

Kappa Kappa Gamma Fraternity

Book of Inspirational Readings

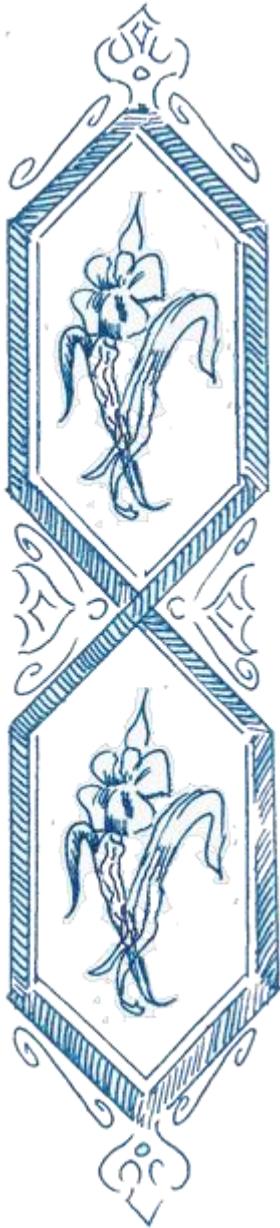
A secret document entrusted to your care.

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**FOUNDING
OF OUR
FRATERNITY/
REMINISCING**

In Memory of Monmouth

A conversation that took place
When six coeds met face to face
Began what now has come to be
The sisterhood of KKG

Minnie Stewart should be glad
That she and Jennie Boyd had
This conversation long ago
For from it Kappa was to grow.

When Anna Willit's point of view
And Louise Bennett's ideas, too —
What started with a golden key
Now claims the owl and fleur-de-lis.

Since Sue Walker was also there,
She too had many thoughts to share
As did young Lou Stevenson,
And that's how Kappa was begun.

The date that Kappas one and all
Are proud and happy to recall
Occurred in eighteen seventy.
Who dreamed what the results would
be?

October 13th was the day
That these six Founders did display
The symbol of their unity.
Each wore to chapel her new key.

From Monmouth College Kappa's
grown
Because this special seed was sown,
And Kappa sisters everywhere
Give thanks for what was started there.

The tie that binds is strong and true
For those who wear the blue and blue,
So to these six our debt is paid
With lasting friendships we have made.

— Jean Bennett Wiblemo, *UCLA*
(written for Founders Day, 1979)

When This Key Grows Old

We've slipped the bandage from your eyes — we've drawn aside the veil
That hides our sacred mysteries from those beyond the pale.
And now, upon your glad, young breast, we place a key of gold
You cannot know how really blest till this new key grows old.

How brightly in the mystic gloom its letters shine for you
While now, within our chapter room, each eager dream comes true.
Full many a dream shall drop to dust and many a hope grow cold
But you shall find no hint of rust when this new badge grows old.

This badge proclaims the newest part of all our endless line,
As hand in hand and heart to heart, we form the eternal sign.
Grip tight the links of this dear chain, God grant they long may hold.
You cannot make such friends again when this new badge grows old.

This little hour of happiness shall light your future way
Through years whose course we can but guess from the promise of today.
Unreckoned now, some happy girl may see your name enrolled
And wear her mother's pin with joy when this new key grows old.

Then close together, hand in hand and heart to heart, for — oh —
Tonight you cannot understand what someday you shall know.
So now upon your glad young breast, we place this key of gold
God gives you only of this best while this new key grows old.

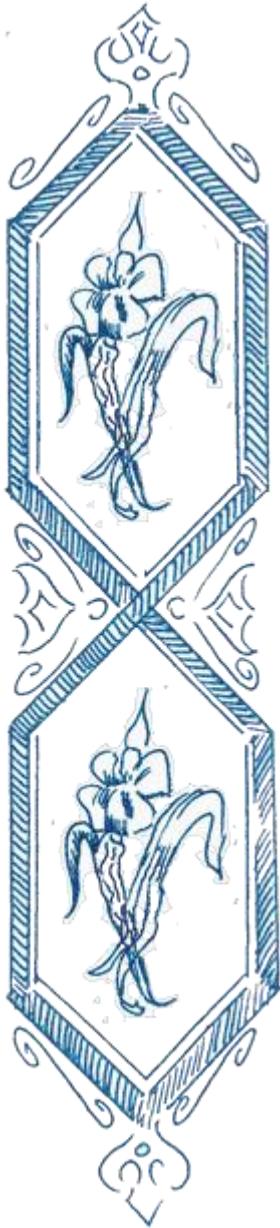
— Author Unknown

Death Cannot Kill What Never Dies

... And it's true. Some things never die ... like memories for instance ... memories of a warm smile or a special touch ... memories of moments shared with one another ... memories of a look that no one else will ever give, or just a way of being that no one else will ever possess. What never dies is that part of us that is unique and unrepeatable. That part lives forever in the hearts and minds of those who cared for us ... who knew us ... who shared our journey through life no matter how brief.

And when we remember those we've lost, we may cry or smile or even be angry because life can be so incredibly unfair. But we remember nonetheless, and when we do, the one we remember lives on in our hearts and in our minds.

— Author Unknown



**SISTERHOOD
FRIENDSHIP
LOVE**

Kappa Kappa Gamma is a whisper of magic, a shimmer of beauty, and a touch of mystery. As changeable as a young woman's mind, Kappa is a shoulder to lean upon, an ear eager to understand, a quick wink to reassure, and a smile to brighten any troubled heart.

Kappa Kappa Gamma is not an intruder upon life, but rather an inner presence which seems to softly and naturally emerge. Kappa will breathe with you, but not for you; call out to you, but not after you; walk beside you, but neither behind nor before you.

Kappa Kappa Gamma creates freedom of individuality; a growing, flourishing atmosphere untouched by stifling molds of single ideas.

Kappa appreciates, cherishes, and loves your best though all the while, patiently and knowingly accepts your worst.

Kappa is the potential of expectations; it is the subtle rays of dawn before the day, a secret love not yet explored, a mischievous hint of a smile on an otherwise solemn face.

Kappa is not for one person to describe, because it exists not for one person to experience. Kappa is you; Kappa is me; and in the very end, Kappa is another beginning.

— Beth Ingram Davis, *Miami (Ohio)*

With Kappa Love, From a Kappa Sister

Just before you go to sleep	And of a bond that never dies.
Think of blues both light and deep;	Think about the fleur-de-lis
Think about the key that you wear	And then, again, about the key.
And Kappa Sisters, true and fair;	But most of all, before you sleep
Think about the owl so wise	Think of friends you'll always keep.

— Anonymous

A Memory System

Forget each kindness that you do	Remember each kindness done
As soon as you have done it;	To you whate'er its measure;
Forget the praise that falls to you	Remember praise by others won,
The moment you have won it;	And pass it on with pleasure;
Forget the slander that you hear	Remember every promise made,
Before you can repeat it;	And keep it to the letter;
Forget each slight, each spite, each sneer,	Remember those who lend you aid,
Wherever you may meet it.	And be a grateful debtor.

