https://www.ahajournals.org/>; <https://www.ucsfhealth.org/education/weight-management>; <https://www.cdc.gov/heart-disease>; <https://med.stanford.edu/>.)



Black men should get the flu shot to reduce the risk of severe, life-threatening complications, as they often face a higher, disproportionate burden of chronic diseases like diabetes and heart disease, making them more vulnerable to influenza.

National Nutrition Month focuses on improving your diet

March is National Nutrition Month and this year's theme is "Discover the Power of Nutrition."

Selected by the Academy of Nutrition and Dietetics, this theme emphasizes the transformative, protective, and preventive role of food in helping individuals and communities thrive.

The key focus of this year's campaign to assist people in improving their diets include:

- Making Informed Food Choices: Selecting nutrient-dense foods for better health.
- Developing Healthy Habits: Establishing sustainable, long-term eating and physical activity routines.

National Nutrition Month highlights that good nutrition does not have to be restrictive or overwhelming, focusing instead on small, manageable changes, along with physical activity, mental health and proper sleep.

A healthy diet consists of a balanced, nutrient-dense eating pattern rich in fruits, vegetables, whole grains, lean proteins, and healthy fats, while limiting added sugars, sodium, and processed foods. It emphasizes variety, portion control, and proper hydration to maintain overall health, prevent chronic diseases, and provide sustained energy.

Core components of a healthy diet include:

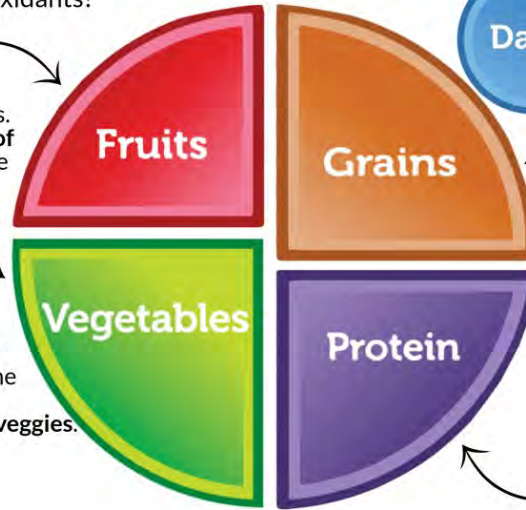
- Vegetables and Fruits: Make up half your plate with a variety of colors, including leafy greens, red/yellow peppers, and root vegetables. Aim for at least 5 portions daily.
- Whole Grains: Choose whole wheat, quinoa, oats, or brown rice over refined grains for fiber.
- Lean Proteins: Incorporate diverse sources like fish (twice a week), beans, lentils, nuts, seeds, skinless poultry, and eggs.
- Healthy Fats: Use olive, canola, or other vegetable oils, and include fat sources like avocados and nuts.

MyPlate: A Guide

Make half your plate fruits and veggies. They're packed with fiber & antioxidants!

Fruit: Eat fruits of all colors. Go for **fruit instead of juice**, which has more fiber and fewer calories.

Vegetables: The more colors and types that you eat, the better! Aim to get mostly **non-starchy veggies**.



Dairy: 3 servings per day gets you the calcium you need. Choose low-fat for fewer calories.

Grains: Eat mostly **whole grains**. Refined grains, like white bread and white rice, have less nutrition. Whole grains have more **fiber**, iron, and B vitamins.

Protein: A palm-sized amount at lunch and dinner is all you need. Beans, nuts, fish, and chicken are good, lean choices.

MyPlate is the U.S. Department of Agriculture's (USDA) official nutritional guideline illustrating the five food groups—fruits, vegetables, grains, protein, and dairy—to promote healthier, balanced eating. It replaced the Food Guide Pyramid in 2011 to provide a simple, visual, and personalized approach to daily nutrition.

- Dairy/Alternatives: Include fat-free or low-fat milk, yogurt, or fortified soy alternatives.

