

Rekindle the Torch of Friendship



From early observations with light, the ancient Greeks saw light traveling through rays and noticed that those rays refracted through less denser mediums such as water. They also discovered that when those rays hit a surface they would reflect back. This way the light ray had a chance to return.

A torch is merely a portable holder in which to carry the source of light. The holder is usually rod shaped and has an opening in which to carry the flame. Our focus this year should be on the flame and friendships past and present.

Red (Courage), yellow (Vision), blue (Humility), orange (Loyalty), green (Fellowship), violet (Service).

I. Colors of Light

Red = danger or warning, fiery heat and action, confidence, courage and vitality. It is a warm color and is most often the choice by males and outward people. The red rose represents love. Ruby rings are said to be worn on the left hand.

Orange = Known as a color of power, fiery heart and healing

II. The Guiding Light

This is known as the divine presence of a person or thing and also the spirit of that individual.

This could also mean a person that inspires you. Why not do a program on a sister that has inspired you or a friend that has helped bring that inspiration to you?

III. Find the light at the end of the tunnel

Think of ways to help others in need and find their light or your own light to a path you or they seek in service.

IV. People Embrace and are Guided by their Light and Colors

The colors of the flag are a rallying point for soldiers. Each color is given its own meaning. The blue in the American flag stands for that of liberty. Red stands for the blood that was shed or brotherhood.

YEARBOOK/PROGRAMS/SOCIALS – can be centered around the use of flames in our culture, history, religion and their meanings. An idea might be to do a camping theme for the year with logs on the fire and different colored flames in front of a tent. Take the sisters to the Olympics for a program and show them the past torches, why they were made and the meanings behind them. Or, put different types and styles of torches in your yearbooks. (The Beijing Olympic Games this summer feature a flame character.) Another idea would be to center the year around a Luau complete with Lilo and Stitch, the two best friends. TIKI torches could dress each page of the yearbook. Use light and lanterns during your socials to reflect the flame. A torch is also a symbol of leadership (relating to past experience) to pass on to others, so a program could be on famous women leaders in history that inspired us. Or, focus your year on those who will follow you of which will be **the legacies**. Torch songs could be played and reviewed at a meeting. Flaming desserts could be served at each gathering. Light fires during the cold months of the meetings this year.

The Torch

Why a Torch?

The torch is a beloved symbol of our sisterhood because it is a symbol of learning. And learning is very much a part of who and what we are in Beta Sigma Phi. It is SIGMA - part of our motto.

"THE TORCH WAS LIGHTED FROM A GREAT FIRE WHICH SOME CALL TRUTH, SOME CALL BEAUTY, SOME CALL LOVE. THOSE WHO FOLLOW THE TORCH LEARN ALL OF THESE."

Learning is:
wealth to the poor
honor to the rich
aid to the young
a support and comfort to the aged
If rightly applied, learning will make a woman cheerful and useful.
It is an ornament to prosperity.
A refuge in adversity
An entertainment at all times
It cheers in solitude.
It gives moderation and wisdom in all circumstances.

Dorothy Arntz, a member from Grand Rapids, Michigan wrote a lovely story about HOW THE TORCH WAS BORN. It first appeared in the December 1935 issue of THE TORCH and to paraphrase the story ...

"The great star of the east every year marshaled in each beam to once again guide men to the kingdom of light and knowledge. Now, one of the finest, most penetrating beams was missing. So, the great star and all the little stars kept close watch every night for the missing beam.

One night, the great star was watching below for a glimmer of its lost child and there it flashed! Soon it moved on. In fact, it seemed to pass along a never ending trail. It now became obvious it had been fashioned into a torch and was passed along from one heart who needed it to another. With the torch, all who seek the Good, True and Beautiful will find it!"