Remember all the happiness
That comes your way in living;
Forget each worry and distress,
Be hopeful and forgiving;
Remember good, remember
truth, Remember heaven above
you,
And you will find, through age and youth,
True joys, and hearts to love you.

— Priscilla Leonard

Kappa Is ...

The contentment of friendships, but never the complacency of the clique. The encouragement of individual development, instead of strict conformity to the group. The curiosity to learn and to achieve, not limited to the quest for grades nor to a special time of life. The joy of serving others without the smugness of the do-gooder. The pride in a great heritage of a sound organization, but never the self-satisfaction of the status quo. Finally, Kappa is the ability to build on yesterday while doing today as a preparation for tomorrow.

— *The History of Kappa Kappa Gamma Fraternity, 1870–1930*

What Kappa Means to Me.

Kappa provides an opportunity to express myself. Kappa allows me the chance to help others and to receive support from friends. Kappa is womanhood, individuality, commitment, lasting friendship and love. Kappa is for my lifetime!

— Anonymous

A Friend's Greeting

I'd like to be the sort of friend that you have been to me
I'd like to be the help that you've been always glad to be
I'd like to mean as much to you each day of every week
As you have meant, oh friend of mine, to me along the way.

I'd like to do the big things and the splendid things for you
To brush the gray from out your skies and leave them only blue
I'd like to say the kindly things that I so oft have heard
And feel that I could rouse your soul the way that mine you've stirred.

I'd like to give you back the joy that you have given me,
Yet that were wishing you a need I hope will never be
I'd like to make you feel as rich as I, who travel on
Undaunted in the darkest hours with you to lean upon.

I'm wishing ... now that I could but repay
A portion of the gladness that you've strewn along the way
And could I have one wish this day, this only would it be:
I'd like to be the sort of friend that you have been to me.

— Edgar A. Guest

It's Your Sister

There are times you need encouragement in things you try to do -

When a little faith and trust are all it takes to see you through.

And often it's your sister who offers that to you.

There are times when it's so nice to know that others really care -

When you have a special joy or deep concern you'd like to share.

And often it's your sister who seems to be right there.

There are times when you have feelings that you wish you could convey -

Feeling much too full of love for words to ever say.

And often it's your sister who makes you feel that way.

— Karen Ran, *Florida*

Wishes for You

We wish you only the very best. We wish you humor and a twinkle in your eye. We wish you both glory and the strength to bear the burdens that life brings. We wish you peace in the world in which you live and in the smallest corner of your heart where truth is kept. We wish you empathy - so many relationships are shattered because we fail to see the other person's viewpoint. We wish you friendship, that special bond that we have found here in Kappa. And most of all, we wish you love - because love is what makes the rest worthwhile.

— Anonymous

Friendship

Friendship is one of life's greatest blessings for it is a person's ability to give of one's true self to another in a mutual relationship of love and caring. It is unique comfort arising from a person's ability to genuinely care for another, as well as recognizing the person's truest beauty. Friendship is expression and compassion...the epitome of love and trust, forming a bond capable of withstanding life's downfalls.

— Anonymous

Dear Key Sister

If you have learned to walk
A little more sure-footedly than I,
Be patient with my stumbling then
And know that only as I do my best and try
May I attain the goal
For which we both are striving.

If, through experience, your soul
Has gained heights which I
With only dim-lit vision see,
Hold out your hand and point the way,
Lest from its straightness I should stray,
And walk a mile with me.

— Epsilon Pi Chapter, *UC Riverside* (1988)

Friendship

Oh, the comfort — the inexpressible comfort of feeling safe with a person — having neither to weigh thoughts nor measure words, but pouring them all right out, just as they are, chaff and grain together; certain that a faithful hand will take and sift them, keep what is worth keeping, and then with the breath of kindness blow the rest away.

— Dinah Maria Mulock Craik, *A Life for a Life*

Who's Your Best Friend?

Friends, wherever we find them, are absolutely necessary. But do you know who your best friend is? Automaker Henry Ford was having lunch with a man when he suddenly asked the man that very question. “Who is your best friend?” Ford asked. The man hesitated, and Ford went on. “I’ll tell you who your best friend is,” he said. Then he wrote this sentence for the man to read: “Your best friend is he who brings out the best that is within you.” Our best friends are those who do more than simply like us. They also believe in us. They support us, but occasionally they nudge us as well.

—*Wisdom*, compiled by George D. Johnson

It's a Joy to Have a Sister

Seasons change and years go by
And some things fade away,
But the special joy that sisters bring
Grows brighter day by day.

It's a joy to have a sister,
Right from the very start,
For sisters don't waste any time
In capturing your heart.

It's so good to have a sister,
To share childhood plans and
schemes
And listen while you talk about
A world of hopes and dreams.

Sisters always understand you
Through every mood and phase,
And they're good at bringing
sunshine
To the rainiest of days.

When it comes to secret-keeping
Sisters really take the prize,
And if you need advice – well –
No one else seems quite so wise.

Even heated disagreements
Only last a little while,
For a sister has a way
Of making frowns turn into smiles.

The little jokes that you two share,
The memories you hold dear,
Draw you closer to your sister
With every passing year.

She's a busy, happy person
Who is always on the run,
But she still finds time to chat with you
And fill the day with fun.

She's more than just a sister,
She's a very dear friend, too,
Who puts up with your little faults
And loves the best in you.

Of course, the world is full of sisters
But of all the ones you've known
You're sure that there aren't any
Quite as lovely as you own.

Yes, it's a joy to have a sister
For while some things fade away,
The special joy a sister brings
Grows brighter day by day.

— Dean Malley

A Kappa Friend

If she's someone you can talk to
Someone no one else can replace ...
If she's someone you can laugh with
'Till the tears run down your face ...
If she's someone you can turn to
When you need a helping hand ...
If she's someone you can sit with
And not need to say a word ...
If she's someone you can trust
To keep each confidence she's heard ...
If she's someone you think more of
As each moment comes to an end ...
You're a very lucky person
For you've found a Kappa friend.

— Author Unknown

“When I first became a Kappa, I was not exactly sure what was so special about the sisters of Kappa Kappa Gamma. Now I know...it's sincerity. The women of Kappa Kappa Gamma are real people. When I come into the room or see sisters on campus and I am greeted by smiles, I genuinely feel like I am accepted for who I am. That has given me the confidence to do things on my own, even if they are very different from what the crowd is doing. To me, Kappa is a home away from home. It is like being with my family, having people who are behind me in everything I do and in the midst of my laughter and my tears. Sincerity and true friendship have always been important to me and therefore I am proud and honored to uphold the standards of Kappa Kappa Gamma.”

— A New Member

Who Is a Kappa Sister?

She who understands your silence.

She who will be a balance in the seesaw of life.

She who considers your needs before your deservings.

She who to herself is true and therefore must be so to you.

She who, when she reaches the top of the ladder, does not forget you if you are at the bottom.

She who is the same today when prosperity smiles upon you, as tomorrow when adversity and sorrow come.