Key principles and habits for beginning and maintaining a healthy diet include:

- Minimize Processed Foods: Reduce intake of foods high in salt, sugar, and saturated fats.
- Hydration: Drink water, coffee, or tea instead of sugary beverages.
- Portion Control: Balance calorie intake with physical activity.
- Consistency: Eat regular meals, including breakfast, to avoid extreme hunger.
- Variety: Eat a wide range of foods to ensure a broad nutrient intake.

For more information about healthy eating, visit <https://www.myplate.gov/>.

References: [myplate.gov](https://www.myplate.gov/)



March is Sleep Awareness Month: Are you getting enough?

March is National Sleep Awareness Month, an annual campaign highlighting the critical connection between sleep, health, and well-being. It encourages people to evaluate their sleep habits, as proper rest is vital for reducing risks of chronic diseases like diabetes, high blood pressure, and obesity.

One of the goals of the campaign is to raise awareness of the importance of 7–9 hours of sleep for adults to maintain brain function, immunity, and overall health.

According to some studies, poor people and people of color get less sleep — that's bad for health and wealth. These studies indicate socially disadvantaged racial minorities, sleep much less well on average than the rich, which can take a major toll on their physical and mental health.

"We used to think that sleep problems were limited to Type A professionals, and they certainly aren't immune, but low-income individuals and racial minorities are actually at greatest risk," says Wendy Troxel, a senior behavioral and social scientist at the RAND Corporation, who coauthored an analysis of socioeconomic disparities in sleep and health in the 2020 Annual Review of Public Health.

This disparity highlights the need for inadequate sleep among low-income adults and racial minorities contributes to higher rates of illnesses, including cardiovascular disease and dementia, both of which are more common among these groups, Troxel and her coauthors point out.

More than one in three US adults sleeps less than seven hours a night, the minimum recommended by the American Academy of Sleep Medicine. About seven out of 10 high school students fail to get the eight to 10 hours a night recommended for their age group. And each year, one in four Americans suffers from insomnia, while up to 7 percent of men have obstructive sleep apnea severe enough to leave them sleepy during the day. For many, sleep issues such as insomnia were worsened by the pandemic.

Merely living in low-income neighborhoods is a risk factor for poor sleep, for a slew of reasons that include more light and noise pollution and less access to green spaces. "It's said that your zip code matters

as much as your genetic code," says Troxel, who has gathered evidence demonstrating that where people live affects their health.

For African Americans, markedly higher rates of sleep apnea sabotage slumber, says Girardin Jean-Louis, a sleep researcher at New York University. One reason for this difference is that non-Hispanic Black people are 1.3 times as likely to be overweight or obese as non-Hispanic white people, federal data show, and this excess weight can partially close off breathing during sleep.

Stress is an additional impediment to sleep — and socially and financially disadvantaged people, not surprisingly, tend to have more of it. Financial problems, a relative lack of control over one's life, and systematic racism can all interfere with getting sufficient rest, Troxel says.