Why a torch? Because we, as Beta Sigma Phi's, seek what it teaches. We are guided by it so we ourselves can be a guide to others.

http://www.betajournal.com/patch_274.htm

"In the story in the Pledge Ritual, a woman slept and dreamed that she wandered in the night through quiet streets of an ancient city, in the company of Diotima. She saw a light and realized that it was a torch moving in the distance, and she discovered they were following the torch. She asked Diotima what the torch was, and was told that it is called learning, and it moved away through the darkness to show them the way. She discovered that the torch never stopped, but always led onward. Diotima told her that the torch itself was lighted from a fire that some call truth, some call beauty, and some call love; and that those who follow it learn all of these. The symbolic message of the story is that each new member of Beta Sigma Phi is handed a torch which can guide her through her search for the good, the true and the beautiful." --- From *Understanding Our Rituals*

I Carry a Torch by Lynn Terry

From the Strawberry Patch

In the language of popular music, to "carry a torch" is to sing a sad song of a lost love. The torch I carry is a very different one, and it sings a glad song of light and life and love, past, present and to be.

My life, before I started to carry a torch, had been a dim search which needed some extra light to help me see, not things which were lost or distant or unattainable, but close at hand, waiting only for my recognition, acceptance and enjoyment.

In the days of my dim search I sought for happiness among many winding ways -- in travel, people, work, knowledge and pleasure, sometimes touching briefly only to lose it again.

I thought of happiness as something to *get*. With the light of a torch I learned it is something to *have*, and to *give*.

Its talisman is love. Once our torch is lighted by that flame the dim search ends. There is nothing to seek. All is given. We have but to accept and enjoy and keep the flame bright by giving to others. Each day our fortune is magically renewed with 24 golden hours to live, to give and enjoy. It is a fortune which must be shared to make us rich.

It is this sharing which endears to us the fellowship of Beta Sigma Phi.

Together we know that the light is not only for our own day and our own way but for all our dear ones, for the world about us, and for those who follow us. How far the light has carried from that first Torch lighted in 1931! How brightly it shines today, and shall shine forever more because love is eternal. How gratefully glad I am that I carry a torch.

OLYMPIC GAMES – Beginning Day Plans

Begin the sorority year around the torch relay and Olympic Games in Beijing this year. March 24th the lighting ceremony at Olympia began. March 24-29 it was carried through Greece. March 31st it was welcomed into Beijing. April 1st it headed to Almaty. The final leg in Beijing is from Aug 6-8, 2008. The Olympic theme is "Journey of Harmony" and slogan is "Light the Passion, Share the Dream."

Travel the 3-D Animation History of the summer games with the past history of torches.

<http://torchrelay.beijing2008.cn/en/archives/pasttorches/index.shtml>

Summer Games Torch Archives from present to 1952

Example:



Credit: IOC/Olympic Museum Collection - Nagano Games

<http://torchrelay.beijing2008.cn/en/archives/modern/index.shtml>

Winter/Summer Olympic Relay Archives to 1952

Find out about the mascots and what they represent.

<http://en.beijing2008.cn/spirit/beijing2008/graphic/n214068254.shtml>

Mascots of the 2008 Olympic Games

Think candles and flames

Visit an Illuminations store or Yankee Candle for secret sister gifts.

Have a candle making program or make your own candle holder.

MAKING GEL CANDLES



Gel candles will burn longer than paraffin candle wax. The thicker the gel the better it will hold and suspend objects in it.

To find out how to make gel candles go to:

<http://www.gelcandlemaking.com/>

GEL CANDLE MAKING

This site guides you through the 8 steps needed to make a good and safe candle. It will discuss the gel used, equipment needed, coloring, fragrances, wicking, embedding, technical info, and product testing. A checklist is given to help.

PLAY TORCH SONGS DURING THE YEAR

A “Torch Song” is a sentimental love song.

