



Weekly Message

Dear Friend,

In honor of Women's History Month, I asked Lindsey and Jane to share their thoughts on the meaning of The Women's Room (TWR). Jane put together this wonderful piece that truly embodies the spirit of TWR. I am so honored to have them provide the message for this week's email.

The Women's Room welcomes women through our door daily, seeking our services and a safe space. While meeting basic needs (such as providing showers, laundry services, and meals) is invaluable, our program exists to meet the intangible needs as well.

During the first few months of the pandemic, public conversations began to take place regarding community. Black and marginalized women have been working in the community-healing modality for many years, but it took an event as big as a global pandemic to push this concept further into mainstream conversation. For privileged communities, healing ourselves in modern times has revolved so much around individualism. While individual healing is of deep importance, real transformation takes place when we invest in work that heals us together.

The guests of The Women's Room belong to a very unique community. Unhoused women and women living below the poverty line know what so many of us don't: We need to lean into the curative power of our communities to live fuller lives. A day doesn't go by when we don't see guests helping one another. Take Eliza and Holly. Holly was struggling to procure supplies and registration for her support dog. Eliza, having a service dog of her own, not only knew about a resource that staff didn't, she took Holly and made sure she was set up with all she needed.



TWR guests and volunteers participating in a festive holiday game.



TWR guest helping another guest with English class homework.

Susan and Irene are two of our vulnerable seniors who pool their resources in the evening to make sure they are both fed. Guests offer each other help with everything; from giving one another rides, to helping one another with language barriers, to sharing blankets and safe places to sleep. As staff we need the humility to accept that as individuals we don't have all the answers; that the extremely valuable answers our clients need will arise from their own community. We hold the space for that.

12-step programs have long operated with the knowledge that feeling in step with your fellows, using direct support from our peers, and having a community of people going through the same experience is the soil from which we can grow into the change and healing that we so desperately need. TWR strives to create a space that allows women to feel supported enough to open themselves up to connecting with this larger community of women. As women, we possess an innate drive to help one another heal, if only the stage is set. We help each other. We listen to each other. We recognize one another for the whole people that we are. Friendships are formed at TWR that our guests carry out into the world with them. This is the compassion, connection, and dignity we cherish and strive for each day.

So, in observance of Women's History Month, let's all ask ourselves, "What am I doing in my community to help the most marginalized women among us? What role am I playing in lighting up my community?" And let's continue doing together what we cannot do alone.



Jane Armbruster
The Women's Room Program
Associate and Case Counselor



Lindsey Reed
Director of The Women's Room

We can only operate with your help!

Donate today

Join the Legacy Society

Get Social



FID's Little Free Library

Hooray for the return of the FID Little Free Library! Thank you to our very own William Shelby and his son, William IV. Now, let's fill it with some books... [Read more](#)

Pasadena Media News

Pasadena Media News Update highlighted Friends In Deed's Bad Weather Supplies (BWS) Program.

PASADENA MEDIA NEWS UPDATE



Clients can come by every Thursday from 5 - 7 pm at the First United Methodist Church to receive supplies and health consultations. If you'd like to donate, email lindseyr@friendsindeedpas.org... [Read more](#)



Subaru Cares

One of the basic items of clothing people take for granted is socks. Clean and dry socks are essential to healthy feet, especially for many people experiencing homelessness who spend countless hours on their feet each day. With this large sock donation from Sierra Subaru of Monrovia, we are able to ensure each person walks away healthier and more prepared to brave the winter weather... [Read more](#)

News and Events

Giving Day 2023

We are thrilled to bring Giving Day back this year, but even bigger and better! We are proud to introduce Friends In Deed Giving Day 2023 to bring all our friends together on one day: 3-23-23. From board members and businesses to volunteers and supporters, we call on each and every member of our Friends In Deed family to come together for this cause. Our Giving Day goal? We are aiming for at least 323 donors in just one day: on 3-23-23. Save the date!!

3*23*23
GIVING
DAY

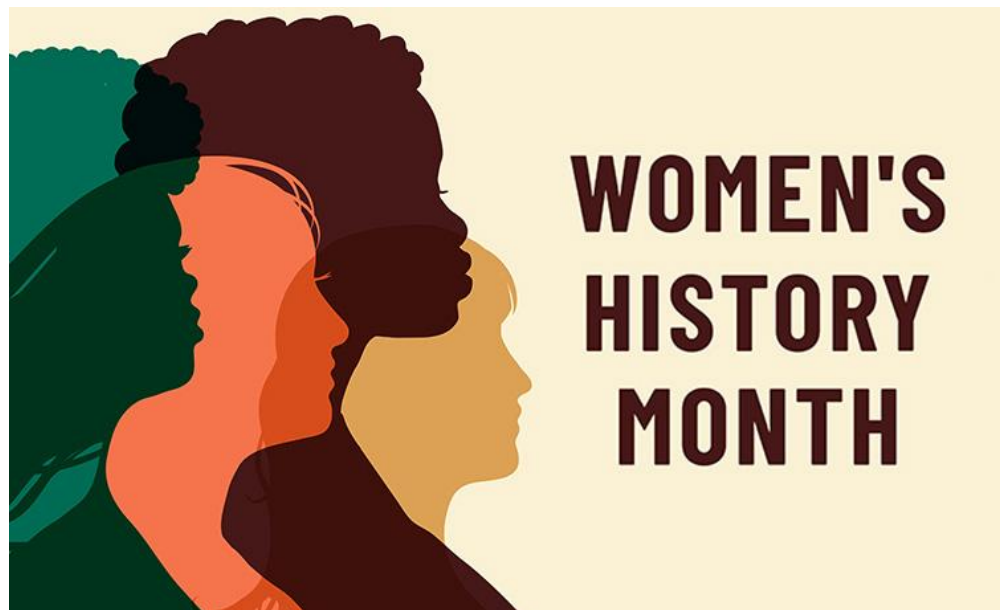
50th Annual Mayor's Interfaith Prayer Breakfast

The 50th Annual Mayor's Prayer Breakfast is taking place on Thursday, May 4, 2023 from 7:30-9:00 AM at the Pasadena Convention Center. Friends In Deed is proud to once again be hosting this event where, hundreds of community members, Pasadena residents, local leaders, and the interfaith community come together with Mayor Victor M. Gordo for a morning of peace, prayer, and reflection under the theme:

Together We Thrive, Pasadena.

Bad Weather Supplies Donations

If you are interested in donating supplies of (gently used or new) cold-weather clothing, PPE, or equipment such as tarps and sleeping bags (click on the image on the right to see the full list) please contact Lindsey at lindseyr@friendsindeedpas.org





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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