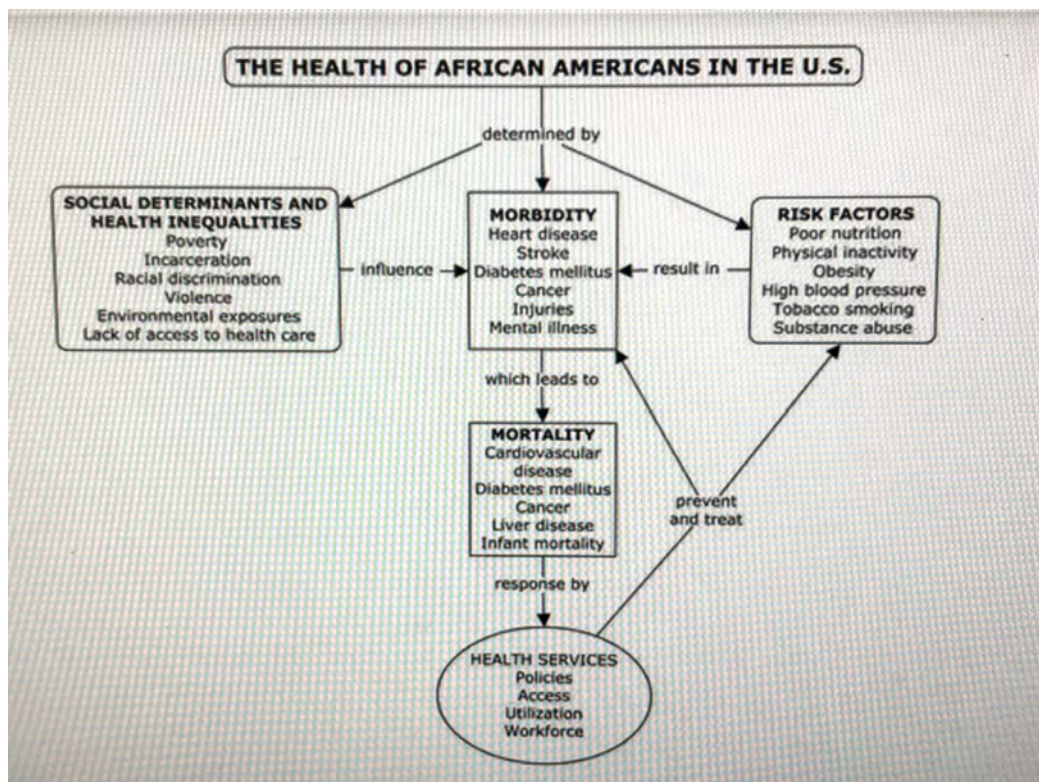
Black people, for example, consistently report more job-related stress than white people. On average they are more likely to work in jobs with little sense of control, work at more than one low-wage job at a time and live in poverty even when employed, research shows. In a sad irony, however, even as white people tend to sleep better as they advance in their careers and become more responsible at work, the opposite is true for Black people. The specific reasons

remain unknown, but some researchers cite "John Henryism" — named after the legendary Black "steel-driving man" — in which Black people overwork to prove they can succeed.

According to the Mayo Clinic, to improve yours sleep maintain a strict schedule by going to bed and waking up at the same time daily, even on weekends. Create a restful, dark, and cool environment, and limit screen time or bright lights for at least 30–60 minutes before bed. Avoid caffeine, alcohol, and heavy meals in the evening. Keep the bedroom quiet, dark, and cool. Use blackout curtains or an eye mask if necessary.

Also, engage in relaxing activities before bed, such as reading, taking a warm bath, or practicing deep breathing. Avoid caffeine and nicotine, stimulants that interfere with sleep. Limit alcohol, which can cause fragmented, poor-quality sleep. Exercise regularly to improve sleep quality, but avoid intense workouts within 2–3 hours of bedtime. Get exposure to natural sunlight to maintain your circadian rhythm. Avoid napping after 3 p.m. and keep naps under 20 minutes.

References: <https://www.pbs.org/newshour/health/poor-people-and-people-of-color-get-less-sleep-thats-bad-for-health-and-wealth>; Mayo Clinic.



The Love Brothers and Omega

By Brother Ben Watson

The Love Brothers —Julius Henderson (1885), William Albert (1888), Edgar Amos (1891), and John Wesley (1894) — were born into purpose: sons of Rev. Julius C. Love and Susie Love (Carr), the first woman to graduate from Morgan State University. They came through Morgan’s prep tradition before stepping onto Howard University... and once they arrived, Omega history started sounding like a family name.

William Albert Love was the first to leave a campus footprint with a degree in hand — bachelor’s in 1910, then an M.D. in 1914 — before building a respected practice in Kansas City and helping organize Beta Omega in 1922. But don’t miss where his Omega story begins: when Alpha Chapter was chartered in 1911, William was selected as a charter member, at age 23. Omega Chapter: 1972, age 84.

