

FRIENDS IN DEED *



Dear Friend,

One of the things that we pride ourselves on at FID is being able to meet people where they are in life. And, in The Women's Room, that often means being present for a guest, helping with some everyday needs, and offering support. I asked Marlene this week for an example, and she told me about Miriam. I have known Miriam since I started at Friends In Deed as she is a regular guest. This is what Marlene shared:

“Miriam, although housed, still continues coming to TWR for supportive services: groceries, meals and community. I've acted as a translator between her and her house manager. Aside from her learning disability, language is also barrier for Miriam. Without staff support at TWR, it would be difficult for Miriam to live in the shared housing. I've had to explain to Miriam simple things like when her scheduled laundry time is, her cleaning schedule, and to whom she should make rent payments. Miriam is a sweet lady, albeit shy, and she counts on us to help her to succeed in life. Ultimately, that is why we are here.”

[With your support and generosity](#), people like Miriam can find a loving place to spend their day, not only getting necessary services, but also finding support and dedicated staff who are looking out for them. Thank you for being a part of making this a reality for so many guests and clients.



Today is Good Friday, which means Sunday is Easter. Rather than have me share words about the holiday, I asked our friends and longtime supporters, Revs. Marlene and John Pomeroy, co-pastors of [First Congregational Church](#), to share some wisdom and insight from their tradition. Both have been board members of FID, and

both they and their church continue to be very involved. I am grateful for them, and for their willingness to share this message.

In the Christian Tradition this week is our Holy Week – the week that leads up to Easter Sunday. It's a time when we remember key parts of Jesus' life and the suffering he endured leading up to his death. It is a week that involves stories of betrayal, denial, mob behavior, suffering and ultimately an unjust killing at the hands of the Romans who were in power. While we look forward to celebrating new life and hope on Easter morning, we first take the time to remember and try to live into the reality of the suffering of Jesus. The way we connect the Biblical story to our personal stories each year is to notice and take seriously where suffering exists in our time. Who is exploited and pushed to the margins in our world? Who is struggling among us in Pasadena? What can we do to address and alleviate that suffering? Those of us at the First Congregational Church of Pasadena (UCC) see it as integral to our purpose and work to reach out compassionately to those around us. Partnering with Friends in Deed over the years has allowed us to do that work in our wider community, and we are deeply grateful for the vision and commitment to serve our neighbors that FID continues to embody.

With faith applied to justice this season,

The Revs. Marlene W. and John H. Pomeroy

Blessings, have a safe and lovely weekend - happy Easter to all of those celebrating!

Rabbi Joshua



We can only operate with your help!

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"Mindful Moment" with yoga instructor Ashley Dennis. She did a 30 minute meditation for The Women's Room guests. This is one of the first activities we've done in The Women's Room since the beginning of the pandemic. We're thrilled to have Ashley join us twice a week for the next two months!



[St. Francis High School, La Canada](#) made thousands of snack packs and shared over 2,000 of them with Friends In Deed! Pictured with the van full of snack packs is Damian Duran, Service Coordinator at St. Francis High School.



Every snack pack was adorned with drawings, encouraging words, and notes. We split the packs between First United Methodist Church Pasadena, our Bad Weather Shelter, and our Food Pantry clients.



Pictured in front of the FUMC sign is Aisha Figilis-Williams, the Office Facilities Manager at First United Methodist Church. Thank you, St. Francis and FUMC!



Every month we have a monthly birthday celebration at The Women's Room. We will sing "Happy Birthday" upon request, have a sweet treat, and every guest who had a birthday in the current month gets to choose a present from the pile. If you ever feel inclined to purchase a birthday gift for a guest, please email Jane Armbruster at twrassociate@friendsindeedpas.org to set this up! Everyone enjoys a little extra love on their special day.

