

**From:** Spirit of Wellness SpiritofWellnessInc@mailman.bloomerang-mail.com  
**Subject:** November 2023 Newsletter  
**Date:** December 9, 2023 at 10:16 AM  
**To:**



## November at Spirit of Wellness

### Container Update: The Journey Has Begun.

Mary,

Thanks to your unwavering support, the container filled with essential supplies is packed, sealed and ready for the next step in the journey to Ecuador.

This shipment will directly contribute to our vital programs, including a Foodbank, Internship Program, Business Classes, and a STEM (Science, Technology, Engineering and Mathematics) Initiative.

The anticipation among our team is palpable with volunteers eager to greet and unpack the box.

Thank you for being an integral part of this remarkable journey. Together, we are making a profound impact on the future of Ecuador's children and communities delivering hope, knowledge, and opportunities.

Container FAQs:

- It is currently located in Texas and will travel to Olón, Ecuador in early 2024.
- It is 40 feet long and once emptied, will be converted into a classroom in Ecuador.
- Its travel to Ecuador is sponsored by the generosity of Shoreline City Dallas.

- Its contents will support a diverse array of projects including the Foodbank, After-school Homework Center, Intern Development Program, and the 360° Business Academy serving coastal communities of over 30,000 people.



**THANK YOU TO ALL WHO SHARED OUR MESSAGE AS PART OF YOUR GIVING TUESDAY OUTREACH! EVERY PERSON WHO HEARS OF OUR MISSION IS A BLESSING!**

## Giving Thanks is Celebrated Every Thursday.

During this season of gratitude and reflection, we would like to extend our heartfelt thanks to all our generous supporters who have been instrumental in making a positive impact throughout the year.

We are especially grateful for the continued support of our dedicated sustaining Olón Senior Lunch donors, the community volunteers, and business partners who make the weekly lunches possible.

We also want to express our profound appreciation to our guests. Their warmth and genuine gratitude expressed every week lets us know that our efforts make a true difference in their lives.

It is heartwarming to witness the friendships that have blossomed within our community, turning our gatherings into what feels like cherished "friendsgiving" celebrations every week.

As we come together during this holiday season, let us take a moment to reflect on the strength of our collective efforts and the positive impact we create when we stand united in kindness and compassion.

Join us each week on our [Senior Lunch Facebook Page](#).



## Meet Spirit of Wellness Intern, John.

John, a lifelong resident of Olón, a graduate of Santa Elena Peninsula State University and a standout participant in the Spirit of Wellness Community Development Intern Program was selected to participate in the program due to his dedication to helping others, particularly the elderly and children with special abilities.

John's exceptional teamwork, leadership, and communication skills have proven invaluable to the program's success. Combining his natural leadership with newly acquired skills, John now

actively contributes to the Olón Community Foodbank by ensuring smooth operations, managing resources effectively, and coordinating with the team to meet the community's needs.

As a community leader, John firmly believes in the inherent capability of individuals to achieve their goals and objectives and exemplifies the true spirit of our community.

Your support as a donor empowers interns like John to make a tangible impact on community development.

Thank you for being a catalyst for change and supporting the growth of individuals like John within the Spirit of Wellness.

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## **Sowing More Seeds of Hope.**

This month, we are excited to report on the progress of a groundbreaking (pun intended) project that is poised to become a model for community well-being in our area.

Throughout October and November, a dedicated team has been hard at work on a unique

initiative that aims to benefit the indigenous comuneras, the wider community and local homeowners.

This transformative project involves the integration of farming and residential spaces on the same property, creating a harmonious environment that supports both the land and its inhabitants.

The heart of this venture lies in the cultivation of a diverse range of crops, carefully selected to thrive in our region.

The pilot project property will be home to avocados, yucca, verde, plantains, lemons, coffee and other staples—all grown organically, without the use of harmful chemicals. This not only ensures the health of the environment but also guarantees the production of high-quality, nutritious produce.

The recent rains, as if on cue, have blessed our efforts, aiding in the establishment of these new plants. The first yucca crops are projected to be ready in just six short months with other crops maturing over the next three years.

Our sustainable approach provides a continuous source of income for workers who earn a fair wage for their hard work and will share with the homeowner(s) in the income earned from the crops, creating a mutually beneficial relationship that strengthens community bonds.

Also, in the spirit of communal support, a portion of the crops will be allocated to our local food bank so that those in need have access to fresh, nutritious produce, promoting overall well-being and food security while establishing an example for others.

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## **When considering your end of year giving, remember every dollar donated to Spirit of Wellness makes an impact:**

**\$1 = 1 senior enjoys a nutritious lunch**  
**\$5 = 5 families receive a portion of eggs**  
**\$20 = 20 families receive a supply of rice**

[Donate Now!](#)





Until next time, take care and remember, every act of kindness counts. No act is too small.



#### **Our Contact Information**

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