

December 30th, 2019

Hello Beta Nu members,

I hope that each of you have been able to enjoy time with your family and friends the past few weeks. As we go into 2020, I would like to share with you a poem written by Sigma President Richard Ricciardi as we go into 2020, might it provide each of us a new perspective.

**The Gift of a New Day**

Bring life to your rising

When a new day dawns

Open your eyes to the anticipation

Of what the day promises

Reach out and touch

Someone close to your dreams

And reflect on a time

When your heart was warmed

Fear not to recognize this juncture

And transform your daily routine

From clutter and digital screens

To awareness and presence

Awaken to this new outlook

And joy will be free

To infuse your humanity

And carry you forward

Wishing you the best of time with family and friends in the new year,

*Melissa Schwartz Beck*

President, Sigma Beta Nu Chapter