



Weekly Message

Dear Friend,

In the spirit of Women's History Month, and while I sub-in writing the weekly email for Rabbi Joshua this week, I want to take the opportunity to highlight some beautiful stories of women in our community doing what they can to lift up other women.

One afternoon, a couple walked into The Women's Room, carrying a handful of hand-knitted scarves. The wife kept apologizing—she hadn't started early enough to make the donation before the cold weather started, she said, and wished she had made more. As they turned to leave, our TWR Program Attendant noticed something remarkable: the woman was visually impaired. She had spent hours knitting each scarf by touch, stitch by stitch, creating something beautiful for women she had never met but deeply cared for. This quiet act of generosity left the team speechless. It was more than just warmth for the winter—it was a reminder that we create kindness with our hands and hearts, no matter the hurdles we face.

Around the same time, a regular lunch volunteer arrived at The Women's Room carrying bags of food, her voice filled with apologies. "I had to buy everything," she explained. "I don't have a kitchen." Our TWR Program Attendant paused, sensing something deeper. "Were you affected by the fire?" she asked. The woman nodded. "I just have ashes now," she said quietly. And yet, even amid her loss, she had not forgotten a promise—to bring food for our TWR guests. Without a kitchen of her own, she purchased what she could, and a friend helped prepare a warm pot of soup.

Her resilience, her generosity, and her unwavering commitment to kindness moved our staff to tears. Even when she had lost so much, she still chose to give. These stories remind us of the incredible strength and compassion that can arise even when facing obstacles and in the most challenging times—qualities that our community is filled with and that continue to inspire us.

And speaking of coming together as a community, we have an exciting opportunity for you to connect and have some fun! It's time

to show off your smarts and celebrate remarkable women in history. This is the last event in our [EmpowerHER](#) series, and we're closing it out with a [trivia night](#) you won't want to miss! Test your knowledge, compete for prizes from local businesses, and enjoy a night of learning, laughter, and community. Join us this Tuesday, March 25th from 7-9 p.m. at local woman-owned bar, [Der Wolf](#) (72 N Fair Oaks Ave, Pasadena).

Gather your team, bring your A-game, and let's make history together!

See you there!

Have a beautiful weekend,
Merria Velasco



We can only operate with your help!

Donate today to support our community!

Forever Friends Legacy Society

Get Social



Coming together to fight food insecurity!

We recently partnered with Sysco, God's Waiting Room, and Assemblymember John Harabedian to host a food distribution event, ensuring our community has access to fresh, nourishing food...[Read more.](#)



We are profoundly grateful to the California Community Foundation

Their general operations grant of \$250,000 recognizes our efforts to support our vulnerable community during this difficult time...[Read more.](#)

Tuesday night, we hosted the second event in our EmpowerHER series: Books & Bouquets

Thank you to everyone who joined us. We hope you had as lovely a time as we did...[Read more.](#)

Community looking out for community!



When Aion Training in Pasadena collected resources for their members affected by the fires, they went above and beyond—donating their surplus to Friends In Deed...[Read more.](#)

empowerher

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.



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

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**](http://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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