She who cheerfully comes in when all the world has gone out; who weeps with you when the laughter is away.

She who guards your interests as her own, neither flatters nor deceives, gives just praise to your good deeds, and equally condemns your bad acts.

She who is the same to you in the society of the wealthy and proud, as in the solitude of poverty; whose cheerful smile sheds sunshine in every company.

— Author Unknown

Learning to Love

I remember the morning that I first asked the meaning of the word “love.” Miss Sullivan put her arm gently round me and spelled into my hand, “I love Helen.” “What is love?” I asked. “Love is something like the clouds that were in the sky before the sun came out,” she replied. Then in simpler words than these, which at that time I could not have understood, she explained: “You cannot touch the clouds, you know; but you feel the rain and know how glad the flowers and the thirsty earth are to have it after a hot day. You cannot touch love either; but you feel the sweetness that it pours into everything. Without love, you would not be happy or want to play.” The beautiful truth burst upon my mind – I felt that these were invisible lines stretched between my spirit and the spirits of others.

— Helen Keller, *The Story of My Life*

A Golden Chain

Friendship is a Golden Chain,
The links are friends so dear,
And like a rare and precious jewel
It's treasured more each year...

It's clasped together firmly
With a love that's deep and true,
And it's rich with happy memories
And fond recollections, too...

Time can't destroy its beauty
For as long as memory lives,
Tears can't erase the pleasure
That the joy of friendship gives...

For friendship is a precious gift
That can't be bought or sold,
But to have an understanding friend
Is worth far more than gold...

The Golden Chain of Friendship
Is a strong and blessed tie
Bonding kindred hearts together
As the years go passing by.
— Helen Steiner Rice

The Door of Friendship has three locks and to enter one must possess one of the three keys.

The first lock is the hardest to open for its key is called Tolerance. Only those who are indulgent may enter this Door of Friendship.

The second lock is called Understanding and those who are wise hold its key.

The third lock is easiest of all to open but also the most difficult, for its lock and key are both labeled Love. The key is possessed by all but the lock usually grows rusty from infrequent use. To open this door we must learn to give of ourselves freely and to seek the best in all, while never being blinded by the worst.

So, you see the keys to the Door of Friendship lie in your hand. They are the simple secrets of living and you must choose one or all, for the Door of Friendship is in your heart.

— J.L. Grossman

Hallmarks of True Love

1. A genuine interest in the other person and all that he or she says and does.
2. A community of tastes, ideals, and standards with no serious clashes.
3. A greater happiness in being with one person than with any other.
4. A real unhappiness when the other person is absent.
5. A great feeling of comradeship.
6. A willingness to give and take.
7. A pride in the other person when comparisons are made.

— Newell W. Edson

Friends Forever

We're joined in a friendship
That time cannot sever
With bonds we have built
We'll remain friends forever

We're welded in spirit
Attached by our hearts
We're fused by the feeling
That friendship imparts

We're tied by emotions
Connected by dreams
Reinforced by our hopes
Unified by extremes

No longer a function
Of time or of space
Our love is a substance
That life won't replace

No matter how distant
We'll always endeavor
To sense the full meaning
Of friendship forever
— Bruce Wilmer

The Gift of a Real Friend

A friend is one of the nicest things you can have,
and one of the best things you can be.

A friend is a living treasure,
and if you have one, you have one of
the most valuable gifts in life.

A friend is the one who will always be beside you,
through all the laughter,
and through each and every tear.

A friend is the one thing you can always rely on;
the someone you can always open up to;
the one wonderful person who always believes
in you in a way that no one else seems to.

A friend is a sanctuary.

A friend is a smile.

A friend is a hand that is always holding yours,
no matter where you are,
no matter how close or far apart you may be.

A friend is someone who is always there
and will always, always care.

A friend is a feeling of forever in the heart.

A friend is the one door that is always open.

A friend is the one to whom you can give your key.

A friend is one of the nicest things you can have,
and one of the best things you can be.

— Collin McCarty

There are people you meet on the
road of life
And you welcome them with a smile.
But after a time they drift away —
They can't go that "extra mile."

And then there are others who come
along
And you're glad to have them near,
But as soon as the going's a little
rough
They suddenly disappear.

But once in awhile you meet
someone
Who's with you all the way.
Who cheers you up when your spirits
are low,
And who smiles when skies are gray.

Someone who helps you say, "So
what?"
When your luck goes down the
drain.
And who trudges along, right at your
side
In the sunshine and the rain.

Someone who has the secret
Of showing "I understand."
And who never fails —
When you need it most
To lend a helping hand.

Someone who's ready and willing
To share whatever they've got.
And who doesn't try to apologize
If it isn't such a lot.

Someone who helps you to believe
That you're awfully bright and
clever
And who makes you feel —
Deep down inside
That they'll be your friend forever.

That's the kind of friend you hope
against hope
Will be waiting around the bend.
And I know I was lucky when I
met you,
'Cause you're just that kind of
friend.

— Jean Kyler McManus

Our True Friendship

Our true friendship isn't what I see with my eyes,
It is felt within my heart.

When there is trust, understanding, loyalty, and sharing.

I know our true friendship is a rare feeling, but it could be found
It has profound impact on well-being, strength, and quality.

Our true friendship does not need detailed gifts,
Or fabulous events in order to be valuable or valued.

To ensure long-lasting quality and satisfaction,
Our true friendship only needs a few key factors:
Undying loyalty, understanding, unrivaled trust,
Deep and soulful secrets, and endless sharing.

These key factors we can be, mixed with personality and a sense of humor, Can
make a friendship last a lifetime!

This is just a thank you, my friend, for all the wonderful and colorful special factors
that you've brought to my life! You're such a wonderful true friend!

— Pam Fraser

When we create hope and opportunity in the lives of others, we allow love, decency
and promise to triumph over cowardice and hate.

— Kirsten Gillibrand, *Dartmouth*

The independent girl is truly of quite modern origin, and usually is a most bewitching
little piece of humanity.

— Lou Henry Hoover, *Stanford*

The Love of a Friend

Like music heard on still waters,
Like pines when the wind passeth by,
Like pearls in the deep of the ocean,
Like stars which enamel the sky,
Like June and the odor of roses,
Like dew and the freshness of morn,
Like sunshine which kisses the clover,
Like tassels of silk on the corn,
Like notes of thrush in the woodland,
Like brooks where violets grown,
Like rainbows that arch the blue heaven
Like clouds when thee sun dippeth low,
Like dreams of Arcadian pleasure
Like colors which gracefully blend,
Like everything breathing of pureness,
Like these is the love of a friend.

— Unknown

It is not what you gather but what you scatter that tells what kind of life you have lived.

— Helen Walton, *Oklahoma*

“Kappa is a group of friends whose boundaries stretch in continuously widening circles. It is friendship with a purpose ... to help each other develop the finest qualities of mind and heart, thus attaining excellence as individuals and in our relations with others. Kappa friendship knows no differences in age; it forms a bridge of understanding and love between its youngest initiate and those who have worn the key for fifty years or more. Kappa at its best is understanding and love.”