Julius Henderson Love matched that excellence with legal power — A.B. (1910), LL.B. (1912) — and carried it straight into community impact, establishing a successful private law practice in Montgomery, West Virginia. Like William, his Omega membership is rooted in the beginning: he was selected as a charter member in 1911 at age 26. Omega Chapter: 1956, at age 71.

Edgar Amos Love —t he Founder — didn’t just make history... he pulled family into the foundation. In 1911, at age 20, he helped establish Omega at Howard, then proved that Omega leadership wasn’t meant to stay on campus: he served overseas in World War I as a U.S. Army chaplain with the 368th Infantry in France, then returned to a lifetime of faith-driven leadership and uplift as a Bishop. Omega Chapter: 1974, age 82.

Then the youngest completes the circle.

John Wesley Love is the only Love brother who was initiated into Omega through the Alpha Chapter in 1913, at age 19. He served in World War I as a First Lieutenant, then returned to earn his law degree from Howard in 1922, alongside Walter H. Mazyck and Campbell C. Johnson (Alpha Omega Chapter) — and the three were so aligned that they formed their own law firm in Washington, D.C. before John later moved to Charleston, West Virginia. He rose to Vice Grand Basileus (1922) and was elevated Grand Basileus on in 1924, then entered Omega Chapter suddenly in Charleston in 1951, at age 56.

So when you look at these restored and colorized faces, understand what you’re really seeing: A Founder who chose his two older brothers at the foundation in 1911... and the youngest brother, who was initiated in 1913, who went from war service to the law to the Grand Basileus of Omega Psi Phi Fraternity.

That’s not coincidence. That’s calling. That’s legacy. That’s the Love Brothers.



Alpha Omega cardigans, items for sale online

The AQ Chapter Cardigans are now available for pre-order on the AQ ecommerce website <https://shopaq.org/products/aq-cardigan?variant=53079716299116>. These new sweaters are a new way to represent AQ and the fraternity at events and chapter functions. Brothers can customize their cardigan with their name, line name, number, and life membership number (if applicable) on the chest. Additionally, those who have served as Chapter Basileus or District Representative may include that information on the left sleeve, as shown in the images above. So go online now and place your order today. You can support the chapter and get a nice sweater at the same time.



Sick and Shut-in Brothers

Brother, You Are On My Mind

Brother.....	Chapter of Initiation.....	Date of Initiation....	Email.....	Phone number
Floyd Robinson.....	Alpha Chapter.....	11/23/1948.....	Markwrob59@gmail.com.....	240-481-1861
Ralph Briscoe.....	Eta Gamma.....	4/6/1955.....		301-625-8655
Robert Fairchild.....	Eta Sigma.....	11/7/1964.....	rfairchild@msn.com.....	703-899-0111
Harold Jones.....	Apha Omega.....	4/22/1990.....	h_jcomcast.net.....	301-922-9862
Jesse Kingsberry.....	OmicronGamma.....	3/13/1982.....	jeki2116@ol.com.....	202-269-2116
Kenneth Milam.....	Alpha Omega.....	11/3/1978.....		771-210-7093
DeWayne Wynn.....	Alpha Omega.....	06/13/1981.....	dwynn1958@gmail.com.....	301-509-30677
Charles Janifer.....	OmicronGamma.....	1986.....		202-924-0239
Al Taylor.....	Alpha Omega.....	12/14/1974.....		703-271-6317

Brother, You're On My Mind



The Omega Psi Phi Fraternity, Inc. launched the Brother, You're On My Mind (BYOMM) initiative a few years ago in partnership with the National Institute on Minority Health and Health Disparities to change the national dialogue regarding mental health among African American men. Every year, more than 40 million Americans struggle with mental illness. African American men are as likely as anyone else to have mental illness, but they are less likely to get help. For more information, visit <https://oppf.org/byomm/>



Pay your dues, reclaim

Reclamation and retention are ongoing goals for Alpha Omega Chapter and to meet those goals Basileus Wendell Bugg urges all Brothers pay their dues and seek out Brothers who are reclaimable.