<http://www.amazon.com/Torch-Songs-Various-Artists/dp/B0001KL4I6>

Listen to Torch Song Samples

Some familiar tunes and artist include:

[Am I Blue – Billie Holiday](#)

[Over the Rainbow – Judy Garland](#)

[Stormy Weather – Lena Horne](#)

CANDLES AND FLAMES FOR PURCHASE



<http://www.vat19.com/dvds/color-flame-party-candles.cfm>

Party Candles with Matching Colored Flames

Purple, blue, orange, green, red, and white (No Yellow is available)

- Burn time: 8 minutes
- Candles are 2" tall
- 12 candles per package

<http://www.sigmaservices.com/pdf/BambooTiki.pdf>

Colored Flame Torches for use at parties

SIGMA SERVICES

Plant City, Florida

http://www.bikudo.com/product_search/details/9993/color_flame_tealight_candles.html

SHANGHAI GLITTER CANDLES

Color flame oil lamps and birthday candles

HOW TO MAKE FIREPLACE FLAMES

<http://www.make-stuff.com/formulas/flames.html>

Make-Stuff.COM

Explains what ingredients and chemicals go together to make colored flames in the fireplace.

- 3 parts Potassium sulphate (Chromealum) and 1 part potassium nitrate (Salt Peter) for violet flames
- Strontium chloride for red flames
- Calcium chloride (bleaching powder) for blue flames
- Magnesium sulphate (Epson Salts) for white flames
- Baronsalts (Borax) for yellowish-green flames
- Copper sulphate (blue vitrol/Bluestone) for green flames
- Sodium chloride (table salt) for yellow flames

Please read the information on the site and consult someone that is an expert at burning things in the fireplace before trying this.

STRING UP COLORED LIGHTS



If you want to stay away from flames for safety reasons, use colored light bulbs.

Use colored Christmas lights

Use Glo Sticks or Lights and Balloons

Use a sword with a light beam to represent a lighted torch

Use the LED Fiber Optic lighted wands

MAKE DESSERTS USING A TORCH



Serve crème brulee

Cherries Jubilee

Bananas Foster

Serve a pie using meringue -

CHERRIES JUBILEE

- 1 (21 ounce) can cherry pie filling
- 1/2 cup brown sugar
- 3 tablespoons brandy
- 1/2 gallon vanilla ice cream

DIRECTIONS

In a saucepan, stir together the cherry pie filling and brown sugar. Bring to a boil over medium heat, stirring frequently. When it begins to boil, pour the brandy over the top and do not mix it. Carefully touch a lit match to the side of the pan to light a flame. Stand

Banana Pudding

Key Lime Pie

Lemon Meringue Pie

Coconut Meringue Pie

Baked Alaska

Or

Simply toast marshmallows and make s'mores for an added treat or dessert at a social.

Go to <http://allrecipes.com/> and find the recipe above to make for your next gathering.

HOST A CAMP FIRE – SOCIAL

Enjoy a camp type social complete with tents and BBQ's.

Before the social, make camp fire invitations with twigs (for kindling) glued on top.

Or, use back pack key chains as invitations with the invite written on paper and place inside.

To the Entrance of the yard have *Beta Sigma Phi Camp* Grounds painted on a piece of wood and hung.

Next to the entrance sign post the **camp rules** on a board.

Everyone can be given a **visor** made for them, or they can make and decorate theirs at the party. Just supply markers, glue and decorations.

Have the guests bring tents or you supply one or two. Set up tables with paper clothes taped down in and around the area along with BBQ's for grilling.

Provide the condiments to dress the burgers, hot dogs and bratwurst. Relish, pickles, mustard, catsup, onions, relish and hot sauce will do.

For dessert provide skewers with marshmallows, chocolate bars and graham crackers in them in order to make s'mores for dessert. If you have a fire pit set up and available, the guest can sit around and make their desserts.

Play flashlight scavenger or treasure hunt. Give each guest a flashlight and trash bag and send them off on a scavenger hunt through the neighborhood.