— A 50-year Kappa

May you be brave
And may you fly free
Certain of your worth
And of your wings.

— J.E. Cano

Don't walk behind me; I may not lead.
Don't walk in front of me; I may not
follow.

Just walk beside me and be my friend.

— Albert Camus

A sister is a gift to the heart, a friend to the spirit, a golden thread to the meaning of life.

— Isadora James

Sisterhood is not a destination but a journey.

— Anonymous

A friend is someone who knows you as you are, understands where you've been, accepts who you've become and still gently invites you to grow.

— Author Unknown

Of all the gifts that wise providence grants us to make life full and happy, friendship is the most beautiful.

— Epicurus

The glory of friendship is not the outstretched hand, not the kindly smile, nor the joy of companionship; it is the spiritual inspiration that comes to one when you discover that someone else believes in you and is willing to trust you with a friendship.

— Ralph Waldo Emerson

Love is never lost. If not reciprocated, it will flow back and soften and purify the heart.

— Washington Irving

He who has a thousand friends has not a friend to spare.

— Ralph Waldo Emerson

Yes, we must ever be friends; and of all who offer you friendship
Let me be ever the first, the truest, the nearest and dearest!

— Henry Wadsworth Longfellow

Friendship doesn't exist to criticize; its function is to inspire confidence.
— Jean-Paul Sartre

The only way to have a friend is to be one.
— Ralph Waldo Emerson

Friendship is the highest degree of perfection in society.
— Michel de Montaigne

A true test of friendship, to sit or walk with a friend for an hour in perfect silence
without wearying of one another's company.
— Dinah Maria Mulock Craik

My friend is not perfect nor am I, and so we suit each other admirably.
— Alexander Pope

Tell me what is it you plan to do with your one wild and precious life?
— Mary Oliver

A woman with a book
And a pen has the power
To move nations.
A woman with a mind and a voice
Has the power to change worlds.
— Sasha Temerte

Walk the talk,
Keep it simple and keep it real,
Celebrate successes,
Know that courage matters,
Keep hope alive,
Take responsibility,
Develop a “service attitude,”
Aim for the heart, and ...
Make a difference whenever and wherever you can.
— Mac Anderson

Dare to Be

When a new day begins, dare to smile gratefully.
When there is darkness, dare to be the first to shine light.
When there is injustice, dare to be the first to condemn it.
When something seems difficult, dare to do it anyway.
When life seems to beat you down, dare to fight back.
When there is no hope, dare to find some.
When you're feeling tired, dare to keep going.
When times are tough, dare to be tougher.
When love hurts you, dare to love again.
When someone is hurting, dare to help them heal.
When another is lost, swear to help them find their way.
When a friend falls, dare to be the first to extend a hand.
When you cross paths with another, dare to make them smile.
When you feel great, dare to help someone else feel great too.
When the day has ended, dare to feel as you've done your best.
Dare to be the best you can. At all times, dare to be!

— Steve Maraboli

Love

I love you
Not only for what you are,
But for what I am
When I am with you.

I love you
Not only for what
You have made of yourself,
But for what
You are making of me.

I love you
For the part of me
That you bring out;
For putting your hand
Into my heaped-up heart
And passing over
All the foolish, weak things
That you can't help
Dimly seeing there.

And for drawing out
Into the light
All the beautiful belongings
That no one else had looked
Quite far enough to find.

I love you because you
Are helping me to make
Of the lumber of my life
Not a tavern
But a temple.

Out of the works
Of my every day
Not a reproach
But a song.

I love you
Because you have done
More than any creed
Could have done
To make me good
And more than any fate
Could have done
To make me happy.

You have done it
Without a touch,
Without a word,
Without a sign.

You have done it
By being yourself.
Perhaps that is what
Being a friend means,
After all.

— Roy Croft



SYMBOLS OF KKG

Fleur-de-Lis

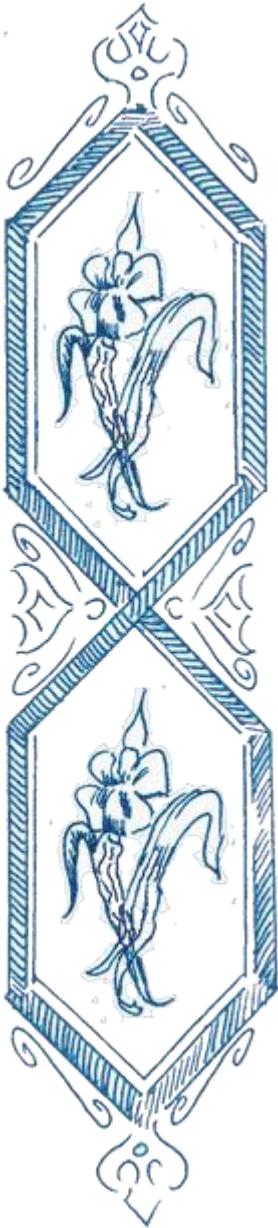
Straight and fine on thy tender stem,
Swaying with every breeze that blows,
Ever bending but never breaking -
Through thee flows
Strength and beauty, grace and power,
Fleur-de-lis thou are the blending
Of my Kappa's sweetest graces
And her strength – Oh, radiant Flower!

— Frances Ball-Mauck, *Hillsdale*

Kappa Gave to Me

A smile I was given, one that was secure,
Never flattered by falseness, it never seemed impure.
This smile was a special one because it attracted me more
On every face I looked into, a smile was there for sure.
And with these smiles came some eyes that seemed to say to me,
“Be not timid, gentle one, trust the blues of sky and sea.”
And in those eyes were stored sparkles full of pride
With sincerity and loyalty and friendship by their side.
The faces upon which they lay were rosy and content,
All forming such a picture of beauty heaven-sent.
I trusted in their laughter, looked into their eyes,
Joined them in their gaiety, abandoned not their cries.
A flower I was given, larger than I'd ever known
With never-ending petals of dark and light blue tone.
Each petal that I admired was different in her own,
A magnificent bouquet together - no less beautiful alone.
My flower is still vivacious and I keep it in my heart
Where it will never ever wither, leaving us apart.

— Danielle Van Tress, *UC Riverside* (1988)



IN MEMORY

Look for her there
Where the wild iris grow
Listen for her voice
When gentle breezes blow
She has joined with her sisters
On the other side of here
You can almost hear their singing
And they almost seem so near
Your heart cries out in silence,
Why did she have to go?
Leaving your spirit feeling heavy
And your step a little slow
Just go down in the valley
When the fog rolls in low
And look for her there
Where the wild iris grow.

— Carrye Pugh Schenk, *Ohio State*
(A memorial to Sally Moore Nitschke, *Ohio State*, shared at
Rho/Alpha Province Meeting in 2009.)

Seldom Put In Words

We all too seldom put in words
Our thoughts from day to day
About how much we value friends
Who brighten up life's way.

So this is just to let you know
What's now and always true:
All the best that friendship means
Is centered right in you.

