

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 <u>Sunday</u> <u>Funday</u> 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







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. <u>Listen now</u>











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

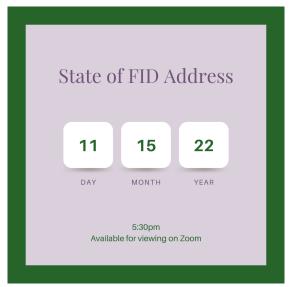
The Maya Salon

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!



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).



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 <u>Tim</u> or call 626.797.6072.



Christmas Tree Sale

Saint Mark's Church, Altadena, is once again holding their annual Christmas Tree Fundraiser in aid of Friends In Deed! <u>Order yours now.</u>





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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Friends In Deed | 444 E. Washington Blvd., Pasadena, CA 91104

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