



Weekly Message

Dear Friend,

While The Women's Room (TWR) provides a daily continental breakfast of yogurt, cereal, and bagels, Wednesdays are something special. That's when Carla, one of our dedicated volunteers, comes to TWR to prepare a fresh, hot breakfast for our guests.

From breakfast burritos and quesadillas, to stacks of fluffy pancakes and perfectly golden French toast, Carla pours her heart into every dish she makes. She knows that starting the day with a meal made with love can make all the difference, especially for those who might not often experience that kind of tenderness.



For the staff and guests alike, Carla's Wednesday breakfasts are a cherished tradition. They are a testament to the power of kindness expressed through the simple yet profound act of sharing a meal. Through her culinary talents, Carla not only nourishes bodies but also warms hearts, embodying the spirit of compassion that defines The Women's Room.

Friends In Deed could not possibly provide all of the essential services we do each day, particularly in the Food Pantry and TWR, without the hundreds of volunteers that give of their time, love, and generosity every week. We are so grateful and love to share stories of the special qualities that folks like Carla bring to our community.

And of course, the other major way we exist is with the generosity of our donors and supporters. By now, everyone should have received our winter appeal mailing, and we are thrilled that so many of you have already responded! We have a bold goal of raising \$385,000 by year's end, and I am happy to share that we are nearly 40% of the way there already. So if you haven't given yet, please consider a [gift](#) today, and know that every dollar counts toward our goal. And thank you!

Blessings and have a lovely weekend,



We can only operate with your help!

Donate today to be part of our story!

Forever Friends Legacy Society

Get Social



A huge thank you to the 6th graders at St. Philip the Apostle School

They assembled 60 pasta dinner bags for our community! This is the second year in a row that these incredible students have come together to make a difference...[Read More.](#)

A big thank you to East West Bank for their \$10,000 grant to Friends In Deed!

This is the sixth year we have received general operating support from the folks we bank with, and we deeply appreciate your trust in us to do good work in the community...[Read more.](#)



A big thank you to Hot Yoga Pasadena and Val, the amazing studio owner and founder

They hosted a food drive to support our Food Pantry! Your generosity helps us provide for hundreds of families each week...[Read More.](#)



News and Events

New Podcast Episode!

Rabbi Joshua sits down with Tunisia Offray, Co-Director of Shepherd's Door, a domestic violence resource center in Pasadena. In a wide-ranging conversation, they discuss how domestic violence affects homelessness...[Listen Now.](#)

A graphic for a podcast episode. At the top is a green circular icon with a white microphone and the text 'NEW EPISODE'. Below this, the title 'Intersection Between Homelessness & Domestic Violence' is written in a serif font. Underneath the title, it says 'Interview with Tunisia Offray, Co-Director of Shepherd's Door'. At the bottom is a black audio waveform icon.



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 US

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



Try email marketing for free today!