— Unknown

Happiest Days

I said to the little children,
“You are living your happiest days,”
And their bright eyes opened wider
in innocent amaze.
For their happiness was so perfect,
They did not know it then;
“Oh, no,” they said, “there’ll be
happier days
When we are women and men.”

I said to the youth and the maiden,
“you are living your happiest days,”
And into their sparkling eyes there
crept
A dreamy, far off gaze;
And their hands south one another,
And their cheeks flushed rosy red;
“Oh, no,” they said, “there’ll be
happier days
For us when we are wed.

I said to the man and woman,
“You are living your happiest days,”
As they laughingly watched together
Their baby’s cunning ways.
“These days are days of labor.
They can hardly be our best;
There’ll be happier days when the
children are grown,
And we have earned our rest.”

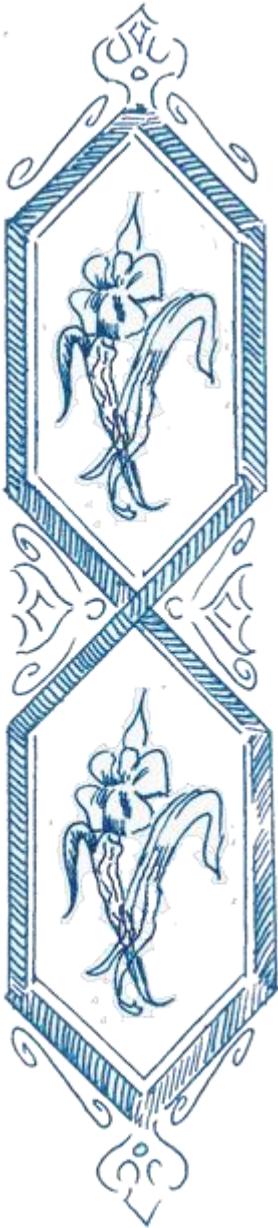
I said to the aged couple,
“You are living your happiest days,”
Your children do you honor,
You have own success and praise.
“With a peaceful look they
answered,
“God is good to us, that’s true: But
we think there are happier days for
us
In the life we’re going to.”

— Edward H. Donnelly

How lucky I am to have something that makes saying goodbye so hard.

— Winnie the Pooh

See the Kappa Kappa Gamma Fraternity *Book of Ritual for Alumnae Associations* or the *Book of Ritual* for a complete Memorial Service.



**ENCOURAGEMENT
AND AFFIRMATION
OF OUR VALUES**

A Kappa Symphony

To accept what each day may bring, unless through my own endeavor I can better myself and those whom my life may concern;

To value the present, because it is one with the past and future which are mine to make or to mar;

To strive only for what I believe to be highest and best, holding others to no standard which I cannot maintain for myself;

To be thankful for, and improve the privileges which are mine as a college woman, bearing in mind the added responsibility that devolves upon me because of them;

To hold high the honor of my Fraternity, tempering word and deed according to the influence they will and must have, upon the colors I bear;

Finally to give in all things the best that I have;

This is to be my Kappa Symphony.

— Anita B. Perrin, *Stanford*

Self-Respect

Self-respect is the true value you place in yourself, enabling you to achieve full potential. It is a quality needed to live happy and contented lives. It represents the pride and self-love that gives you the confidence to look in the mirror and know that you are a truly special person. Self-respect is having faith in who you are. It is dealing with hardship and, in the face of opposition, still believing and trusting in yourself. There are times when life isn't all you want, but it's all you have. So what I say is: Have it! Stick a geranium in your hat and be happy.

— Anonymous

The Art of Giving

We give of ourselves when we give gifts of the heart:
Love, kindness, joy, understanding, sympathy,
tolerance, forgiveness.

We give of ourselves when we give gifts of the mind:
Ideas, dreams, purposes, ideals, principles,
Plans, projects, poetry.

We give of ourselves when we give gifts of the spirit:
Prayer, vision, beauty, aspiration, peace, faith.

We give of ourselves when we give the gift of words:
Encouragement, inspiration, guidance.

Emerson said it well:

“Rings and jewels are not gifts,
but apologies for gifts.

The only true gift is a portion of thyself.”

— Wilferd A. Peterson

Let us be large in thought, word and deed. Let us be done with fault-finding and leave off self-seeking. May we put away pretense and meet each other face to face without self-pity and without prejudice. May we never be hasty in judgment and always be generous. Teach us to put into action our better impulses, straightforward and unafraid. Let us take time for all things; make us grow calm, serene and gentle. Grant that we may realize that it is the little things that create differences, that in the big things of life we are one. May we strive to touch and to know the great, common heart of us all, and let us not forget to be kind.

— Mary Stewart

Today Is Mine

Today is mine. It is unique.

Nobody in the world has one exactly like it.

It holds the sum of all my past experiences and all my future potential.

I can fill it with joyous moments or ruin it with fruitless worry.

If painful recollections of the past come into my mind, or frightening thoughts of the future, I can put them away.

They cannot spoil today for me — it is mine.

— Anonymous

May You Always Have an Angel by Your Side

May you always have an angel by your side. Watching out for you in all the things you do. Reminding you to keep believing in brighter days. Finding ways for your wishes and dreams to come true. Giving you hope that is as certain as the sun. Giving you the strength of serenity as your guide. May you always have love and comfort and courage.

And may you always have an angel by your side. Someone there to catch you if you fall. Encouraging your dreams. Inspiring your happiness. Holding your hand and helping you through it all. In all of our days, our lives are always changing. Tears come along as well as smiles. Along the roads you travel, may the miles be a thousand times more lovely than lonely.

May they give you gifts that never, ever end: someone wonderful to love and a dear friend in whom you can confide. May you have rainbows after every storm. May you have hopes to keep you safe and warm. And may you always have an angel by your side.

— Douglas Pagels

Out of our beliefs are born deeds;
Out of our deeds, we form habits;
Out of our habits grows our character;
And on our character, we build our destiny.

— Dean Henry C. Hancock, Cathedral Church of St. Mark, Minneapolis

Desiderata

Go placidly amid the noise and haste, and remember what peace there may be in silence. As far as possible without surrender be on good terms with all persons. Speak your truth quietly and clearly; and listen to others, even the dull and ignorant; they too have their story. Avoid loud and aggressive persons; they are vexations to the spirit. If you compare yourself with others, you may become vain and bitter; for always there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans. Keep interested in your career, however humble; it is a real possession in the changing fortunes of time. Exercise caution in your business affairs; for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals; and everywhere life is full of heroism.

Be yourself. Especially, do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment it is perennial as the grass.

Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with imaginings. Many fears are born of fatigue and loneliness. Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe, no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should.

Therefore be at peace with God, whatever you conceive Him to be, and whatever your labors and aspirations, in the noisy confusion of life keep peace with your soul. With all its sham, drudgery and broken dreams, it is still a beautiful world. Be careful. Strive to be happy.

— Max Ehrmann

Be patient with everyone, but above all with yourself.

— St. Francis de Sales

If you listen to your fears, you will die never knowing what a great person you might have been.