Alpha Omega Chapter's Reclamation and Retention Committee, has also set high goals for reclamation and retention for the chapter. Chapter dues are

- Regular member \$400
- Life member \$275
- Senior Brother \$370
- Senior Brother Life Member \$245
- Jr. Brother (under 30 years of age) \$220
- Super Senior Brother (at least 70 fraternal years in OPPF) \$0
- Late fee (after Dec. 31) \$5
- Reinstatement fee (reclamation) \$3
- Credit card fee for online payments \$3
- Dues can be paid online at <https://alphaomegachapter.org/aqdues/>



Rev. Courtenay Miller
Third District Chaplain

***Everyone is invited to join the
The Third District Worship and
Prayer service every Sunday at
1911 (7:11 p.m.)***

***Password: 090950
Dial In: 301-715-8592***

Zoom: Meeting ID: 770 6700 5487

Third District Facebook page at: www.facebook.com/3rddistrictques/live/

Calendar of Events and Key Dates

- **Alpha Omega Chapter Executive Committee Meeting**
-- March 7, 8 a.m. (Virtual)
- **Washington, D.C. Area Chapters Talent Hunt --**
March 7, 3:30 p.m. University of the District of Columbia's Theatre of the Arts, Van Ness Campus
- **Alpha Omega Chapter Executive Committee Meeting**
-- March 7, 8 a.m. (Virtual)
- **Annual Memorial Service -- March 14, 9:11 a.m. New Bethel Church, 1739 9th Street, NW, Washington, DC**

Alpha Omega Membership as of Feb. 20

- Total financial.....329
- Retained.....293
- Dual affiliation.....5
- Total transfers.....4
- Total reclaimed.....15

Alpha Omega Chapter Officers

Wendell Bugg
Basileus

301-503-4290, wdbugg@gmail.com

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Vice Basileus

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Keeper of Records and Seal

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Warren A. Crummer, Parliamentarian

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Achievement Week Committee

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ΩΨΦ
**BLACK
HISTORY
MONTH**

The Challenge of the Difficult

Editor's note: Delivered on April 12, 1962, at the Interdenominational Theological Center (ITC) in Atlanta, Bishop Edgar Amos Love's sermon, "The Challenge of the Difficult," calls on Christian leaders to embrace, rather than avoid, life's hardest challenges. Using the biblical figure of Caleb (Joshua 14) as a model, Love advocates for transformative, purposeful service over the "easy" life of conformity. The full sermon is at <https://www.youtube.com/watch?v=17uWxzNGBe4&t=7>

I want you to think in terms of the challenge of the difficult. The challenge of the difficult. These days, we often think about creature comforts. We're thinking in terms of things. We're thinking in terms of what the world thinks of as making for greatness. But the challenge is as strong before you today as it was before Caleb when he made his choice. It takes great confidence to request that? He had said before, 'We are able, let us go up at once and possess it,' but now he is saying it again when he is there. And he went in with the help of God, not only to subdue it, but to conquer it [the land of Canaan, the Promised Land].

It takes great courage to accept the difficult when that which is less difficult is yours for the asking. You remember when Joshua stood before God that day as he was about to go into Canaan? God said to him, 'Have I not commanded thee be of good courage?' And the Lord thy God is with thee wheresoever thou goest. Isn't that all any of us needs to know when we're facing the difficult -- that we need to be courageous because we know we have the presence of God with us wheresoever we may go?

I went overseas during the First World War. I was a chaplain in the war for more than three years and spent 14 months overseas. When we landed in Brest, 3,000 miles from home, we had 14 days for the crossing and several scares from submarines. We landed on a Saturday afternoon and pitched camp along the hillsides. Then I began to think about the tomorrow, which was a Sabbath day, the Sunday. And I went to see the colonel to see if we could have religious service on that Sunday, and he said, "Certainly. You go out on Sunday morning and pitch the chaplain's flag where you think is a good place to assemble, and have their bugler to sound the church call, and for all men who are not on duty we hope we'll attend your service." And then I went back to my tent and lay down on the ground to think in terms of what I might say to those men and to

myself, because I was lonely, too.

