



MONTHLY NEWSLETTER

FOSTERING EQUITY, CULTURE, AND SAFETY & BELONGING.

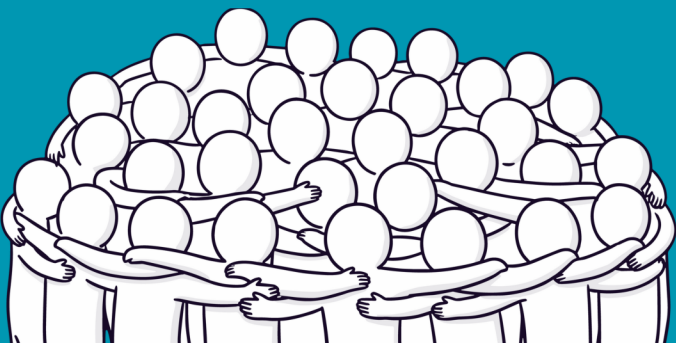
OVER THE FALADAYS

All through this holiday season, there were a lot of experiences that affected the members of the Weaving Fala family. From the joys of new life, to the fears of near death, and many other life circumstances in between, we are still here doing the best we can to continually make strides towards our mission of fostering equity, culture, safety and belonging here in Lebanon.

This holiday season gave us extra time to feel, reflect, and repair many of the different aspects of our individual journeys that will, in turn, contribute to the long term flourishing of Weaving Fala as a whole. With that, we hope you were able to find healing as well.

As an organization that does a small scale of the work that impacts a dream that we may never see fully achieved in our lifetime, enough cannot be said for the gratitude we have for the individuals and groups that stand with us and support the work we do.

As we press on into 2026 with intentionality, compassion and strength, let us continue to hold each other as we continue toward a community where everyone can truly feel they belong.



LEVEL UP NEWS

As we wrapped up the first semester of the 2025-2026 school year, we took the time to celebrate the holidays with the different groups of the Level Up programs. In our Little Learners Co-Op program, the kids dressed in their Pjs and had a blast together doing festive activities such as ornament and sugar cookie decorating while enjoying their hot cocoa.

In the Young World Travelers and Rising Leaders programs, the kids got to enjoy eachothers company over a white elephant gift exchange, christmas card signing on home made paper made by the kids themselves, and of course snacks and drinks.

The programs have been in break since the beginning of Winter Break in the schools. However, we are excited to start back up again! Little Learners will start back up on Jan. 6th, and Young World Travelers and Rising leaders will start back up the week of the 19th.



UPCOMING EVENTS



Level Up Reboot

(See Calendar on Website for details)

Martin Luther King Jr. Day (January 19th)

Breaking the Chain of Pain

As necessary as it may sound, it is not easy to face the parts of ourselves that need extra care. We are often told to look towards the light and focus on the positives. I have found a lot of peace doing this. There is a lot to benefit from focusing on what we can be grateful for and brings us joy. The difficult reality for me is, the longer I face the light and excel in the positives, the sneakier the difficulties of all parts of my life seem to approach me from behind. The highest of highs become the lowest of lows. I feel enveloped- searching frantically for the light at the end of the tunnel I want so badly to face.

As I have grown, I have become better at going through this process of climbing out of these heavier seasons of my life. I have affirmations and people who care to comfort me. I remind myself that this “suffering is only temporary” and how I will find answers through time. As I’ve grown, I am learning that facing this place I avoid within myself is, and always will be, inevitable.

We should not shame ourselves for having these unresolved parts of ourselves that are hard to face, as we live in a messy world full of pain that all of us hold. A pain that has found a home in us, and when it comes out, we can unconsciously further hurt ourselves and the people around us.

There will always be shadows, because there will always be light. In all aspects of the world, we can find a balance of light and darkness, good and bad, happiness and sadness. We cannot change this reality. However, we do have the power to face these parts of ourselves and heal what has been hurt.

One of the first step of truly facing the parts of your being that need extra care is taking accountability of the impact you let these parts have over your life.

It is easy to blame the circumstances of your life for the pain that you carry. However, if you look deeper, those circumstances undoubtedly involved individuals that carried their own pain. When we place blame on others and all things external to us, we allow the chain of pain to continue by not taking the time to take accountability of the authority we have over it.

As you should not blame others, you should not blame yourself. It takes a lot of courage to hold this accountability over the emotional weight and pain within you- to take accountability for how you held this inner turbulence, focused on the parts of you that are easy to face, and stand in it instead of running. In this space, the path forward will be lit. Choose to move forward in love and kindness rather than fear of further pain. Your heart will pull you in a way your pride and ego may try to hold you back from, but through accountability you will find a way out of these darker spaces. The weight will be a lighter load. And as you face the light again, the darkness may creep back in as it does. Continue to trust the power of your love, kindness, and accountability.

OUR SPONSORS

We are honored to highlight our sponsors: The Collins Foundation, Linn County Health Services and The Heatherington Foundation. Their sponsorship and partnership supports us to make confident strides towards continually fulfilling our mission for Lebanon as a grass-root nonprofit.

