

# BRADFIELD BRIEF

January 2026  
Eta Phi Beta Sorority, Incorporated

## “Powerful 2026 Affirmations to Manifest your Best Year”

*Excerpts from Affirmations to Welcome the New Year  
With Intention - www.affirmations.online*

The start of a new year is the perfect time to set intentions, focus your mind, and create the life you desire. Affirmations help you focus on your intentions and visualize the year you want to create. They train your mind to notice opportunities, maintain positivity, and make aligned choices.

1. I focus on solutions, not problems, in 2026.
2. I am grateful for every lesson and blessing in my life.
3. I let go of what no longer serves me as I step into 2026.
4. I create space for growth, abundance, and joy.
5. I am confident, capable, and resilient this year.
6. I celebrate my progress and honor my achievements.
7. I release self-doubt and embrace self-love.
8. I am ready to manifest my dreams and goals
9. I am calm, centered, and focused throughout 2026.
10. I trust that 2026 will bring growth and abundance.



# Happy New year

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<https://allevents.in/blog/mlk-day-parades-usa-2026/>  
Top 5 MLK Day Parades Across the USA 2026: Routes, Timings & What to Know  
by  
Kush Malukani

Martin Luther King Jr. Day 2026 will be observed across the United States with impactful parades, marches, and community gatherings that honor Dr. King's legacy of equality, justice, and service. From large-scale unity parades to reflective peace walks, MLK Day parades 2026 continue to be among the most meaningful civil rights events nationwide.

**This guide brings together some of the most prominent Martin Luther King Jr. Day parades across the USA, helping you understand where they take place, dates, and what makes each event unique,**

### **1. MLK Unity Parade 2026 — Houston, Texas**

The MLK Unity Parade in Houston is recognized as one of the largest MLK Day parades in the United States. The event highlights unity and diversity through community groups, marching bands, and civic organizations participating along the parade route. Location: Downtown Houston, Houston  
Date: 19 January, 2026

### **2. 49th Annual MLK Day Parade & Celebration — Miami, Florida**

Now in its 49th year, Miami's MLK Day Parade and Celebration is a long-standing tradition that blends cultural performances with community participation, making it one of the most established MLK Day events in Florida. Location: Northwest 54th Street, Miami  
Date: 19 January 2026

### **3. 46th Annual Martin Luther King Jr. Holiday Parade — Oklahoma City**

This 46th annual MLK parade is a key observance for MLK day in Oklahoma City, featuring participation from schools, local organizations, and community leaders in a family-friendly atmosphere. Location: Downtown, Oklahoma City  
Date: 19 January, 2026

### **4. 44th Annual Dr. Martin Luther King Jr. Parade — San Diego, California**

San Diego's annual MLK Parade emphasizes community unity and cultural pride, continuing a tradition that has grown steadily over more than four decades.  
Date: 18 January, 2026

### **5. MLK Holiday DC Annual Peace Walk & Parade — Washington, DC**

This Washington, DC annual peace walk and parade combines a peace walk with a parade format, offering a reflective MLK Day experience in the nation's capital.  
Date: 19 January, 2026



Click here for the electronic registration form



### When completing the Registration Form, please note the following:

Boule' Electronic registration form:

1. The Soror completes the electronic registration form and submits.
2. An email with responses submitted will be sent to the Soror based on the email she listed on the form.
3. The Soror will forward the email to their chapter's financial office to be submitted when she sends the ROFF and chapter check.
4. Once the registration deadline has ended, the technical team will send the electronic registration responses to the (Membership/ distribution list)

Click here for the preliminary schedule for the Grand Boulé



Click here for the Hotel Reservation link



Click here for Boulé Transportation Information

### 2026 Grand Boulé Committees

Please contact the listed Boulé Committee Chair to be added to the volunteer list.

**CLICK HERE**

for Boulé Committee List

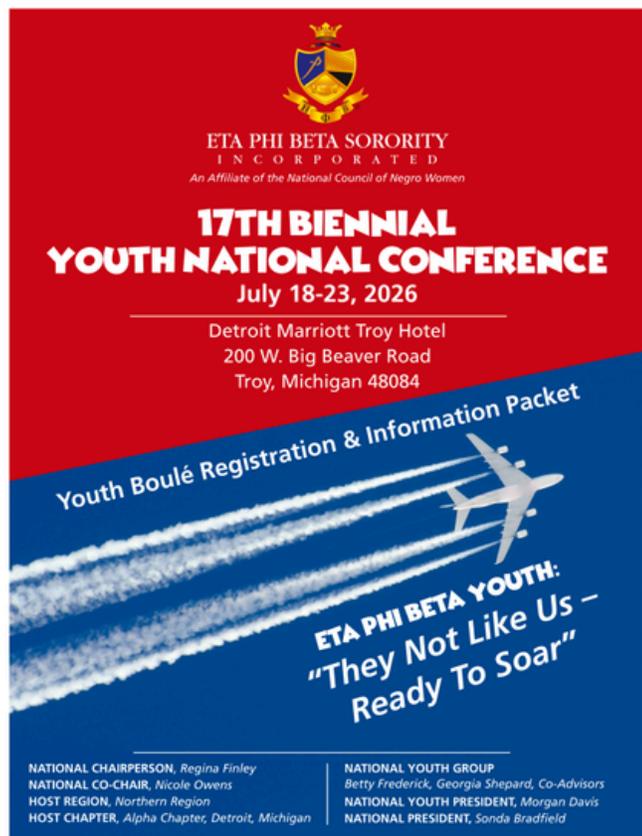


### Eta Phi Beta Sorority, Incorporated Updated History Book

Great News! Production in progress!