— Robert H. Schuller

Whether you're 16 or 60, I encourage you to have the courage to find the magic in this day. Go out of your way to appreciate the deserving things here before you: people who matter, places that will inevitably change, and circumstances that get rearranged too easily.

— Author Unknown

Do more than stop and smell the roses. Search them out. Plant new ones in the places you pass by! Send bouquets of flowers to the people you care about. Remember that there's more to appreciate in this moment than we realize.

— Author Unknown

Years from now, the truth of this will shine. And one of your sincere regrets will be not knowing how good you had it ... at the time.

— Douglas Richards

Don't make the mistake of letting yesterday use up too much of today.

— John Mason

You don't have to be the one responsible for making everything work. Believe me. The big things are already taken care of: the sun will rise in the morning, the stars will come out at night, and – if you work it right – a child, a love, or a close, dear friend, will share a special smile with you – and make everything wrong ... right again.

— Douglas Richards

When you get into a tight place and everything goes against you till it seems as though you could not hold on a minute longer, never give up then, for that is just the place and time that the tide will turn.

— Harriet Beecher Stowe

Let us be slower to condemn and quicker to forgive. If we knew the other fellow's troubles, we might hesitate to criticize. We might admire his courage for carrying on.

— A. H. Glasow

It is a funny thing about life. If you refuse to accept anything but the best, you very often get it.

— W. Somerset Maugham

Have you got a problem? Do what you can where you are with what you've got.

— Theodore Roosevelt

We ought to do good to others as simply and as naturally as a horse runs, or a bee makes honey, or a vine bears grapes season after season without thinking of the grapes it has borne.

— Marcus Aurelius

“What is real?” asked the Rabbit one day ... “Does it happen all at once, like being wound up,” he asked, “or bit by bit?”

“It doesn't happen all at once,” said the Skin Horse. “You become. It takes a long time. That's why it doesn't often happen to people who break easily, or have sharp edges, or who have to be carefully kept. Generally, by the time you are Real, most of your hair has been loved off, and your eyes drop out and you get loose in the joints and very shabby. But these things don't matter at all, because once you are Real you can't be ugly except to people who don't understand.”

— Margery Williams, *The Velveteen Rabbit*

The Gift of Picking up the Pieces

May this be the day when it all comes together – happiness in your heart – serenity in your soul – success in all the things you do – time enough to reach for your dreams – patience to see you through – inner beauty – an open mind – days that find you feeling wonderful – confidence strong and lasting – strength to do what needs to be done – believing in tomorrow – living in today – knowing the right way is the only way – clearing out the confusion – facing the facts – not being afraid – never giving up – finding hope in hard-to-find places – putting smiles on other people’s faces – knowing when to talk – and knowing when to listen – standing by the truth – being firm in your commitments – using your insight to set you right – going from rock bottom to mountain top – learning from mistakes – understanding the greatness within – looking for the good that is always there – sharing the things that need to be shared – remembering that it can all be a puzzle, but solving problems is one of the sweet joys of life – you can always pick up the pieces – and you can always make things right.

— Douglas Richards

Myself

Self is a precious gem — a subjective possession all seek, but very, very few ever truly acquire. Self is elusive for it is not static. It is not a paradigm of what is and always shall be. One’s self changes with every second, with every moment lived.

Self cannot be purchased. Appearance is not who one is; money is not how one is, and possessions are not a realistic description. The self is how one feels, perceives, reacts, cares, thinks, acts, and the repercussions of these. So we go through day upon day, doing, buying, going, looking, searching and wondering who we are. It is only when we can accept who we are in the naked confrontation of our own mind and conscience that we may grow into understanding who our “self” truly is.

— Beth Gaiser

Options

Where is my place in the world? Who am I and how do I fit? Where am I going and how will I know when I am there? With whom will I share my journeys? Growing into one's self is a confusing process. Each day holds infinite options and questions that can only be answered by the passage of time itself. Grow wisely ... easy as it sounds, growing brings with it both joy and heartache.

Do not regard failure as failure, but as a lesson that teaches you what doesn't work for you. Failure is genuine only when you fail to learn and make the same mistakes blindly, time and time again — or when you deny you have failed. In your shortcomings, let acknowledgment of failure be your success.

Do not regard loss as a shortcoming. Heartaches can yield such bitter blows to one's ego. Don't allow that. Loss means a door has slammed in your face, but that closed door leaves many open windows. Don't lose heart then ... select another passage and another fork in the road — and then let go of the loss, for it is no longer an option.

— Beth Gaiser

The happiest people are those who do the most for others.

— Booker T. Washington

For beautiful eyes, look for the good in others; for beautiful lips, speak only words of kindness.

— Audrey Hepburn

Love is very patient, very kind. Love knows no jealousy; love makes no parade, gives itself no airs, is never rude, never selfish, never irritated, never resentful; love is never glad when others go wrong, love is gladdened by goodness, always slow to expose, always eager to believe the best, always hopeful, always patient. Love never disappears.

Thus faith and hope and love last on, these three, but the greatest of all is love.

— I Corinthians 13: 4-9, 13 (Moffatt Version)

Promise me you'll always remember: You're braver than you believe, stronger than you seem and smarter than you think.

— A.A. Milne

Hope

If you can only carry one thing throughout your entire life, let it be hope. Let it be hope that better things are always ahead. Let it be hope that you can get through even the toughest of times. Let it be hope that you are stronger than any challenge that comes your way. Let it be hope that you are exactly where you are meant to be right now, and that you are on the path to where you are meant to be ... Because during these times, hope will be the very thing that carries you through.

— Nikki Banas

You Can Be Whatever You Want to Be!

There is inside you
All of the potential
To be whatever you want to be;
All of the energy
To do whatever you want to do.
Imagine yourself as you would like to be,
Doing what you want to do,
And each day, take one step
Towards your dream.
And though at times it may seem too
Difficult to continue,
Hold on to your dream.
One morning you will awake to find
That you are the person you dreamed of,
Doing what you wanted to do,
Simply because you had the courage
To believe in your potential
And to hold onto your dream.

— Donna Levine

Far better it is to dare mighty things, to win glorious triumphs even though checkered by failure, than to rank with those poor spirits who neither enjoy nor suffer much, because they live in the gray twilight that knows neither victory nor defeat.

— Theodore Roosevelt

The past is a guidepost, not a hitching post.

— L. Thomas Holdcraft

Let's take the time,
Let's try to find
What real life has to offer.
And maybe then
We'll find again
What we have long forgotten.
Like a friend,
True 'til the end,
It will help us onward.

The sun is high,
The road is wide,
And it starts where we are standing.
No one knows
How far it goes,
For the road is never-ending.
— A. A. Milne, *Lies that Tell the Truth*

You Will Never Be Sorry
For thinking before acting,
For hearing before judging,
For forgiving your enemies,
For being candid and frank,
For helping a fallen brother,
or being honest in business,
For thinking before speaking,
For being loyal to your church,
For standing by your principles,
For stopping your ears to gossip,
For bridling a slanderous tongue,
For harboring only pure thoughts,
For sympathizing with the afflicted
For being courteous and kind to all.