I was a young man, just 26 years of age, and never been so far from home, because I too was among strange people. I wonder what I could say to them and to me that would help all of us, and these words came to me: Have I not commanded thee so as long as thy Lord thy God is with thee wheresoever thou goest? You know, we're so prone to sometimes think that we are leaving our God behind us when we're going into difficult places. But when we can remember that, wherever we go, He is with us to sustain us. Now we can't meet the difficult unless we do have the strength of the Infinite with us. He has a great influence upon our character to know that we have him behind us, for it makes for strength within the individual.

There's a calling for men, such as Holland speaks of in his little poem, 'God Give Us Men.' Strong men. Men who are courageous. Men who cannot be bought. Men who have opinions and will. Men who have character. Men who have strength. It's so easy to go along in these days with a crowd and drift with them. It's so difficult to stand up for what we know is right and is wrong.

You are going to be the leaders in the church. Today, even, some of you are leading in churches, and tomorrow, certainly. And the world tomorrow is very much like the world is today. The Church of the Living God is in the midst of the world today for the same purpose as it has always been -- not to conform to the world, but to transform the world. I like to think of this school as the school of the prophets. Of course you come to learn, and you need all the knowledge you can get. But knowledge may simply make you priests around the altar of God. You need more than that. They need more than just the knowledge of the New Testament and the Old Testament and all about the period in which these things were written, and how do I interpret this. We need all of that. We need that knowledge. But we need men and



and women today who are going to stand out and say, "Thus saith the Lord," not just to read. "Thus saith the Lord."

It isn't difficult to preach a great sermon. You can go into your study and pull down tome after tome and get all the references you can from Bible and so on. And if you've got any mind at all, you can sit down and write a fine religious essay. You can do it if you got any kind of mind at all. And you can perhaps write a great sermon that would be a literary production. It isn't so difficult. But it's awful hard to preach a good sermon. And a good sermon comes out of your experience with the people with whom you are dealing.

Sometimes as one man has said, you need to take your chair out of the study, and put it in the marketplace so that you can hear the cries of the people, and you can hear the heartrending cries of the people, so you can sense their need, so that you can feel within you that you must administer to that needs. And then you come back, and some text will just jump at you and you'll preach a good sermon.

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The Challenge of the Difficult

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It's easy to preach what God did in Old Testament days, but you've got to bring it down to what God's going to do now. You can talk about what Jesus did in his day, but will he do it today? You've got to have the experience within yourself to know that he will do it because he has done it through you.

It's a great difference between just getting facts and then knowing the truth. Now, they tell me that this is a fact, that one more than a half makes a majority. They say that's a fact. But I tell you of a truth: that one with God is a majority. That's the truth. No, it's alright to know the facts. But the world today is not perishing because men lack knowledge of the facts. It's perishing today because men lack knowledge of the truth.

The blow has gone out of most of our churches. The fires on their altars are out. If they're not out, they've been covered so that we cannot see their flame.

We are the only group in the world, the Church of the Living God, through Jesus Christ whose one great imperative is to make good men, and what our world is crying for today -- not more great men, but more good men. We are in this business of helping to make men good and you can't help God to make good men unless you yourself are a good man. You can't impart what you don't have. You can't give what you don't have.

If you have goodness, then you know, we do more preaching through what we are than what we say. And I'm declaring unto you, it's so easy to conform. And so often the leaders of the church have become like that lizard that changes its color with every local environment. There are a lot of preachers like that -- public speakers who are speaking for God like that -- they change that color with every local community and every local situation. But you and I are to stand before the people and say, 'Thus saith the Lord.'

You know, the Christian religion is the most revolutionary religion that has ever come upon this earth. The only accusation they could bring up is Jesus and make it stick is he stirring up the people. That's the only accusation they could make, stick against Jesus.