Our updated Eta Phi Beta History Book will be available at our 37<sup>th</sup> Biennial Grand Boulé

# 17th Biennial Youth National Conference



Greetings Regional Directors, Regional Youth Advisors, Chapter Basilei, Chapter Youth Advisor, National Youth President and Sorors,

Happy New Year to each of you.

The Youth Group of Eta Phi Beta Sorority, Incorporated is ready to Soar and your generosity, encouragement and support will be felt throughout the July 2026 Youth Conference.

On behalf of our National Youth President, Morgan Davis, the National Youth Co-Advisors Soror Betty Frederick and Soror Georgia Shephard, and Grand Basileus, we look forward to having all of our youth in Troy Michigan to experience the plans that are being established.

Please ensure that the Youth Registration information is shared throughout your region and chapter. The information will also be in the Weekly Announcement.

**Please do not delay in submitting youth registration payment and forms.**

Sonda Bradfield, Grand Basileus

"Eta Phi Beta Women of Distinction, Driven with Determination to Serve Others"

  
Click here for  
Youth National Conference Information

  
Click here for  
37th Biennial National Youth Conference Forms

  
Click here for  
FAQ for the 37<sup>th</sup> Grand Biennial Boulé

  
Click here for  
Hotel Reservation Link

  
Click here for  
Boulé Transportation Information



*Not For Ourselves, But For Others.*

So proud  
of you

# Sorors Soaring Above and Beyond

“Maude is responsive, thorough, bright, selfless, and humble, and she represents the very best of what it means to be a civil servant.”



**Eastern Region  
Director Maude  
R. Holt  
awarded the  
Ward 6 Brickie  
Public Service  
Award**

## 2025 Ward 6 Brickie Awards

Congratulations to Maude Holt, one of the Ward 6 Brickie Award Winners Public Service Award: Maude Holt, Administrator & Health Care Ombuds, Office of Health Care Ombudsman & Bill of Rights, District Department of Health Care Finance.

Thursday, December 4, 2025 Director Holt was awarded one of the year's best of Ward 6. among five other award categories, plus a very special recognition

The Public Service Award was awarded to Maude Holt, a dedicated DC government employee who has helped thousands of DC residents navigate acute health care crises, advocating on their behalf and seamlessly cutting through red tape.

Her accolades were stated as follows:

“Maude is a fierce champion for the rights of DC residents to ensure they can get the care they need, regardless of their income or health status. For many years, she has been an invaluable source of assistance for Councilmember Allen and his constituent services team as they help Ward 6 neighbors, often during very stressful and sometimes life-and-death moments.”



**sclic**

**PASTOR OF THE YEAR**



**REV. DR. REBECCA STITT, PASTOR  
St. Peter's AME Zion Church**

*“Whatever affects one directly, affects all indirectly.  
I can never be what I ought to be until  
YOU are what YOU ought to be.  
This is the interrelated structure of reality.” (Dr. MLK, Jr.)*

**Southern Christian Leadership Conference Cleveland Chapter**  
*Rev. Dr. E. Theophilus Caviness, President & CEO  
Rev. Dr. Hilton O. Smith, Vice President  
Dr. Marcia McCoy, Executive Director*  
**January 19, 2026**

**CONGRATULATIONS  
ON YOUR  
ACHIEVEMENTS!  
YOU HAVE MADE  
US ALL PROUD.**



[Thehealthsite.com](http://Thehealthsite.com)  
Thehealthsite.com's Post  
January 12, 2026

### **Flu Symptoms 2026:**

Influenza or flu is a highly contagious infection that affects your respiratory system, including your nose, throat and lungs. Flu can be spread from person to person through respiratory droplets or by touching contaminated surfaces.

### **Immunity Boosting Tips To Combat Flu:**

-Load your plate with nutritious foods like fruits, vegetables, whole grains, proteins, vitamin C, vitamin D, zinc and antioxidants to boost your immune system.

-Drink plenty of water to wash out toxins from your system and stay hydrated.

-Stay physically active by performing aerobics, cycling, swimming, running, etc., to improve your immune system.

-Maintain a healthy sleeping pattern to regulate your immune cell functions

-Maintain a healthy overall hygiene to prevent infection

-Always cough or sneeze into clean tissues.

-Do not share utensils, foods and drinks with sick persons to avoid infections



- 37th Biennial Grand Boulé Updates
- Love Region Information
- Weddings, Anniversaries, Engagements, New Loves (Children, Grandchildren, etc.)
- Recipes for LOVE
- Parliamentary Corner
- Black History Emphasis
- Support for IDD in Detroit
- More