

UNITE 2 UPLIFT

HELP THE COMMUNITY HEAL PANDEMIC RELIEF UPDATE



♥ 9000+ LBS OF FOOD

♥ 300+ SCHOOL SUPPLY KITS



♥ 1400+ PPEs

♥ ADOPTED 20 FAMILIES FOR CHRISTMAS

♥ 250+ WINTERGEAR DONATED TO APS FAMILIES

♥ 150+ HYGIENE KITS FOR THE HOMELESS

♥ 65+ HOURS OF MINDFULNESS SESSIONS



AND MORE!

OUR IMPACT

MEAL SUPPLIES
2,633

uncooked meals and school snacks served

COVID RELIEF
1,610

uncooked meals served

1,512
PPE & Cleaning Supplies

WORK PREPAREDNESS INITIATIVE

24 sessions

200+

students

Resume Coaching, Interview Skills, Personal Finance, Credit Scores, Positive self talk

MINDFULNESS INITIATIVE

109

hours

458

participants

GET INVOLVED !!!

What is a community?

Just a group of people having a geographic domain or some trait in common? Seems rather unilateral, doesn't it?

Community brings more than people together. It unifies a crowd and makes them a single unit in more than a few ways. There is a kinship, a brotherhood and an unspoken haven for one to turn to. It kindles the spirit of family in unique bonds that have nothing to do with blood, precisely why it needs to be cultivated and fostered. But do we really understand what is community? Do we restrict the way we define it?

Oddly enough, most of us might and yet it is liberating to always know that in all our hearts beats a natural compassion to change that. How- you may ask and that is quite a valid question. Most of us get so caught up in our lives and the twists and turns it brings that it is hard enough to just be. Really, then how can one blame anyone for just wanting to focus on making their own lives just a little better in the middle of chaos. And yet, within us, there is always a desire to walk with everyone, make everyone's life just a little better, shed just a little light, give a little cover, wish them the best- a glimpse of everything human below all the dust that shrouds us constantly. We recognize it at times when we cheer for a stranger's triumph or get moved by an unknown person's loss. It is all there within us- this is community... not limited to anything but our own willingness to step outside of ourselves and commit to a life that is meant to be. Wholesome, giving, healthy and peaceful for everyone involved.

The fortunate have several names for it. Some call it "paying back", others call it "paying it forward" but who are we to pay anyone anything. We never chose what we receive then how can we measure what we give. All we can do is choose to be able to give. The payment is to us, for when we take a step in a direction that we were always meant to take, we only contribute to the person we are. We grow more than we anticipate the other person or situation to grow, we live like we have never lived before and we see unlike anything that our eyes have shown us earlier. When one person rises, he raises the bar for the whole of humanity and when we see another person fallen, humanity takes a tumble. We are all on the same path and are essentially the same. We all have the same vitals, the same emotions, the same hunger for everything essential and deemed not essential. Everything else is just a season, which comes and goes.

We, at unite2uplift.org, want to call out to your compassion and urge you to take a step forward. Join us in our endeavor to come together, rise, create and raise the bar. Give us what you can today, a little bit of your time, a little bit of your ideas, if you can - give us a hand. Reach out to us and we can let you know how. Too much or too little is just a matter of definition. They create boundaries where this is a land of none. Every step is a milestone, every hand a show of strength and every idea a promise of a better tomorrow. That is the vision- a goal if any and a promise that we intend to keep.

STUDENT
SUPPORT

690

students

School supply kits, clothing, and hygiene kits

WINTER
GEAR

270

items

Jackets, shoes, and socks

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TWITTER



INSTAGRAM



WEBSITE

SHOUT-OUTS!
SHOUT-OUTS!

A big shout out
to

Sarah Osting Ritz,
Sharan Hayllar,
Nandita Gupta,
Tuhina Saha,
Premelatha
Vivekananda,
Madhavi Sankholkar,
Bhakti Rege,
Chiraag Shah,
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