FLASHLIGHT Scavenger Hunt List

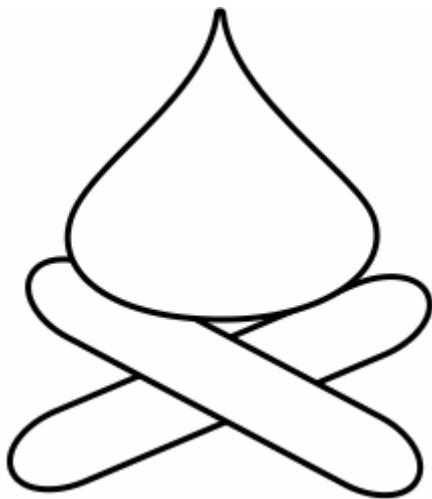
Either get the required item or have the person with the item sign your list.

- _____ a movie ticket stub
- _____ a chocolate chip cookie recipe
- _____ a package of seeds
- _____ a bar of hotel soap
- _____ a word search puzzle
- _____ a sock with a hole in it
- _____ a pack of takeout ketchup
- _____ a popsicle stick
- _____ an old CD
- _____ a used stamp
- _____ a AAA battery
- _____ a colored napkin
- _____ a plastic fork
- _____ a balloon
- _____ a birthday candle
- _____ a Christmas card
- _____ a can of soda
- _____ a plastic grocery bag
- _____ a used printer cartridge

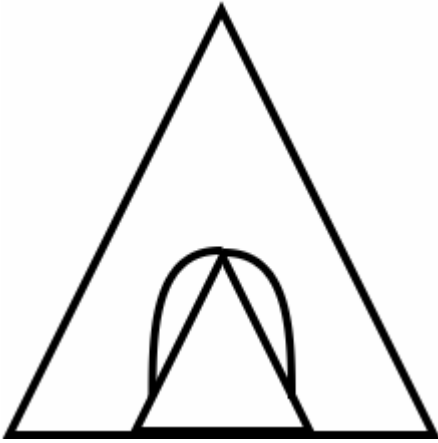
- _____ a green tea bag
- _____ a potato
- _____ a magazine
- _____ a fast food coupon
- _____ a hanger
- _____ a spool of thread
- _____ a 2008 penny
- _____ an elastic band
- _____ a DVD
- _____ a cereal box prize
- _____ a grocery receipt

Top the evening off by bringing out the TV and DVD player and have a movie under the stars with your guests.

End with a closing and sparklers.



Invitation or Name Tag



Invitation or Name Tag

HOST A LUAU – SOCIAL



Host a luau during the summer with TIKI Torches outside.

Make FLOWER OR SURF BOARD invitations

Provide plastic leis for the guests as they arrive

Write the guests names in Hawaiian

<http://www.hisurf.com/hawaiian/names.html>

Use the search box on HI SURF to type in your name and find it in Hawaiian.

Have guest dress in Luau clothing

Decorate the yard with TIKI Torches and lanterns

Cover tables with paper for easy clean up

Use coconut shells or scooped out pineapple shells for bowls.

Provide pails with shovels from the kids section for snacks.

BBQ Chicken or Grill Fish

Serve a bought or made Hawaiian Pizza with chicken, Pineapple Chunks, Ham & Mozzarella Cheese

Play coconut bowling and see how many pins can be knocked down.

Play "Who's Feet Are They?"

Place a dark sheet between a doorway leaving a gap at the bottom of which is large enough to reveal someone's feet. One team stays in another room. The team outside removes their socks and shoes, rolls up their pants or long dress and then one by one they walk up to the sheet and present their feet to the other team. The others then have to guess who the feet belong to. The members can smell the feet, yet they cannot touch them.

