



## Weekly Message

Dear Friend,

As I fill in for Rabbi Joshua this week, I would like to start with a question: What does "giving back" mean to you? Usually giving back elicits a direct connection to funding, which is, of course, important to running our incredible programs. However, I prefer giving back to connect with three themes: time, talent, and treasure. Sometimes the ways we give back involve just one of these, sometimes all three. But I would like to highlight some of our many partnerships that show off the creative ways our local community gives back to, and therefore supports, Friends In Deed:

- **Nothing Bundt Cakes Pasadena** thoughtfully donated treats to The Women's Room's Sweet Sixteen celebration, and our Food Pantry community received almost 200 pounds of delicious bundt cakes for distribution.
- **Villa Gardens Retirement Community** generously provides lunch for The Women's Room twice a month.
- **Flintridge Sacred Heart** students and staff helped in the Food Pantry by stocking shelves and prepping for opening, along with meeting and assisting our pantry community.
- **San Marino Community Church** assembled and delivered care packages for our Street Outreach team to give to clients.
- The **Pasadena Public Health Department** set up an informative table at our Food Pantry, connecting our guests with valuable resources and services.
- Lyn from **Tangles Salon** regularly provides haircuts at The Women's Room, leaving our guests with renewed confidence.
- **Girl Scout troop 13181** generously donated much-needed toiletries for The Women's Room, intentionally picking out summer seasonal items like body wipes, deodorant, and sunscreen.
- **First United Methodist Church** in Pasadena delivered decorated survival bags for The Women's Room clients to have nourishment on the weekends.
- **MonteCedro Retirement Community** residents collect donations for our annual Backpack and School Supply drive each summer.

- **Pasadena Community Gardens** has two raised beds called the “Abundance Plot,” dedicated to Friends In Deed, and all the produce from those beds goes to the Food Pantry.

These acts of kindness are just a small snapshot of the incredible support we receive from our community. Through providing haircuts, toiletries, school supplies, or fresh produce, each contribution makes a meaningful impact on the lives of the people we serve. With a little creativity, we all have ways in which we can give back in our community.

We are grateful to each of the many partners who support us, and hope this inspires each of us to think of more creative ideas too!



Lyn from Tangles Salon provides haircuts for TWR guests



Flintridge Sacred Heart students and staff helped in the Food Pantry

Speaking of creative, our new Fall fundraising event, [Stories from the Street](#), is next weekend! We hope you are as excited as we are to come together to watch *The Soloist*, hear stories from FID clients, enjoy the beautiful Farnsworth Park Amphitheatre, and walk away with a little more empathy and education around the difficulty of experiencing homelessness. The event is FREE and open to the public, but [please RSVP](#) so we have an estimated headcount ahead of the event. Stay tuned next week for an email with full event details. I look forward to seeing you there!

Have a wonderful weekend ahead,  
Merria



Experience an unforgettable night under the stars at our outdoor movie night fundraiser, featuring *The Soloist* on Saturday, October 14th at Farnsworth Park in Altadena. Join in making a positive impact and enjoying a night of entertainment!

More information [available here.](#)

FRIENDS  
IN  
DEED \*



Short features ahead of the movie will highlight local stories from FID clients, as well as an exclusive introduction by LA Times Columnist and author of the book, "The Soloist," Steve Lopez.



# Indigenous Peoples' Day

FRIENDS  
IN  
DEED \*

FID IS CLOSED MONDAY, OCTOBER 9  
IN OBSERVANCE OF THE HOLIDAY

**We can only operate with your help!**

**Donate today**

**Forever Friends Legacy Society**

**Get Social**







## Friends Western School

Big thanks to the wonderful students from Friends Western School for their visit to our Food Pantry! ☐ They took a tour and even went "shopping" to get an idea of what our pantry community experiences when they come for food... [Read more.](#)



## Global Protection Corp. Donation

Shoutout to Global Protection Corp.! We're thrilled to have received a generous donation of thousands of condoms for our safe sex harm-reduction kits. They've supported us by promoting safer and healthier communities.... [Read more.](#)

---

## News and Events

---

### Free Flu Shots at FID

Huntington Hospital nurses will be offering flu shots to our pantry community on Tuesday, Oct 10 from 9 to 11am.

[More information here!](#)

**2023 Free Flu Vaccine Clinic**



**Tuesday, October 10th**  
9:00 a.m. - 11:00 a.m.

**Friends in Deed**  
444 E. Washington Blvd.,  
Pasadena

**Flu vaccine requirements:**

- No COVID-19 or flu like symptoms.
- At least 18 years old, or giving consent for your child, ages 9-17 years.
- Not allergic to eggs or the influenza vaccine.
- Not have a history of Guillain-Barre-syndrome.

For more information call (626) 397-3376





**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.

[Having trouble seeing this message? View as Webpage](#)

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

[Unsubscribe development@friendsindeedpas.org](mailto:development@friendsindeedpas.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by [director@friendsindeedpas.org](mailto:director@friendsindeedpas.org) powered by



Try email marketing for free today!