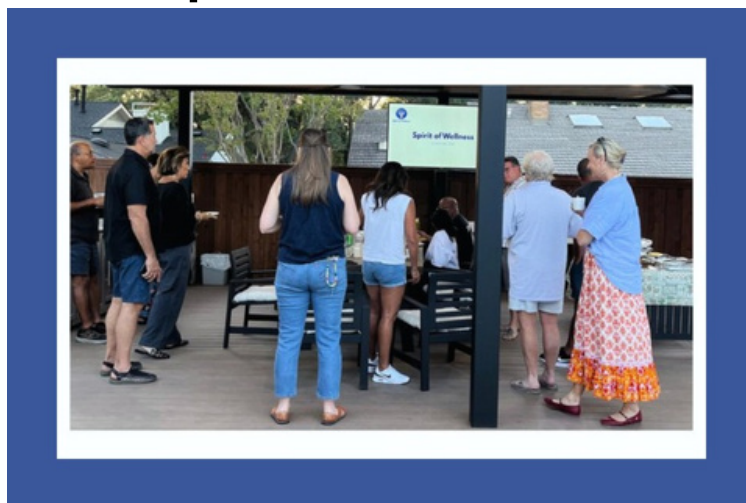

Fall 2025 Newsletter

From: Spirit of Wellness <spiritofwellnessinc@mailman.bloomerang-mail.com>

Date: November 3, 2025

Subject: Fall 2025 Newsletter Reply-To: support@spiritofwellness.org

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.

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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