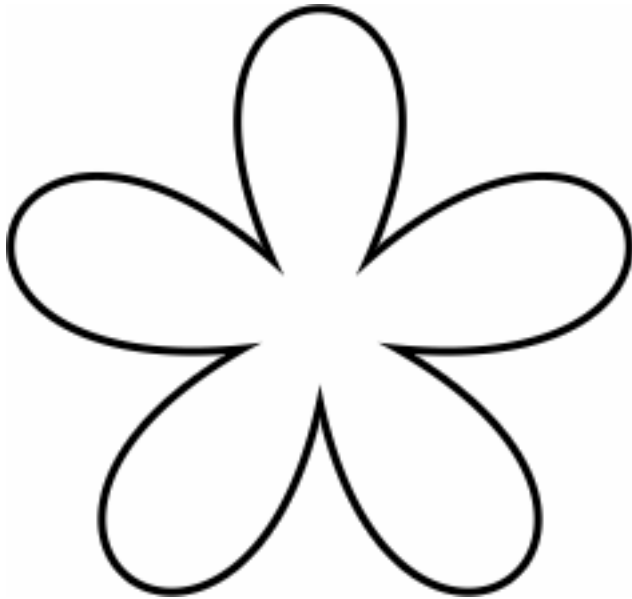
Have the guests dig for treasure in a wading pool or two set up.

Make a volcano cake and place a sparkler on top.

Make fruit skewers and an island cake.

http://www.marsbrightideas.com/birthdays/themes/beach/kekestreats/c_1260_1.jsp

Island Cake Recipe made with Snickers, Twix and M & M's



Invitation or Name Tag



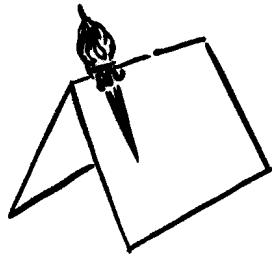
(Surf Board) Invitation or Name Tag

SOCIAL OR GATHERING USING A TORCH THEME

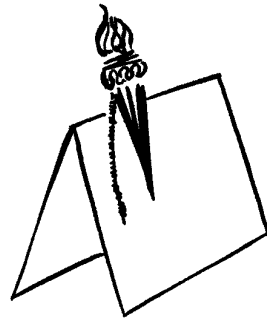
Place Cards.

Cut stiff white paper twice the height you want the finished product to be. With pastels, water colors, or any drawing tool, shape a torch in the left center. Mark the card, around the torch, for a horizontal fold. Then cut around the half of the drawing above the fold. When you make the fold, you have a torch that stands up.

Using the same basic white paper folded as a place card, you can instead attach a short piece of pipe cleaner to the top left corner. Attach the other end of the pipe cleaner to a torch cut from colored construction paper or card stock. Here you have a torch in relief



[Click on thumbnail for larger picture.](#)



[Click on thumbnail for larger picture.](#)

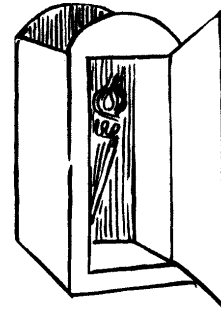
Φ Favors.

Use small ice cream cones to make pretty and appropriate place favors. For the base, use a small half ball of Styrofoam, resembling a gum drop in shape. Use gold spray-paint for both cone and base. Two thickness of cellophane, yellow over red, shaped into a pointed mound to resemble a flame, is inserted into the tops of the cones

Make simple, 3-dimensional architectural structures from construction paper. A door at the front opens to reveal a torch, also of construction paper, pasted to the back "wall." The flame can be cut of yellow crepe paper.



[Click on thumbnail for larger picture.](#)



[Click on thumbnail for larger picture.](#)

Φ Centerpieces.

