



*Together*  
**TOWARDS TOMORROW**  
THE AMERICAN BUSINESS WOMEN'S ASSOCIATION

## Maia Messenger

December 2022

### **ABWA's Mission Statement**

The mission of the American Business Women's Association is to bring together business women of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support and national recognition.

## Executive Board Column

### by Suzy Stein, Maia Chapter President



I have been reflecting on how grateful I feel for my membership in our chapter, for the friendships I've made, and the growth I've experienced personally. Then I began to think about gratitude, where it comes from, and how much better life is when I have an attitude of gratitude!

In our society today, you don't have to look far to find fear, divisiveness, even hatred. We know that the positive, unifying and uplifting things are out there as well. Why does it seem like the negative noise is so much louder? Negativity seems to be our default as humans. It's easy to spot, easy to find, and easy to succumb to, I dare say. That negativity is rooted in a feeling of scarcity, of not having enough.

A feeling of positivity, unity and abundance is available to each of us. We have the opportunity to decide each day if we will submit to negativity, or reach for the positive. Abundance is more than just having a lot of something. It's a state of mind. It's a sense of having enough, of having plenty for yourself and to spare. Abundance can be material things, but it can also be non-tangible things, such as kindness or love. It can even be in the form of time or mental space. We have the ability to create abundance for ourselves, by choosing the attitude we bring into our day. When we approach the day with a sense of gratitude for what we already have, we generate a sense of abundance rather than scarcity. We then feel a tendency toward kindness and generosity, rather than disunity or selfishness.

Feeling gratitude can be hard when things are going really badly. If a loved one is suffering with illness, or if we are ourselves, if our relationships are crumbling, if we are having financial troubles or a crisis at work, it's hard to see something for which to be grateful.

There are a few women who come to mind when I think of finding a way to be grateful in difficult circumstances. The first is Anne Frank, a girl who kept a journal of her experiences as she and her family were forced to live in hiding because they were Jewish during the Second World War. The other two are Corrie and Betsie ten Boom, sisters who were arrested for protecting Jewish families in the Netherlands during the same war.

In her diary, Anne reflected often on the benefits of striving to be cheerful and grateful. She encouraged others to "think of all the beauty still left around you and be happy." She observed that "no one has ever become poor by giving." Additionally, she wisely reminded us that "whoever is happy will make others happy."

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Corrie ten Boom

Corrie and her sister Betsie were forced to live in a prison camp, and while there, encouraged one another to look for reasons to “be grateful in everything.” Corrie recounted how they even learned to be grateful for the fleas that infested their barracks, because the cruel guards didn’t want to enter the barracks. Despite the deplorable conditions they found themselves in, they chose gratitude on a daily basis, and it sustained them. These examples inspire me to try a little harder to be grateful for my present circumstances.

One of the best ways I’ve found to live in gratitude each day is to keep a gratitude journal. There are lots of ways to do this, so let me tell you my favorite way. At the end of the day, I like to think of a few things that I’m grateful for from the day, and write them in my journal. Then, I choose one of them and elaborate on it. I jot down the details of what happened and how it made me feel, and why I feel grateful for the experience. This practice has been life-changing for me! I believe it has given me a real sense of abundance in my life, and this sense of having plenty for myself and to spare motivates me to be generous with my time and means with those around me.

Is a gratitude journal part of your daily routine? If not, I invite you to give it a try, and see if it inspires you with a feeling of abundance in your work and personal interactions, too. I’m excited about spending time with all of you throughout these last few months of the year at our monthly chapter meetings as well as our social events. Wishing you all the best! See you soon!

Warm regards,

Suzy Stein, President

## **Mary Ceccanese, District V Vice President 2022-2023**



Greetings Maia Members,

What an incredible year it has been! We have had opportunities for us to meet together, in person finally, we achieved Striving for Best Practices, and we had a record number of guests in attendance at our November meeting.

I am so grateful for the dedication and commitment of our members. We will have no trouble reaching our goal of 10 new recruits if we continue to invite friends, relatives, acquaintances to our monthly meetings. Because January's meeting is on Zoom, let's each try to invite 1 (or 2) guests to that meeting (people can attend wearing their warm weather gear without having to leave their homes). Level 3 of Best Practices is within our reach!

There are some wonderful plans in the works for the new year so stay tuned.

As the cold weather continues and we make our holiday plans, please know that I am grateful for all of you. Your participation in ABWA keeps us alive and thriving. If you are traveling during this holiday season, I wish you safe travels. Happy Holidays to all!