— Author Unknown

Variations of the Golden Rule

Do as you would be done by.

— Persian

Do not that to a neighbor, which you shall take ill from him.

— Grecian

What you would not wish done to yourself, do not do unto others.

— Chinese

One should seek for others the happiness one desires for one's self.

— Buddhist

Let none of you treat his brother in a way he himself would not like to be treated.

— Islam

The true rule of life is to guard and do by the things of others as they do by their own.

— Hindu

The law imprinted on the hearts of all men is to love the members of society as themselves.

— Roman

You shall not take vengeance or bear a grudge against your kinsfolk. Love your neighbor as yourself.

— Judaism

Do unto others as you would have them do unto you.

— Christianity

Each day is a blank page in the diary of your life.
The pen is in your hand, but the lines will not all be written the way you choose; some will come from the world and the circumstances that surround you.

But for many things that ARE in your control, there is something special you need to know...

The secret of life is in making your story as beautiful as it can be.
Write the diary of your days and fill the pages with words that come from the heart.

As the pages take you through time, you will discover paths that will add to your happiness and your sorrows, but if you can do these things, there will always be hope in your tomorrows.

Follow your dreams. Work hard. Be kind. This is all anyone could ever ask:
Do what you can to make the door open on a day ... that is filled with beauty in some special way. Remember: Goodness will be rewarded. Smiles will pay you back. Have fun. Find strength. Be truthful. Have faith. Don't focus on the things you lack.

Realize that people are the treasures in life and happiness is the real wealth.
Have a diary that describes how you did your best, and Kappa is a never-ending page in our diary where I find my smiles, friendship, strength, leadership, lessons of life, and my inspiration to be my very best.

With all of this, the rest of life, simply, takes care of itself.

— Lexie Wagner, *Colorado*, 2003–04 chapter President
(Shared at the 2003 Eta Province meeting.
Paraphrased from a piece by Douglas Pagels.)

Integrity is choosing courage over comfort; choosing what is right over what is fun, fast or easy; and choosing to practice our values rather than simply professing them.

— Brene Brown

Happiness is when what you think, what you say, and what you do are in harmony.

— Mahatma Gandhi

Beginning today, treat everyone you meet as if they were going to be dead by midnight. Extend to them all the care, kindness and understanding you can muster, and do it with no thought of any reward. Your life will never be the same again.

— Augustine “Og” Mandino

Be kind to yourself as you proceed along this journey. This kindness, in itself, is a means of awakening the spark of love within you and helping others discover that spark within themselves.

— Tsoknyi Rinpoche

What do we live for if it is not to make life less difficult to others.

— George Eliot

It is not only moving that creates new starting points. Sometimes, all it takes is a subtle shift in perspective, an opening of the mind, an intentional pause and reset, or a new route to start to see new options and new possibilities.

— Kristin Armstrong, *Idaho*

When the seasons shift, even the subtle beginning, the scent of a promised change, I feel something stir inside me. Hopefulness? Gratitude? Openness? Whatever it is, it's welcome.

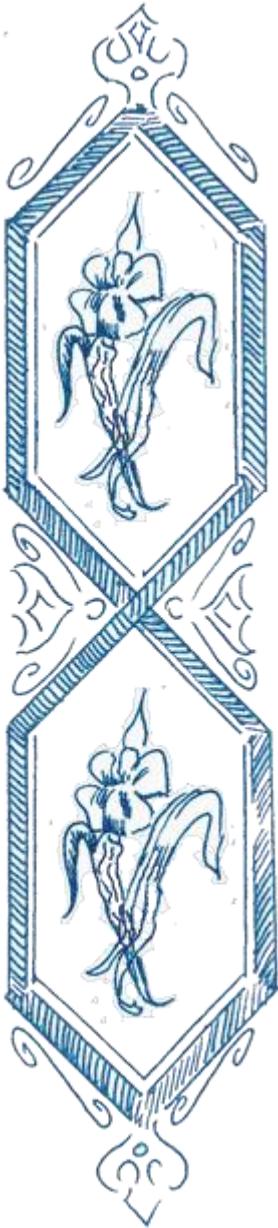
— Kristin Armstrong, *Idaho*

I love the big fresh starts, the clean slates like birthdays and new years, but I also really like the idea that we can get up every morning and start over.

— Kristin Armstrong, *Idaho*

[This house] is for people who love and care for one another. We respect one another in this house. We carry one another's burdens. We weep for one another and laugh with one another. We hold one another by the hand when the lights go out and the way seems hopeless. We work together and share the table together.

— Susan Meissner, *Secrets of a Charmed Life*



**GOOD
TRUE
BEAUTIFUL**

The Lake of Beauty

Let your mind be quiet, realizing the beauty of the world and the immense, boundless treasures that it holds in store. All that you have within you, all that your heart desires, all that your nature so especially fits you for — that or the counterpart of it waits for you.

— Edward Carpenter

Goodness

Goodness is the quality everyone has in her heart to shine through in the toughest situations. It is the genuine caring and sharing of the self unselfishly. Goodness makes us capable of friendship and happiness through a constant striving to live each day to its fullest. Goodness cannot hide because it is what keeps us together. It allows us a humble acceptance of our failures and those of others, and it presents itself in all acts of kindness. Goodness must be displayed wholeheartedly in order to be seen.

— Author Unknown

The Fact of Beauty

Definitions of beauty are many and varied. For example, beauty has been defined as “truth,” “the expression of an ideal,” “an assemblage of properties satisfying the aesthetic sense,” “harmony in diversity,” and “an intrinsic quality of things themselves.” While definitions do not agree, there is no uncertainty concerning the fact of beauty. A formula cannot contain and explain it, but, fortunately for most of us, beauty in some form is almost continuously present. Even those who are forced to live in comparatively drab and unpleasant surroundings find frequent opportunity to experience the delights of beauty: an expression, a face, a garment or some trinket, a bit of cloud or sky, the sunset or the landscape. While men differ widely in their capacity for appreciation of beauty, some enjoyment of beauty is possible for all.

— Harold H. Titus

Priceless

Let the weakest, let the humblest remember, that in his daily course he can, if he will, shed around him almost a heaven. Kindly words, sympathizing attentions, watchfulness against wounding men's sensitiveness — these cost very little, but they are priceless in their value. Are they not almost the staple of our daily happiness? From hour to hour, from moment to moment, we are supported, blest, by small kindnesses.

— Frederick W. Robertson

Dear Sister, if some days are threatened with ugly clouds of darkness, fear not, but strain thy eyes to see the light, for it is not so far as it might seem. Always there is a rift in the clouds somewhere, which shows a shimmering crystal light shining from the blue beyond. Welcome it, and let it into thy heart, for it is Kappa the beautiful and good. And if thou wouldst become truly most worthy, make it a part of thy very being and dispel it freely to thy worthy sisters — that they may know Kappa more closely through thee.