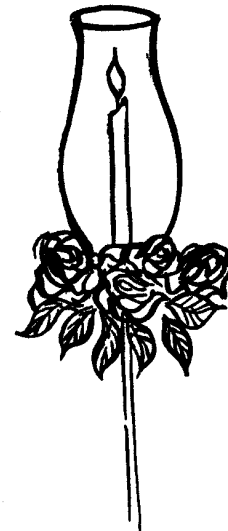
Roses and candles go well together for centerpieces. Try delightful handlings such as hurricane lamps with yellow roses and greenery at the base, or tall, tall goblets into which fat candles (or votives in the various colors) have been tucked, along with roses and ivy tips. (*Did you know that ivy symbolizes Friendship?*)

There are hundreds of possibilities! Perhaps a decorated doorway at the entrance to your banquet (or specific activity), lettered with the words of the theme, will appeal to you. Or you may wish to use the colors of the torch's rays in some way, in candles or in floral decorations.

From the Strawberry Patch



[Click on thumbnail for larger picture.](#)



[Click on thumbnail for larger picture.](#)

Re-read the words of the Ritual of Jewels describing the rays of the torch and their symbolism, sit down with pencil, paper and a sorority sister (or two or three), and let your imaginations roam!

THE TORCH BEARER – AUTHOR UNKNOWN

From The Strawberry Patch

"The God of High Endeavor gave me a Torch to bear,
I lifted it high above me in the dark and murky air;
And straightway, with loud hosannas, the crowd proclaimed its light
Till drunk with the people's praises and mad with vanity
I forgot 'twas the Torch they followed,
And fancied they followed me.
Then slowly my arm grew weary upholding the shining load,
And my tired feet went stumbling over the dusty road.
And I fell with the Torch beneath me. In a moment the light was
out,
When lo, from the throng a stripling (a grown boy) sprang forth with a
mighty shout
Caught up the Torch as it smoldered, and lifted it high again,
Till, fanned by the winds of heaven, it fired the souls of men.
And I lay in the darkness, the feet of the trampling crowd
Passed over and far beyond me, its paeans (song of joy, triumph)
proclaiming aloud,

And I learned in the deepening twilight, the glorious verity, (truth, reality)

'Tis the Torch that the people follow, *Whoever the bearer be.*'

Use Past Torch Covers from Marilyn Ross



http://www.betajournal.com/pasttorch_covers.htm

THE TORCH WILL LIGHT THE WAY

By Ora Capelli and Paraphrased by Marilyn Ross

"... I find my thoughts turning inward to the great torch of Beta Sigma Phi.

The torch is the symbol of the faith we have in the precepts laid down for us by the Wise Woman of Mantinea. These precepts are the foundation stones, the doors of knowledge, the "open sesame" to a bright and wonderful future.

How bright is its flame for you? How many doors of learning have you passed through?

And where do we find the key to unlock these doors? From the day we became Beta Sigma Phi's we have had the secret, though perhaps some of us did not know it. So subtle is the journey, so potent is the knowledge, that it was hidden from view lest the greatness of the plan frighten us.

I have passed many doors, each leading me into greater depth, greater experiences, greater understanding. There was the door marked *Invitation to Life*, where I learned the purpose of Beta Sigma Phi, its growth and scope, its rituals. There was the door marked *Life, Learning, Friendship* - another experience where I became acquainted with the verities of life and became aware of the need for true and lasting friendships.

So many doors to recall!

Each year we closed one door of self-advancement to go on through other doors. There are still so many yet to be opened, leading to avenues of thrilling excitement, that I am eager to move ahead.

As the years go by, I become more aware of the real meaning of these doors through which we pass and the rightness of the torch which lights our way.
Success comes through understanding both ourselves and the other person, and our relationship to life.

As we advance to higher degrees and life experiences we reach out for higher knowledge, and body, mind, heart, and spirit combine into an inner glowing torch which, when reflected into our outer actions, makes for radiant, gracious living.

Our ultimate goal is a life patterned after a spiritual inner glow - a many splendored thing!

How bright is **the torch** we hold, how bright!

STUDY THE ZODIAC FIRE SIGNS

Aries - March 21 – April 19

Leo – July 23 – August 22

Sagittarius - November 22 - December 21

