



Weekly Message

Dear Friend,

For 40 weeks of this year, we have seen 400+ households coming to our Food Pantry. For comparison, last year we had 18 weeks with over 400 households. And, in the last two months, we have had weeks with over 500. As you can imagine, this requires considerably more food than we are used to giving out, especially as we are working hard to maintain the same quantity and quality in what we offer. To understand this in greater detail, and to share how you can help us meet the need, I spoke to Tim Nistler, our Director of the Food Pantry.



We encourage you to please either collect the food items that Tim mentioned (bring them on Friday or Saturday, 9am-3pm), send [monetary donations](#), or order and have them delivered from Amazon. You can find all of the information on our [website](#). Our Amazon [wish list](#) is also updated for online orders. Thank you so much for your support!



We are thrilled that 90 people have already RSVP'd for our [Sunday Funday](#) this Sunday, November 6th from 1-4pm at Farnsworth Park in Altadena! If you haven't done so yet, please just come and join us - we will have plenty of food and fun for everyone!

Blessings, and have a lovely weekend,

Rabbi Joshua



DON'T FORGET TO FALL BACK.

DAYLIGHT SAVINGS
SUNDAY, NOVEMBER 6TH



We can only operate with your help!

Donate today

Join the Legacy Society

Podcast

2022-23 Hypomania: Fewer Choices, More Generosity

In this episode, Rabbi Joshua returns to a theme that he has been thinking about for decades: do we really need hundreds of types of breakfast cereal, dozens of brands of toothpaste, aisles full of the same condiments? In 2005, he delivered a talk on the theme of hypomania and how this creates a level of paralysis based on too many choices. This episode closes with a piece of a TedTalk from Professor Barry Schwartz based on his book, *The Paradox of Choice*. [Listen now](#)



Get Social



Dia de los Muertos

The Women's Room created this beautiful ofrenda in celebration of Día de los Muertos. Guests wrote notes honoring the memory and walk of their loved ones and those they miss. [See post](#)



A Noise Within

Staff members Eva and Helen were taken on a journey to 1997 Hill District, Pittsburgh in A Noise Within Theatre's showing of Radio Golf. Thank you to A Noise Within for inviting us! [See post](#)

News and Events

The Maya Salon

The Maya Salon is collecting items to assemble care packages for Friends In Deed clients. If you need a visit to the hair salon, and also want to do a little good, consider dropping off a few items. Thanks to The Maya Salon for the support!

CARE PACKAGES

A LIST OF WHAT YOU CAN SHARE
WITH FRIENDS IN DEED:

plastic utensil packs w/ napkins
large ziplock bags
water bottle
socks
snacks

IDEAS FOR SNACKS

chips
cracker
beef jerky
raisins / craisins
nuts
trail mix
fruit cups
dried fruit
cookies / pastries

breakfast / protein bars
vienna sausages
tuna or chicken salad (individual
packs)
peanut butter (individual packs)
campbell soups (pull top lid or
the soups that can go directly
into microwaves)

FRIENDS
IN
DEED

ACCEPTING DONATIONS FROM NOW UNTIL 11/13, SUNDAY.
AND VOLUNTEERS ON 11/13 DAY TO PUT TOGETHER
CARE PACKAGES AND DISTRIBUTE

THE MAYA
EST. 2017

State of FID Address

We hope you will join us for our annual State of FID Address to learn the latest on all our programs and ask questions directly to FID leadership. All Friends In Deed supporters are invited to attend online (Zoom link coming soon).

State of FID Address

11

DAY

15

MONTH

22

YEAR

5:30pm

Available for viewing on Zoom

Operation Gobbler

We're looking forward to partnering with the Pasadena Jaycees for the annual Operation Gobbler food drive! This project supports approximately 300 Pasadena-area families in need. If you are interested in donating turkeys or other Thanksgiving food, email Tim or call 626.797.6072.

Pasadena Jaycees

OPERATION GOBBLER

Food Drive

The Pasadena Jaycees, in partnership with Friends in Deed food bank, will provide Thanksgiving meals for approximately 300 Pasadena-area families in need. COVID-19 and rising inflation has created an increase in need for many families this holiday season. Suggested donation amounts are below, but any amount is greatly appreciated!

*\$30 - No Small
Sweet Potatoes*
SUPPORTS 1 FAMILY

*\$120 - Pumpkin
Pie in the Sky*
SUPPORTS 4 FAMILIES

*\$300 - Big
Turkey*
SUPPORTS 10 FAMILIES

Donate Via:

VENMO: @JAYCEE-TREASURER

CHECK: PASADENA JAYCEES

(mail to: 474 W. WALNUT ST., PASADENA, CA 91103)

FACEBOOK: FACEBOOK.COM/PASADENAJAYCEES

pasadenajaycees.org

@pasadenajaycees

Saint Mark's Church, Altadena, is once again holding their annual Christmas Tree Fundraiser in aid of Friends In Deed! [Order yours now.](#)

2022 Saint Mark's Episcopal Church Christmas Tree Sale
Order by 12 pm Monday November 14 for a December 3 pick up
www.SaintMarksChristmasTrees.org

All proceeds support Friends in Deed
 Meeting the needs of Pasadena's most vulnerable residents



Douglas Fir	
Size	Price
5' - 6'	\$70.00
6' - 7'	\$75.00
7' - 8'	\$90.00
8' - 9'	\$105.00



Noble Fir	
Size	Price
5' - 6'	\$85.00
6' - 7'	\$105.00
7' - 8'	\$125.00
8' - 9'	\$155.00
9' - 10'	\$190.00



Nordmann Fir	
Size	Price
5' - 6'	\$85.00
6' - 7'	\$105.00
7' - 8'	\$125.00
8' - 9'	\$155.00
9' - 10'	\$190.00

Sales:
 Order online by 12 PM Monday, November 14

Pick Up:
 Saturday December 3
 8 AM to 11 AM
 Saint Mark's Parking Lot
 1014 East Altadena Drive
 Altadena, CA 91001

For more information contact:
 Tom Homer
 tom@catainastandcamps.com
 626-370-8533



Donate a Tree to a Local Family

Saint Mark's Episcopal Church and the Pasadena Police Activities League deliver 5' to 6' Douglas Fir trees to local families that cannot afford a tree this season.

\$70 per tree

Local Delivery Available to
 Altadena, Pasadena, Sierra Madre

Delivery will take place
 Saturday December 3 between 8:30am and 12pm
Donation \$25

Buy online at
www.SaintMarksChristmasTrees.org



LAST DAY TO ORDER 12 pm Monday November 14



Friends In Deed is committed to fostering, cultivating, and preserving a culture of diversity, equity and inclusion. We embrace and celebrate the spectrum of our employees', volunteers', and clients' ages, color, ability or disability, ethnicity, family or marital status, gender identity or expression, language, national origin, physical and mental ability, political affiliation, race, religion, sexual orientation, socio-economic status, veteran status, neurodiversity, and other characteristics that make our employees, volunteers, and clients unique.

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