Founder Bishop Edgar Amos Love (left), Assistant National Executive Secretary Harold Cook, and Founder Dr. Oscar James Cooper at the National Headquarters in Washington, D.C..

Of course he stirred up the people. He disturbed the status quo. And anytime in this day which you and I are living, you begin to tell men about their relationship to men, you're going to suffer. As long as Jesus talked about the love of God, how he made the sun shine on the just and the unjust and rain to fall on the just and the unjust, as long as he talked about the goodness of God, oh everything was just fine. You can do it today. You can go before your congregation at any time and preach about the goodness of God, and every one of us knows about the goodness of God, you won't stir up anybody. But when you begin to talk about man's relationship to man -- that's morality.

To me, I ought not to come here to talk about theology. But to me, my religion has only two aspects -- piety and morality. Piety is my relationship to God. Morality is my relationship to my fellow men. You can be pious, and yet you can be very immoral. There are a lot of pious people. It's so easy, you know, to worship God. Jesus said, "Why call

me Lord, not the things I command you?' You can't really be religious until you can treat your fellow men right. And that's the thing we've got to preach before men today.

Isn't that what is causing the revolution that's sweeping around our world today? Two things that we are responsible for -- one is the democracy of America we talked about so much. We have gone around the world praying about what it means to be in a democracy. Alright, the world says, "Give it to us." Well, we're trying to stop it. Then we've gone around the world telling the people what the Christian religion says and individually every man is precious in the sight of God. They said, "If that's what your religion is, give it to us." And we're trying to stop it. Trying to stop people from being the children of God when we've said they are the children of God. You're going to face a difficult task out there on tomorrow where you're going to face this troubled world.

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You're going to find great difficulties in every church in which you go, in every community. But the men who stand out in every generations are not the men who conform but the man who transform.

A little while ago, when the mess in this building in Washington, would not serve Negroes in its cafeteria, Charles Weber came down and asked the bishop about it. The bishop then of that area, some years ago, said, "We found these conditions in Washington, these customs. We don't make the customs of Washington." For Charles Weber looked him straight in the eye. "Because I think every man ought to look every other man in the eye, I don't care what his office is, and tell him the truth." He said, "But Bishop, the church is in Washington, not to conform to Washington, but the churches in Washington to transform Washington. Isn't that what we are here for in the world? We're going out there to transform that world."

Don't look for the easy thing, young people. Look for the challenging things.' Anybody can do the easy things. America is becoming a nation of weaklings because we are depending too much on any creature comforts. We buy the biggest automobile we can find. I say this to my preachers and use them to see how far we can get away from our congregation. We've got to have everything that everybody else has.

I have a young man who's serving over in Norfolk, Virginia now. He's a graduate of this school Godfrey Tate. Some of you taught him. We had this challenge from Norfolk. And I looked around to see a man who might go down there and begin from nothing. And I laid upon Godfrey and his lovely wife, and I said, "Will you go?" I told him what he'd be facing You'll get less salary than you're getting now, but we'll guarantee a living wage. You have to build a congregation from the bottom up. He said, "I'll go."

He's been down there less than two years and now he's stirring all the other preachers in Norfolk talking about he's taking away their members. He said, "I can't stop people from coming to my church because I have a program. I can't stop them from coming to my church because I'm preaching a gospel that the people want to hear." And he's gone and he's happy over it.



From left, Brother Melvin J. Washington, a former Third District Representative and Basileus of Alpha Omega Chapter, Bishop Edgar Amos Love and Brother Kenny Brown, also a former Third District Representative, Grand Keeper of Finance and Grand Marshal for the Centennial Conclave of the Omega Psi Phi Fraternity, Inc. Brother Brown met Founder Love at the 1973 Grand Conclave in St. Louis, Missouri, two years after Brown was initiated into the fraternity.