— Beta Delta Chapter, *Michigan*, an early handwritten *Book of Ritual*

Self-respect cannot be hunted. It cannot be purchased. It is never for sale. It cannot be fabricated out of public relations. It comes to us when we are alone, in quiet moments, in quiet places, when we suddenly realize...that, knowing the good, we have done it; knowing the beautiful, we have served it; knowing the truth, we have spoken it.

— Alfred Whitney Griswold, an address at Yale University
(June 9, 1957)

Did it ever strike you, that goodness is not merely a beautiful thing, THE beautiful thing — by far the most beautiful thing in the world? So that nothing is to be compared for value with goodness; that riches, honor, power, pleasure, learning, the whole world and all in it, are not worth having in comparison with being good; and the utterly best thing for a man is to be good, even though he were never to be rewarded for it.

— Charles Kingsley

That which is striking and beautiful is not always good; but that which is good is always beautiful.

— Ninon de l'Enclos

The most natural beauty in the world is honesty and moral truth ... For all beauty is truth.

— Lord Shaftesbury

“Beauty is truth, truth beauty,” — that is all ye know on earth, and all ye need to know.

— John Keats, “Ode on a Grecian Urn”

In every man's heart, there is a secret nerve that answers to the vibrations of beauty.

— Christopher Morley

Goodness is a special kind of truth and beauty. It is truth and beauty in human behavior.

— H.A. Overstreet

We search the world for truth; we cull
The good, the pure, the beautiful,
From all old flower fields of the soul;
And, weary seekers of the best,
We come back laden from our quest,
To find that all the sages said,
Is in the Book our mothers read.

— John Greenleaf Whittier

It is a sad thing to reflect that, in a world so overflowing with goodness of smell, of fine sights and sweet sounds, we pass by hastily and take so little of them.

— David Grayson

Never lose an opportunity of seeing anything that is beautiful; for beauty is God's handwriting — a wayside sacrament. Welcome it in every fair face, in every fair sky, in every fair flower, and thank God for it as a cup of blessing.

— Ralph Waldo Emerson

No man or woman can really be strong, gentle, pure and good without the world being better for it, without someone being helped and comforted by the very existence of that goodness.

— Phillips Brooks

Today you have been given this gift; twenty-four hours: to spend in the most beautiful and meaningful way possible. Let this day be a reflection of the strength that resides within you, of the courage that lights your path, of the wisdom that guides your steps, and of the serenity that will be yours when this day has passed.

— Jordan Carrill

If you want to live more, you must master the art of appreciating the little, everyday blessings in life. This is not altogether a golden world, but there are countless gleams of gold to be discovered in it if we give our minds to them.

— Henry Alford Porter

Very little is needed to make a happy life; it is all within yourself, in your way of thinking.

— Marcus Aurelius

Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can – as long as ever you can.

— John Wesley

It is only with the heart that one can see rightly. What is essential is invisible to the eye.

— Antoine de Saint-Exupery

Make the most of yourself ... for that is all there is of you.

— Ralph Waldo Emerson

There are two ways of spreading light: to be the candle or the mirror that reflects it.

— Edith Wharton

To all that is good and true and beautiful, we give honor and devotion. May the highest and noblest way of life we can imagine become a reality through our efforts. For the necessities upon which life depends, we would concern ourselves only so much as need be. We would be kind, loving, forgiving to our fellows, knowing ourselves that we need their kindness, love and forgiveness. May we have the strength of character to overcome the temptations which debase life. For the spirit of goodness lives in the heart of man, and we would make it triumphant in our lives and in the lives of all men.

— Dr. Eugene Pickett

Let us be what we are and speak what we think and in all things keep ourselves loyal to truth and the sacred professions of friendship.

— Henry Wadsworth Longfellow

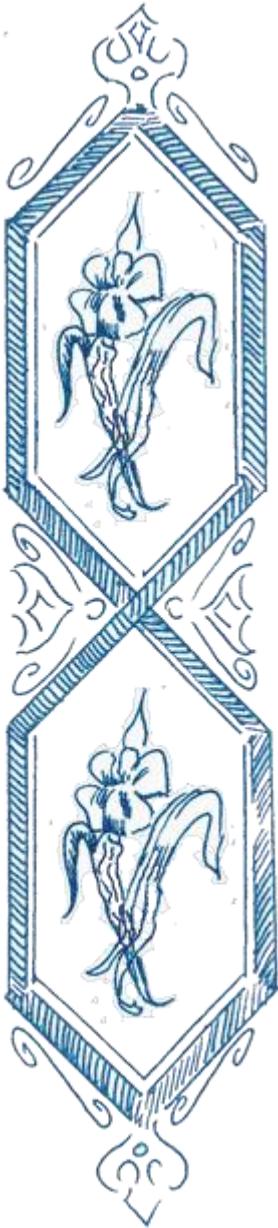
We are grateful to know that those who have gone before us left us a heritage of ideals rich in the principles of truth and loyalty and love. Let us implant these ideals in the hearts of our members; that they will continue through life living, acting, and practicing goodness toward others.

Let us know the happiness that comes from sharing — sharing ideas, interests, activities and ideals.

Let us give to youth the knowledge that responsibility is a privilege to be guarded and to be defended.

Let us develop ourselves that we may be of service to others and be thankful that through the bonds of friendship in Kappa Kappa Gamma we embrace the ideals of goodness, truth and beauty.

We gather together in the spirit of love, truth, and understanding. Let us celebrate our shared purposes as well as our diverse perspectives; remembering that deep love, great truths, and larger understanding are created through the common efforts of many.



HOUSE DEDICATION

The Soul of a House

The walls of a house are not built of wood, brick or stone, but of truth and loyalty.

Unpleasant sounds, the friction of living, the clash of personalities, are not deadened by rugs or polished floors, but by conciliation, concession, and self- control.

The house is not a structure where bodies meet, but a hearthstone upon which flames mingle, separate flames of souls, which, the more perfectly they unite, the more clearly they shine and the straighter they rise toward heaven. Your house is your fortress in a warring world and soothes your fatigue and wounds at night.

The beauty of a house is harmony. The security of a house is loyalty. The joy of a house is love.

The rule of a house is service.

The comfort of a house is in contented spirits.

The maker of a house, of a real human house, is God himself, the same who made the stars and built the world.

— Dr. Frank Crane

Bless This Home

May this home be a place where you feel at ease,
Where your troubles you freely unload,
A place where you rest for a moment,
As you're traveling down life's road.

May it be an inviting oasis,
From the pressures and pitfalls of life.
A place where you always feel wanted,
Far away from the everyday strife.

May this home always be filled with laughter,
A place where you're happy and free,
Blessed with the presence of loved ones,
The place where you most want to be.

House Poem

May this home be a place of
Happiness, laughter, and health
Of safety and contentment, generosity and hope.
A home of creativity and kindness, of daydreams of memories
And studying and tradition.
May those who live here and those who visit, know only
Blessings, Peace and Love.

See the complete Service for the Dedication of a Chapter House or Chapter Room in the Kappa Kappa Gamma Fraternity *Book of Ritual for Alumnae Associations*.