Sincerely yours,

Mary

Mary Ceccanese  
2022-2023 District V Vice President  
2022-2023 SBMEF Trustee

## Summary of November Chapter Meeting, by Suzy Stein, Maia Chapter President

On November 15, Maia held our hybrid chapter meeting at The Original Cottage Inn. It was great to gather there again as a chapter, to enjoy some delicious food, the company of members and guests, and inspiring content. We had 25 attend in person, and several on Zoom, including Rachelle Jamerson-Holmes, ABWA National Vice President! After enjoying some pizza and salad, and chatting with our friends and guests, we watched some snippets of the inspiring documentary entitled *The Empowerment Project: Ordinary Women Doing Extraordinary Things*. We discussed in groups some of the messages that stood out to us the most. The meeting was lively and energizing. The time flew by, and we were reluctant to part ways at the end. We are looking forward to December's meeting, when we can gather again!

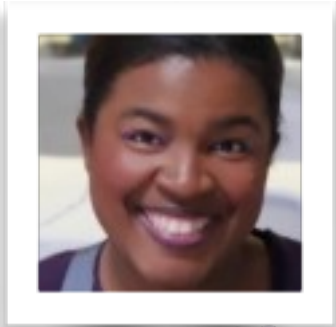
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## Getting to Know Maia Members

Each of our upcoming newsletters will highlight one or more members, providing some fun facts that may spark additional conversations.



**Sharita Bell**, joined Maia in March of this year.

1. What do you enjoy doing in your spare time?

***In my spare time, I enjoy working out, riding my bike, and mountain biking.***

2. What is your favorite food?

***Candied yams or sweet potato casserole***

3. What is your favorite movie or TV series?

***Clue***

4. What is your favorite type of music (such as rock, jazz, classical, etc)?

***J-Pop (Japanese pop music)***

5. If you enjoy reading, what book have you read recently that you would recommend?

***Please don't judge, I have a 7-year-old. The most recent book that I have read is I Need a Nap and I Really like Slop, by Mo Willems.***

6. Do you have any pets, and if not currently, what is a favorite pet you had in the past?

***I have a cat (Midnight), a Shiba Inu (Miki), and a lot of fish.***

7. If you could travel anywhere, where would you go?

***I am obsessed with national parks. I would travel all over the country to get my national park stamp.***

Please join us for  
***Maia Chapter  
December Meeting***

**Tuesday, December 13  
6:30-8pm**

**Second  
Tuesday!**

***In-person event at Suzy Stein's home  
3378 Burbank Dr, Ann Arbor***

You are Invited to join us for our December gathering! We will be connecting and having fun while we assemble hygiene kits for The Clean Love Project, an organization dedicated to helping women and young girls feel clean, loved, and empowered.

**IMPORTANT!** Please contribute to the service project by purchasing items for the kits from our Amazon Wish List, whether you are attending or not, and they will be sent to Suzy's house for the event.

**See next page  
for more details**

***Please bring a  
sweet or savory  
finger food to share***

***COST~\$5 cash or check at the meeting***

**Register here  
[abwa-maia.org/events](http://abwa-maia.org/events)**



**Before December 13,**  
**Visit Maia's Amazon Wish List to Support**  
**The Clean Love Project**

**More About the Clean Love Project**

The Clean Love Project has been able to distribute 39,459 kits throughout Metro Detroit.

Their mission:

**To help women and young girls feel clean, loved and empowered by distributing clean love kits to alleviate their hygiene needs.**

There are many ways you can help support our mission! Sign up for Amazon Smile and Kroger Rewards, donate products from our Amazon wish list, or donate right here on our website. Your donation makes a difference; see how your gift can make an impact!







EASTERN MICHIGAN COUNCIL

DECEMBER 10, 2022

9:00 AM - 11:30 AM

Hosted by Suburban Connection Charter Chapter

**Deer Lake Athletic Club**

**6167 White Lake Rd, Clarkston, MI 48346**

TOGETHER  
TOWARDS  
TOMORROW



## End of year Holiday Celebration and new EMC Board Installation!

Please join us for a morning of celebrating as we wrap up 2022!

We will be collecting donations for our ABWA Sisters that were impacted by Hurricane Ian.

Donations will be accepted at this meeting and/or through the EMC website under "Donations".

EMC will send funds to the SW Florida Council and the Tri-County Council in mid-December.