The challenge of the difficult. And I like men who will come and say to me, when I offer them an appointment, not what does it pay, but what are the opportunities for service. That's the challenge that we want. Caleb stood there and said, "Give me that motor." Let me conquer it. Let me subdue it. Let me make it profitable. That's what we expect of you young people. Go out and make it possible. And this is in closing, those who have chosen the valleys. You know what happened to Sodom and Gamora? He saw every soil in the valley, and Abraham took the mountain. He became the father of the faithful and all generations rise up to call him blessed. So is your God in life. Don't look for the easy things Look for the challenging things remembering what you represent. You and I are the church. We represent the church. The church is a living

organism set in the midst of he world to make wherever we go a little colony of heaven .And the laws of heaven abide rule in our hearts and in our lives. Remember that you're not out there as any honor leader. You are out there representing the church of Jesus Christ, the exponent of the truths of God. Not the facts of life, but the truths of God. And they've got to be effective in your life before they can become effective in the lives of the people to whom you may administer. If you don't believe one with God makes the majority they won't believe.

Let us pray. Our Father in heaven, we thank thee that thou dost call us into service with thee -- co-workers with Jesus Christ thy son, Give us the wisdom to understand thy will and give us the courage to do thy will. We ask it in Jesus' name. Amen.

VETERAN'S

FAITH, WELLNESS, & VA COMPENSATION COMMUNITY VIDEO CALL

EVERY THURSDAY
11:00 AM CST | 12:00 PM EST



Teleconference:

1-301-715-8592; 204-800-4240#

Participant ID: 488-968#

Video Conference:

Computer: www.zoom.us/join

Meeting ID: 204-800-4240 Password: 1911

Military Veterans and Their Families are Invited

Hosts: *Dr. Rod Cunningham, CMSgt (ret.) USAF | James Lovejoy, MSG (ret.), USA*

AGENDA

12:03 pm *Invocation*

12:05 pm *Health, Community, or Veteran Announcements*

- *Dr. Rod Cunningham, CEO, Chief Empowerment Network, Author, Speaker, and Book Publisher*
- *Veteran Community Update (0:45 seconds please)*

12:10 pm *Message of Hope (Spiritual Wellness)*

- *James Lovejoy, Deacon, True Word of Life Church, Montgomery, AL, MSG (ret.), US Army*

12:20 pm *Community Message (Public Health, Emotional Wellness, Financial Wellness)*

- *Dr. Rod Cunningham, Author, Speaker, and Mindset Coach, CMSgt (ret.), USAF*

12:30 pm *VA Disability & Claims Information – Lamar Wagner and DeWayne Kimble*

12:35 pm *Questions and Answers*

1:28 pm *Closing Prayer*



*James Lovejoy, Deacon
True Word of Life Church
Montgomery, AL, U.S. Army*



*Lamar Wagner
VA Disability & Claims Expert
Major (ret.), US Army*



*DeWayne Kimble
VA Disability & Claims Expert
CEO, KMD89 Consulting, Army Vet*



*Dr. Rod Cunningham, Author,
Mindset Coach, Keynote Speaker
CMSgt (ret.), USAF*

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The Washington, D.C. Chapters of the Omega Psi Phi Fraternity, Inc., Joint Talent Hunt is scheduled for March 7, 2026 at 3:30 p.m. at the University of the District of Columbia at 4200 Connecticut Ave., NW, Washington, D.C.



"Behold, how good and how pleasant it is for brethren to dwell together in unity"



Photos by Brother Michael Williams

Brothers hold monthly fellowship breakfast

Alpha Omega Chapter hosted its monthly fellowship breakfast on Feb. 20 at the Busboys and Poets Restaurant in Hyattsville, Maryland . The monthly breakfast is held on the third Friday of each month for food, fun, and most importantly, friendship, as well as for detached brothers to reconnect with the fraternity. The breakfast, coordinated by Brother Ricky Moore, has grown to include attendance by brothers from other chapters in the Washington, D.C., Maryland and northern Virginia region.

