



Weekly Message

Dear Friend,

Lena, a resilient African American woman in her late 50s, has been navigating homelessness for over two decades. Her journey has been shaped by incredible strength and intelligence—but also significant barriers. Lena's story is one of persistence, hope, and the power of compassionate support.

For Lena, stability has long been elusive. Despite working as a security guard and maintaining impeccable organization and cleanliness, she has spent years cycling between temporary shelters, riding the metro at night, and sleeping on rooftops for safety. But the scars of past housing experiences, including corrupt practices in a previous placement, made her hesitant to trust the system again.

When Lena began working with the Street Outreach and Housing team at Friends In Deed, the focus was on rebuilding trust and providing a safe, supportive space where she could heal from past disappointments. Meanwhile, a Housing Navigation team member leveraged her network to push through the delays in Lena's housing referral, ultimately securing her placement in a single-occupancy room at a program where she could thrive.

Today, Lena is housed, safe, and hopeful. Her journey reminds us that housing is more than just a roof over one's head—it's the foundation for healing, growth, and reclaiming a sense of dignity. At Friends In Deed, we are honored to walk alongside individuals like Lena, turning challenges into triumphs and fostering a future filled with possibility.



As we continue to celebrate Women's History Month, our new series, [EmpowerHER](#), kicks off tomorrow! Thanks to everyone who has already signed up as a sponsor or bought tickets—there is still time to do both, as we have two more events coming up in the next few weeks. We are excited to bring the community together, and are especially grateful that we can offer complimentary tickets to anyone affected by the Eaton fire, as we know there is much healing needed in this time.

Blessings and have a lovely weekend,
Rabbi Joshua



We can only operate with your help!

Donate today to support our community!

Forever Friends Legacy Society

Get Social





To our Vroman's Bookstore community:

You all outdid yourselves. In less than a week, you FILLED our van! Over 3,200 lbs...[Read more.](#)



A huge thank you to the Assistance League of Pasadena for donating 320 snack bags to The Women's Room!

Our guests were so grateful for these thoughtful treats. Special shoutout to Cynthia Nelson for representing and delivering this generous gift!..[Read more.](#)



We are constantly in awe of the generosity that extends far beyond our local community

Spirit Farm is on a mission to re-teach Navajo families how to grow their own organic food. When Joyce and James Skeet, the incredible owners of the farm, heard about the recent fires in our area, they didn't hesitate to lend a helping hand...[Read more.](#)

EmpowerHER: Lifting Up Women, Wellness, and Creative Expression

In honor of Women's History Month in March, Friends In Deed is excited to present EmpowerHER, a three-week event series designed to celebrate and support women through wellness, creativity, and community.



Wellness Workshop

Saturday, March 15th
9:30 a.m. - 12:00 p.m.

Unwind and recharge with a guided yoga and meditation session, followed by a custom aromatherapy blending workshop.

[Purchase Tickets](#)



Books & Bouquets

Tuesday, March 18th
6:30 p.m. - 8:30 p.m.

Join us for an engaging book discussion, followed by a hands-on bouquet arranging workshop where you'll design your own stunning floral creation.

[Purchase Tickets](#)

Women's History Trivia Night

Tuesday, March 25th
7 p.m. - 9 p.m.

Test your knowledge with an exciting game night, featuring trivia focused on remarkable women in history! Compete for



fantastic prizes from local businesses.

Purchase Tickets

News and Events

We're Hiring!

Friends In Deed is looking for a **Grants Manager** to join our dynamic Development team! This full-time role will manage and grow our portfolio of foundation, government, and corporate grants—helping to sustain and expand our life-changing programs.

[Learn More.](#)

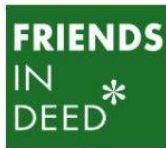


Bad Weather Shelter

The Bad Weather Shelter is open at Trinity Lutheran Church on a weather-activated basis from January 9th through April 30th.

[View more information on our website.](#)





2025 UPCOMING EVENTS

EmpowerHER: March

March 15: Wellness Workshop

March 18: Books & Bouquets

March 25: Trivia Night

Mayor's Interfaith Prayer Breakfast: May 1

Pasadena Convention Center

Golfing for Good: June 9

Brookside Golf Club

Stories from the Street: June

One Colorado

Cooking for a Cause: September

Agnes Restaurant and Cheesery

Event dates are subject to change

www.friendsindeedpas.org

WOMEN'S HISTORY MONTH



MARCH 2025

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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