**Arrive/Networking:** 9:00 am

**Breakfast:** 9:30 am

**Registration by DEC 6th: \$25 cash, check or ZELLE / \$27 PayPal**

**After DEC 7th: \$30 ZELLE / \$32 PayPal Only**

*(registrations after this date are subject to availability and venue contract)*



**zelle®**

**PayPal Registration:** [www.abwa-emc.org/meetings](http://www.abwa-emc.org/meetings)

**Zelle:** Send to Eastern Michigan Council / [abwa.emc@gmail.com](mailto:abwa.emc@gmail.com) OR scan the QR Code

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If you are paying by check:

Mail payment and this form to:

Heather Naugler, P.O. Box 609 Goodrich, MI 48438

For reservation questions contact us at [abwa.emc@gmail.com](mailto:abwa.emc@gmail.com)

Name \_\_\_\_\_

Chapter \_\_\_\_\_ Phone # \_\_\_\_\_

Email \_\_\_\_\_

Other Attendees \_\_\_\_\_

Total Amount Enclosed \_\_\_\_\_

**The mission of the American Business Women's Association is to bring together business women of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support and national recognition.**

Eastern Michigan Council is composed of local leagues of the American Business Women's Association in Michigan. We provide opportunities for leadership development, facilitating member success through recognition, mentoring, coaching, and preparing candidates for National board offices.

For more information about ABWA please contact us at [abwa.emc@gmail.com](mailto:abwa.emc@gmail.com)

Check us out online at [www.abwa-emc.org](http://www.abwa-emc.org)

## News from Eastern Michigan Council

There is a **MLive Women's Summit, on May 16, 2023 in Lansing**. The day will kick off with Mentoring Monday, and here are some of the topics/mentors being covered!

- Leading with Joy – Tonya Berry, Consumers Energy
- Networking in a Hybrid World – Jamie Cooper, Sensi Connects
- Thriving in a Male Dominated Environment – Lynn Chen – Zhang, Zhang Financial
- Self Love – Mama Sol
- Creating Your Own Opportunities – Cindy Bowen, Crowne Plaza Lansing West

You are invited to join them for this morning of inspiration, or the first ever Women Who Shape the State Awards, or both! As members of the Eastern Michigan Council of ABWA I am hopeful you can share this event with women in your local chapter and the discount code **ABWA20** for 20% off tickets!

You can learn more about the event, it's speakers, and mentors here:  
<https://events.mlive.com/womenssummit>

Kind Regards,

Kelle Hruska  
Chair Eastern Michigan Council  
American Business Women's Association  
Mobile: 248.933.4736  
[Linktr.ee/abwaemc](https://linktr.ee/abwaemc)

## Maia Chapter

Maia Chapter meets the 3rd Tuesday of every month at 6:15 pm EST. Visit [www.abwa-maia.org](http://www.abwa-maia.org) or follow us on social media to find out if we are meeting virtually or in person (Original Cottage Inn, Ann Arbor, Michigan).



### ABWA Set of Core Values

- Giving Membership a voice
- Treat People with dignity (See Proud Code of Conduct)
- Lifelong Learning
- Focus on Creating Value for Members
- Achievement
- Visionary Leadership
- Focus on the future
- Manage by Fact
- Manage for innovation

### ABWA's Proud Code of Conduct

- All members will serve as goodwill ambassadors for the American Business Women's Association.
- Members will not allow their personal beliefs and convictions to interfere with the representation of ABWA's mission.
- Members will always treat their member colleagues, guests, vendors and sponsors with honesty, respect, fairness, integrity, responsibility, kindness, and in good faith.
- Members will maintain compliance with ABWA National, Chapter and Express Network Bylaws.
- Members will not use their personal power to advance their personal interests.
- Members will strive for excellence in their professions by maintaining and enhancing their own business knowledge and skills, and by encouraging the professional development of other members.

### Contact Us

ABWA Maia Chapter  
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[ABWAMAiaChapter@gmail.com](mailto:ABWAMAiaChapter@gmail.com)  
[www.abwa-maia.org](http://www.abwa-maia.org)

#### WE ARE

Changing Women's Lives...

#### Executive Team

President:

**Suzy Stein**

Vice President:

**Gwendolyn Guy**

Secretary:

**Laurie Pettigrew**

Treasurer:

**Wiebke Hagendorf-Schroeter**

#### Committee Chairs

Education

**Imm-Kee Lang**

Fundraising

**Suzy Stein**

Membership

**Sharon Walker**

Newsletter

**Mary Shindell**

Professional Development

**Mary Ceccanese**

Publicity

**Angela O'Bey-Young**