
Fall 2025 Newsletter

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Spirit of Wellness



Guests gather to celebrate generosity in action at our CEO's Texas home

FALL 2025!

This fall, Spirit of Wellness supporters gathered at the home of our CEO in Dallas, Texas, for an evening of gratitude. The dinner celebrated the success of the *Container for Ecuador Project*, which filled a 40-foot container with educational, medical, and community supplies destined for our programs in coastal Ecuador.

Guests enjoyed an intimate dinner where updates were shared about the ways the container contents will strengthen our programs — from early childhood classrooms and the community Foodbank to the 360° Business Academy and our developing Leadership and Skills Academy.

Our Program Director, Cathy, joined from Ecuador to share stories of transformation and partnership, giving attendees a firsthand look at how their generosity is creating ripple effects of opportunity.

As a gesture of thanks, each guest received a tagua ornament handcrafted by Elsy, one of our Business Academy students, as a symbol of how local entrepreneurship and international support grow hand-in-hand.



Breaking the language barrier for adults, children, guests and hosts at the weekly lunch.

Why we lead with learning

At Spirit of Wellness, we often get asked, *“Why do you focus so heavily on education?”* The answer is simple—and powerful. Education is more than a classroom lesson or a passing grade. It is the single most reliable predictor of long-term health, economic mobility, and personal well-being. It opens doors to opportunity, fuels innovation, and—perhaps most importantly—builds resilience that lasts a lifetime.

In the communities we serve, food security is the first step. Education is the next. A full stomach helps a child concentrate. A curious mind helps that child thrive.

We don't stop at teaching basic subjects like English or Business Marketing. Our deeper mission is to create **lifelong learners**—people who know *how to learn*. Because when you can learn anything, you can do anything.

This is the heart of **critical thinking**: asking better questions, evaluating what you're told, and applying knowledge to solve real-world problems. These are the tools we believe every person should carry, especially in today's rapidly changing world. As artificial intelligence becomes more integrated into our lives, the ability to *understand*, not just *consume*, information will be essential.

Our mission is not to prepare people for one job or one test. Our goal is to prepare them to navigate—and lead—in a world that's evolving every day.

This is why we teach. This is why we learn. And this is why we need your help.

When you support our work, you're not just giving someone a meal or a lesson. You're helping build stronger, smarter, more resilient communities—powered by people who think for themselves and lift others as they grow.

Thank you for believing in the power of education.

I want to be part of the team. My donation matters.



Collaboration and creativity make a real difference

Baking Up Success: The Banana Bread Fundraiser

Our first-ever **Banana Bread Fundraiser** was more than a bake sale — it was a learning experience, a community event, and a fundraiser all in one. The event raised enough funds to fully sponsor a Foodbank distribution, providing families with staples such as rice, lentils, milk, tuna, flour, sugar, salt, cooking oil, and fresh vegetables.

Even more important, the fundraiser served as a *training model* for our Ecuadorian team members, teaching the dynamics of event planning, teamwork, and community engagement — through a style of fundraising new to the region.

Encouraged by the success, the team is already preparing for the next event in November!

For those of you in Ecuador, mark your calendars now: November 23rd bread will go on sale---Just in time for you to stock-up for your Thanksgiving Day celebration.



A little sweetness makes waiting in the rain a joy

Volunteer Spotlight: Barbara Smith--The heart behind the banana bread fundraiser

If you've been to one of our Foodbank distributions, you already know **Barbara Smith** — cheerful, hardworking, and often bringing a sweet treat to share.

Barb led the banana bread fundraiser from start to finish — sourcing ingredients, organizing volunteers, and teaching others how to plan and promote an event.

Along with her husband and son, Barb has embraced her new Ecuadorian community wholeheartedly, becoming a vital part of our Foodbank family.



A beautiful bread display provides a welcome to the supporters!

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

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